

Menu Planning

MEAL IDEAS



MEATLESS

- VEGETARIAN MOUSSAKA
- BAKED EGGPLANT PARMESAN
- VEGETARIAN ENCHILADAS
- VEGETARIAN BAKED ZITI
- FALAFEL PITA
- TOFU STIR-FRY
- SPINACH LASAGNA
- THREE BEAN CHILI
- MUSHROOM RISOTTO
- KOREAN FRIED CAULIFLOWER
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CHICKEN

- MOZZARELLA STUFFED CHICKEN PARMESAN
- CHICKEN BIRYANI
- HULI HULI CHICKEN
- CREAMY LEMON PARMESAN CHICKEN
- CHICKEN AND DUMPLINGS
- CHICKEN FAJITAS
- CHICKEN STROGANOFF
- CHICKEN A LA KING
- ETHAN CALABRESE CHICKEN ALFREDO
- CHICKEN CURRY
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PASTA

- SPAGHETTI AND MEATBALLS
- BAKED SPAGHETTI
- BEEF RAGU
- PASTA POMODORO
- CHICKEN CARBONARA
- FETTUCCHINE ALFREDO
- RAVIOLI LASAGNA
- ONE POT SPAGHETTI
- EGGPLANT LASAGNA
- MAC AND CHEESE
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MEXICAN

- CHICKEN TAQUITOS
- CHICKEN ENCHILADAS
- PULLED PORK TACOS
- POSOLE
- FISH TACOS
- CHICKEN FAJITAS
- BEEF QUESADILLAS
- TACO BOATS
- EMPANADAS
- HICKEN ENCHILADA SOUP
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ITALIAN

- PASTA PUTTANESCA
- CAPRESE CHICKEN
- CALZONES
- ITALIAN MEATBALLS
- CREAMY TUSCAN CHICKEN
- ANTIPASTO SALAD
- TORTELLINI SOUP
- SKILLET PIZZA
- CHICKEN FLORENTINE
- PRIMAVERA CHICKEN
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SALAD

- QUINOA SALAD
- FARRO SALAD
- TACO SALAD
- MEDITERRANEAN CHICKPEA SALAD
- CHICKEN CAESAR SALAD
- SUMMER COBB SALAD
- ROTISSERIE CHICKEN SALAD
- TUNA SALAD
- RATATOUILLE SALAD
- FRISEE SALAD WITH CHICKEN
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