

Chicken

Whole Roast Chicken & Crispy Potatoes

White Chicken Chilli

Chicken Noodle Soup

Creamy Chicken & Rice

Corn & Potato Chowder

Sourdough Pot Pie

Teriyaki Rice & Veg

Quesidillas

Balsamic Chicken

Chicken BBQ Pizza

Chicken Tostadas

Stir Fry

Pad Thai

Fajitas

Fried Rice

Honey Garlic Chicken

Buffalo Chicken Sweet Potato

Cranberry Chicken

BBQ Chicken Roasted Sweet Potatoes

Bacon Chicken Sweet Potato Casserole

*BBQ Chicken Wraps

*Chicken Salad

Ground Venison/Beef

Meatloaf

Shepards Pie

Sloppy Joes

Tacos

Korean Beef Bowls

Chilli

Burgers

Spaghetti

Italian Wedding Soup

Pasta Fagioli

Veggie Beef Soup

Hamburger Bowls (on oven fries)

Stuffed Pepper Bowls

Stuffed Spaghetti Squash

Goulash & Corn

PORK	BEEF
<ul style="list-style-type: none"> Pulled Pork Carnitas Ham Bone Soup Pulled pork stuffed sweet potato Roast Pasta Fagioli Kale, Sausage Potato Soup 	<ul style="list-style-type: none"> Steak Cobb Salad Swiss Steak & Potatoes Steak Fries Salisbury Steak French Tip Sandwiches Beef Vegetable Stroganoff Mongolian Beef Fajitas

Last Minute Meals	Bulk Breakfasts
<ul style="list-style-type: none"> Egg Sandwiches Pizza (Bagels/Tortillas) Broth, Rice Noodles, Frozen Veg Grilled Cheese Charcuterie Board & Smoothies Fried Rice with Eggs 	<ul style="list-style-type: none"> Applesauce Oatmeal Bake Sweet Potato Crust Egg Bake (Wellness Mama) Pancake Sheet pan English Muffins/Bagel Sandwiches Smoothies Breakfast Hash Blueberry Muffin Applesauce Cake Pumpkin Cake

Snacks	Weekly Batch Prep
Muffins	Make 1 <i>Bulk Breakfast</i>
Applesauce Cake	Make 2 <i>Snacks</i>
Granola	Make 2 bread items (rolls/ sandwich bread)
Sourdough Crackers	Make 1 batch of Broth
Marshmallows	*pull out meat for the week and place in kitchen fridge or freezer.
Gummies	
Cut up veggies	
HB Eggs	
Bagels	
Oatmeal Power Balls	
Half Gallon of Herbal Tea	