

# Reserve-Based Meal Plan (Printable Recipes & Shopping List)

For Weeks [Insert Dates] | Chronic Illness, ADHD & Neurospicy Friendly

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## Recipes (Print & Save)

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### Slow Cooker Italian Beef Sandwiches

- 3-4 lb chuck roast
- 1 cup beef broth
- 1 packet Italian dressing mix (or 2 tbsp homemade)
- 1 jar pepperoncini or giardiniera (with juice)
- Hoagie rolls
- Optional: Provolone cheese

#### Directions:

1. Add roast, broth, seasoning, and peppers (plus juice) to slow cooker.
  2. Cook on low 8 hours or high 5-6 hours.
  3. Shred meat. Serve on hoagie rolls with cheese.
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### Honey Garlic Chicken Thighs (Stovetop)

- 1.5-2 lbs boneless skinless chicken thighs
- 1/4 cup honey
- 1/4 cup soy sauce
- 2-3 cloves garlic, minced
- 1 tbsp oil

#### Directions:

1. Heat oil, sear chicken.
  2. Mix honey, soy, garlic. Pour over chicken.
  3. Simmer 15-20 min until cooked and sauce thickens.  
**Serve with rice + frozen stir-fry veggies.**
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## Garlic Butter Chicken Bites (Skillet)

- 1.5 lbs chicken breast, diced
- 3 tbsp butter
- 3-4 garlic cloves, minced
- Salt, pepper, Italian seasoning
- Splash of broth (optional)

### Directions:

1. Season chicken.
  2. Melt butter, add garlic, then chicken. Cook through.
  3. Add broth if needed to keep juicy.  
**Serve with potatoes + green beans.**
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## Smothered Chicken & Rice Bake

- 1.5-2 lbs chicken thighs
- 1 cup uncooked rice
- 1 can cream of chicken soup
- 1.5 cups chicken broth
- Season: salt, pepper, onion powder, garlic powder

### Directions:

1. Grease 9x13 dish.
  2. Mix rice, soup, broth, seasoning. Lay chicken on top.
  3. Cover with foil. Bake 375°F for 45-55 min.
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## Kielbasa & Potato Skillet

- 1 ring kielbasa, sliced
- 3-4 potatoes, diced
- 1 onion, sliced
- Oil, salt, pepper, paprika

### Directions:

1. Cook potatoes in oil until tender.

2. Add onion, kielbasa, seasoning. Brown everything up.

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## **Baked Pasta**

- 1 lb pasta
- 1 jar pasta sauce
- 1-2 cups shredded mozzarella
- Optional: 1/2 lb ground beef, browned

### **Directions:**

1. Cook pasta, mix with sauce (and beef).
2. Layer with cheese in baking dish.
3. Bake at 375°F for 25 min until bubbly.