

## Week 1 Recipes

### Monday – Crockpot Tacos

- 1 lb ground beef or chicken
- 1 taco seasoning packet (or homemade)
- 1 can diced tomatoes (optional)
- Tortillas & toppings (cheese, lettuce, salsa, sour cream, etc.)

*Cook meat + seasoning (and tomatoes if using) in crockpot on low 6 hrs or high 3–4 hrs. Serve in tortillas with toppings.*

### Friday – Salsa Chicken

- 3–4 chicken breasts
- 1 jar salsa
- 1 cup shredded cheese (optional)

*Place chicken + salsa in crockpot. Cook low 6 hrs or high 3–4 hrs. Add cheese near end if desired. Shred or serve whole.*

### Sunday – One-Pan Chicken Fajita Bake

- 3–4 chicken breasts, sliced
- 3 bell peppers, sliced
- 1 onion, sliced
- 2 tbsp olive oil
- 2 tbsp fajita or taco seasoning

*Spread chicken + veggies on sheet pan, toss with oil + seasoning. Bake 400°F for 20–25 min. Serve with tortillas or rice.*

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## Week 2 Recipes

### Monday – Sheet Pan Sausage, Potatoes & Veggies

- 1 lb andouille sausage, sliced
- 1 lb potatoes, diced
- 2 cups mixed veggies (bell peppers, broccoli, zucchini, etc.)
- Olive oil, salt, pepper, garlic powder, paprika

*Toss all on sheet pan with oil + seasoning. Roast 400°F for 25–30 min.*

### Wednesday – Bacon & Veggie Fried Rice

- 4 strips bacon, chopped
- 3 cups cooked rice (day-old is best)
- 2 cups mixed veggies (peas, carrots, corn, broccoli, etc.)
- 2–3 eggs
- 3 tbsp soy sauce

*Cook bacon, remove. Scramble eggs in same pan. Add rice, veggies, soy sauce, and bacon back in. Stir-fry until hot.*

#### **Friday – Crockpot Creamy Ranch Chicken (no cream soup, spoonie-easy)**

- 3–4 chicken breasts
- 1 packet ranch seasoning
- 1 block cream cheese
- ½ cup chicken broth

*Put everything in crockpot. Cook low 6 hrs or high 3–4 hrs. Shred and serve over rice or pasta.*

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