

Week 1

Tuesday – Crockpot Chicken Pot Pie

You already called it – so let's make it extra easy:

- Chicken breasts (or thighs if you want richer flavor)
- Frozen mixed veggies (peas, carrots, corn, green beans)
- Cream of chicken soup (or chicken broth + cornstarch for lighter version)
- Seasoning: thyme, garlic powder, onion powder, pepper
- Top with biscuit dough or serve with refrigerated biscuits baked separate so it doesn't get soggy.

Thursday – Oven Baked Sausage & Potatoes

- Slice smoked sausage, toss with diced potatoes, onion, olive oil, garlic, and a little paprika or Italian seasoning.
- Roast at 400°F about 35–40 min.
Leftovers make a great breakfast hash or can go in a wrap.

Sunday – Skillet Creamy Tuscan Chicken (light version)

- Chicken breasts sautéed with garlic, spinach, and sun-dried tomatoes.
 - Sauce: light cream cheese or a touch of half & half + chicken broth for flavor.
 - Serve over rice or pasta.
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Week 2

Tuesday – Crockpot Beef Tips with Gravy

- Stew meat + onion soup mix + brown gravy packet + beef broth.
- Serve over mashed potatoes or egg noodles.
- Leftovers become open-faced sandwiches later.

Thursday – Sheet Pan Honey Garlic Chicken & Veggies

- Chicken thighs or breasts, cubed potatoes, and carrots.
- Honey + garlic + olive oil + soy sauce glaze.
- Bake at 400°F for 25–30 min.

Sunday – Stovetop One-Pot Cheesy Kielbasa Pasta

- Sliced smoked sausage, onion, garlic, pasta, chicken broth, and a light cheese sauce.
- Comfort food energy with minimal cleanup.

Reserve Meals (Quick Fix or Backup Options)

(Use leftovers, pantry staples, or minimal fresh ingredients.)

1. Loaded Baked Potato Night

- Use extra potatoes from your sausage bake or sheet pan meal.
- Top with cheese, green onion, leftover sausage or chicken, or even gravy from the beef tips.

2. Quesadillas or Wraps

- Use leftover chicken or sausage.
- Add shredded cheese, spinach, or veggies.
- Toast in a skillet for a 5-minute win.

3. Eggs + Whatever's Left Bowl

- Scramble with sausage/potato leftovers or Tuscan chicken veggies.
- Breakfast-for-dinner energy, zero effort.

4. Soup Starter Kit

- Keep chicken broth, onion, and frozen veggies on hand.
- Add any cooked meat or rice/pasta for a fast “clean out the fridge” soup.

5. Noodle Bowls

- Ramen or egg noodles + leftover meat or veggies + soy/honey/garlic drizzle.
- Add an egg for protein.

6. Sandwich Night / Open-Faced Beef Tips Melt

- Use leftover beef tips or sausage with toasted bread + cheese.
- Add a side salad or roasted veggies if you're feeling virtuous.

7. “Snack Dinner” or Charcuterie Board Night

- Crackers, cheese, fruit, nuts, pickles, lunch meat, etc.

- Great on nights when pain or fatigue say, “Nope.”