

Meal List: Meal Planning with Choices

* Pick Main Ingredient: Meat Seafood Vegetarian

1. Select Cuisine:

Mexican

Burritos
Enchiladas
Fajitas
Nachos
Quesadillas
Stuffed Peppers
Taco Casserole
Taco Salad
Tacos



Italian

Fettuccini
Lasagna
Lasagna Rolls
Parmesan
Spaghetti
Ziti



Asian

Stir Fry
Rice
Noodles



Easy

Baked Potato Bar
Breakfast for Dinner
Kabobs
Mac & Cheese
Pizza
Sandwiches / Wraps
Soup & Salad

Breakfast

Casserole
Eggs
French Toast
Omelets
Pancakes
Quiche
Waffles

or

1. Select Meat:

Seafood

Salmon
Tilapia
Shrimp
Other Seafood



Meat

Chicken
Ground Beef
Brats / Sausage
Burgers / Hot Dogs
Beef
Ham / Bacon
Pork Chops
Roast
Steak
Tenderloin
Turkey



2. Pick Sauce:

Sauces

Mole
Queso
Red Sauce
Salsa
Salsa Verde
Sour Cream
Spinach

Sauces

Alfredo
Marinara
Olive Oil
Pesto
Wine

Sauces

Garlic Lime
Orange
Sweet & Sour
Teriyaki

Sauces

Cajun
Cocktail
Coconut
Lemon
Lemon Pepper
Mango Chutney
Mushroom
Pecan Crusted
Tartar
Tortilla Crusted

Sauces / Seasoning

Apple & Herb
Asian
BBQ
Cheesy
Coke or 7-Up
Cream Cheese
Cream of...
Cajun
Italian Dressing
French Dip
Ginger Ale
Gravy
Greek
Hawaiian
Honey Mustard
Indian
Italian
Meatloaf
Mediterranean
Mexican
Mushroom
Onion Soup
Ranch
Sloppy Joe
Tomato

3. Select Cooking Method & Find a Recipe:

Crock Pot
Grill
Oven
Stove
No Cook / Other

4. Pick Sides:

Applesauce
Broccoli
Carrots
Corn
Fruit
Green Beans
Seasonal Veggie

Couscous
Potatoes
Sweet Potatoes
Pasta
Rice
Salad

* Plan, Prepare, Eat, Enjoy!