

Recipes

Garlic Butter Chicken

- 2 lbs chicken breasts
- 4 tbsp butter
- 1 tbsp minced garlic
- 1 tsp Italian seasoning
- Salt & pepper
- Optional: splash of chicken broth

Cook on LOW 4–6 hours in slow cooker. Serve over rice or mashed potatoes.

Cheeseburger Sloppy Joes

- 1 lb ground beef
- ½ onion, diced
- 1 can sloppy joe sauce
- Salt & pepper
- Optional: ½ cup shredded cheese

Brown beef & onion, add sauces & seasoning, simmer 5–10 min. Serve on buns.

Chicken Tacos

- 2 lbs chicken
- 1 packet taco seasoning
- ½ cup water

Cook in slow cooker or skillet, shred and serve with tortillas + toppings.

BBQ Chicken Sandwiches

- 2 lbs chicken
- 1 cup BBQ sauce

Slow cook 4–6 hours on LOW. Shred and serve on buns with sides.

Spaghetti with Meat Sauce

- 1 lb ground beef
- ½ onion
- 1 jar pasta sauce
- 1 box spaghetti

Brown beef & onion, stir in sauce, simmer. Cook pasta, serve together.

Chicken Pesto Wraps/Flatbreads

- 2 cups cooked chicken
- 2–3 tbsp pesto
- Shredded mozzarella
- Wraps or flatbreads

Mix chicken with pesto, add cheese, warm in skillet or oven. Serve hot.

Reserve-Friendly Meal Ideas

(No new ingredients needed!)

- BBQ Chicken Flatbreads
- Chicken Quesadillas
- Spoonie Nachos
- Ground Beef Rice Bowls
- Cheeseburger Mac
- Taco Salads
- Chicken Pesto Pasta