



Each week we'll provide you with plans for 6 meals, giving you flexibility on the 7th night to enjoy leftovers or one of your family's favorites. Now your only job is to consider which of these meals will work best to fill in the nights of your busy week! We've organized our 6 weekly meals like this:

No Thaw Night

Take a deep breath! There's nothing to thaw, nothing to prep ahead. Head to the kitchen and throw this meal together!

Crock Pot Night

Yay you! You took a few minutes and put this meal in the crock pot in the morning. At meal time, just open the pot and serve!

Made Ahead Night

You're so smart. You knew tonight would be busy so you put this meal together ahead of time. Tonight just re-heat and serve!

No Trouble Night

Tonight is simple as can be! Just follow the simple instructions for this brainless meal and you're set!

Build it Yourself Night

Tonight your family will work together to set out an amazing, yet simple, buffet of food and everyone can build their plate or bowl to their liking. Prep together, enjoy a meal together, clean up together. Fun!

Savor it Night

Use this meal idea on the night you have a little extra time to cook and enjoy family time around the table.

THIS WEEK'S SIMPLE MEAL PLAN

Click on the links to access the simple recipes. Make a note in each box as to which night of this week might work best for each meal.

No-Thaw Night

[Tuna Patties](#)

Suggested sides:

Tossed salad
Celery sticks
Pear slices

Made-Ahead Night

[Bacon Cheeseburger Casserole](#)

Suggested sides:

Tossed salad
Roasted broccoli
Apple slices

Build-it-Yourself Night

[Grilled Chicken Chef Salad*](#)

Suggested sides:

Tossed salad
Carrot sticks
Fresh blueberries

Crock Pot Night

[Lasagna Casserole](#)

Suggested sides:

Tossed salad
Steamed kale
Orange wedges

No Trouble Night

[Breakfast Burritos](#)

Suggested sides:

Tossed salad
Steamed cauliflower
Clementine wedges

Savor it Night

[Grilled Chicken*](#)

Suggested sides:

Tossed salad
Sliced cucumbers
Green grapes

**Make a double batch of the Grilled Chicken on Savor it Night, and use the leftovers to top your Chef Salad on Build-it-Yourself Night.*



IMPORTANT: Under each main dish, we've listed several suggestions for fruits and veggie side dishes. Feel free to make adjustments according to your family's preferences, but we strongly encourage you to include 2-4 veggie and/or fruit side dishes with each meal.

Keep it simple! Purchase a nice supply of salad fixin's, veggies (fresh or frozen) that can be steamed or eaten raw, and your favorite fresh fruits. At meal time, wash some fruit, steam a veggie, toss a salad. These sides will take just a few minutes of prep time and will offer your family much in the way of tasty nourishment

Quick Links to This Week's

Recipes:

Meals:

- [Tuna Patties](#)
- [Lasagna Casserole](#)
- [Bacon Cheeseburger Casserole](#)
- [Breakfast Burritos](#)
- [Chef Salad](#)
- [Grilled Chicken](#)

Purchase or Make Your Own:

- [Italian Dressing Mix](#)
- [BBQ Sauce](#)

Simple Gluten Free Adaptations

Tuna Patties – is naturally gluten-free!

Lasagna Casserole – use your favorite gluten-free pasta!

Bacon Cheeseburger Casserole – is naturally gluten-free!

Breakfast Burritos – use your favorite gluten-free tortillas!

Chef Salad – is naturally gluten-free!

Grilled Chicken – is naturally gluten-free!

Bonus Breakfast Ideas

Here are some delicious breakfast recipes you might want to consider for this week. Be sure to serve protein and fruit with each breakfast and to add needed ingredients to your grocery list!

- [Oatmeal Breakfast Bars](#)
- [Crepes](#)
- [Quick Mix Biscuits](#)

Grocery Check List

Find a grocery guide below to equip you to prepare this week's meals. Check first to see what you already have on hand! The items listed here are based on a family of 4-6. Make adjustments according to your family's size and portion needs.

Fresh Meat

- Turkey sausage (need 1 lb)
- Boneless chicken thighs (need 6-12 thighs)
- Ground hamburger (need 2 lbs)
- Bacon (need 1 lb)

Grains

- Whole wheat tortillas (need 20)
- Whole grain pasta, any shape (need 16 oz)

Frozen Food

- Add your favorite frozen veggies for side dishes...

Baking Ingredients and Spices

- Dried minced onion (need 4 T)
- Garlic powder (need ½ t)
- Chili powder (need 1 t)
- Sea salt

Add to the list:

Your favorite Chef salad fixin's

Your additional choices for this week's sides and snacks:

Dairy and Eggs

- Eggs (need 22)
- Shredded cheddar cheese (need 6 ½ c)
- Grated parmesan cheese (need ¼ c)
- Cottage cheese (need 16 oz)
- Heavy whipping cream (need 1 c)

Condiments

- Salsa (need 16 oz)
- Sauce of your choice to marinate the chicken (bbq, teriyaki, Italian dressing, etc...need 1 c)

Pantry Staples

- Canned tuna (need 15 oz)
- Oil for frying
- Spaghetti sauce (need 50 oz)
- Tomato paste (need 6 oz)

Fresh Produce

- Add your favorite veggies and fruit for side dishes...

Bonus Tips for the Week

Don't like tuna? Try these [Salmon Patties](#) instead!

[This post](#) shares my favorite grilled chicken tip!

Make an extra batch of Breakfast Burritos and freeze them for easy breakfasts!

Recent Posts on Heavenly Homemakers

[Sweet and Simple Cranberry Cookies](#)

[My Top 3 Small Kitchen Appliances That Save Hours of Time and Energy](#)

[Stop Telling Moms of Little Ones To "Enjoy Them While Their Young"](#)

[What I'm Focused On Now Instead Of Saving Money At The Grocery Store \(It's Not What You Think\)](#)

[Simple Creamy Pasta In The Instant Pot](#)

["Just Dump Some Sauce On Some Chicken"](#)

[The Best Treats Sweetened With Honey](#)



Simple Meals Resources Guide

Each week your Simple Meals guide will include this helpful page listing a variety of ways you might consider as you stock your kitchen with needed grocery items. Some listings will remain permanently on this page for your convenience. Others will change as sale prices and deal items are discovered. Some of the links included are my referral links – and some of the links will score you a \$\$ saving coupon!

[Azure Standard Food Co-op](#)

I highly recommend that you see [if Azure Standard is an option in your area](#). I order online and pick up once each month. I buy everything from cheese to coconut flour, and the savings have been significant! Azure offers a wide variety of produce, canned goods, and more at incredible prices. [Check out everything Azure has to offer here.](#)

[iHerb Online Store](#)

I shop the sales here, again, for pantry staples. BONUS: [Get \\$5 off your first order when you click through this link!](#)

[Amazon Groceries](#)

Check this page for regular updates on pantry staples that are discounted for a great deal!

This week's deals:

Get [10% off a 6-Pack of Enjoy Life Allergy Free Chocolate Chips](#)! Plus pair it with your Subscribe and Save order to get an additional 15% off!

[Waktins Better-for-You Food Coloring](#): Use the 15% off coupon, plus pair it with your 15% off subscribe and save discount!

This twelve-pack of [Organic Sweet Potato Puree](#) is great whipped like mashed potatoes or used as a substitute for pumpkin!

Get a fantastic price on a [Vitamix](#) today!

Get this 32-ounce jug of pure [Maple Syrup](#) for an awesome price!

This [Turkey Pepperoni Jerky](#) would make a great snack! It is on sale right now, and can be combined with Subscribe and Save for even more savings! Yay!

This [12-piece Cookware Set](#) is a great price right now!

Get [30% off a 6-pack of Enjoy Life Chocolate Chips](#)! Pair it with the 15% off subscribe and save offer. Get them for just \$2.61/bag!! Fabulous!!

Have you tried [Coconut Chips](#)? They make a great snack! Here's a 20% off coupon!

Assorted varieties of [Larabars](#) include a \$3 coupon right now! This can also be combined with Subscribe and Save!

Get this awesome [Countertop Convection Oven](#) at 25% off today. It's a great alternative to a microwave!

Get 30% off a [6-pack of Enjoy Life Chocolate Chips](#)! Pair it with the 15% off subscribe and save offer. Get them for just \$2.64/bag!! Fabulous!!