



Family Favorites Meal Plan  
Premier Weekly Menu



	Main Dish	Sides	Joy's Tips
<b>Meal 1</b>	<p><b>Poppy Seed Chicken</b> prep: 30 minutes (if boiling a whole chicken add an extra hour) bake: 30 minutes yield: 6 servings ~ calories 749, fat 40</p> <p>4 to 6 chicken breasts (I use a whole chicken) 2 cans of cream of chicken soup 1 pkg. roll crushed Ritz crackers 1 cup sour cream 2 T. poppy seeds 1 stick of butter, melted</p> <p>Cook chicken and cut into bite-sized pieces. Mix chicken, soup, and sour cream. Put into a casserole dish. Mix crackers and poppy seeds. Spread over top of chicken mixture. Pour melted butter over top. Bake 30 minutes at 350°.</p>	<p><b>Roasted Green Beans with Sun-dried Tomatoes</b> prep: 15 minutes cook: 25 to 30 minutes yield: 8-10 servings ~ calories 178 , fat 15.1</p> <p>1 1/2 fresh green beans trimmed 1/2 cup sun-dried tomatoes in oil, chopped 1/3 cup pine nuts 3 Tbsp butter, melted 3 Tbsp olive oil 1 tsp 1/2 tsp pepper</p> <p>Preheat oven to 425 degrees. Toss together all ingredients. Place mixture on a 18 x 12 inch jelly-roll pan. Bake 12 to 15 minutes or to desired degree of doneness, stirring twice.</p> <p><b>Garlic Bread</b> ~ bake according package directions</p>	<p><b>Day before:</b> Thaw chicken in refrigerator the morning before the day you plan to cook the dish or 24 hours before cooking. Chicken could be made day before to save time.</p> <p><b>Make ahead:</b> Fruit Salad can be made ahead, either the night before or in the morning. If not using the yogurt, make sure to dip the apples in ice cold water or a mixture of 1/4 cup lemon juice to 1 quart of water to keep the apples from turning brown.</p>
<b>Meal 2</b>	<p><b>Smothered Hamburger Steaks and Onions</b> prep: 15 minutes cook: 6 hours yield: 6 servings per serving : calories 336, fat 10</p> <p>2 pounds lean ground beef 2 tsp salt 1/4 tsp pepper 1/2 cup cold water 1/4 cup fine dry bread crumbs 1 large onion, sliced Beef gravy (bottled, canned, or mix) I like to use 2 packages of McCormick brown gravy mix following directions on package.</p> <p>Mix all ingredients except onions and gravy. Shape into patties (I like to make 4 oz. patties) and brown in greased skillet. Turn; add onions. Add gravy; cover and simmer 30 minutes. Serve with rice or mashed potatoes.</p> <p>To freeze, prepare patties. Place a sheet of wax paper between patties. Place in a freezer bag and store in freezer for up to 6 months. You can also freeze leftovers in a freezer bag. If freezing raw meat, when ready to cook simply thaw and cook per recipe instructions. If freezing leftovers, simply thaw and reheat in microwave or on stove.</p>	<p><b>Mashed Potatoes:</b> prep: 15 minutes cook: 15-20 minutes yield: 6 servings ~ per serving: calories 333, fat 8.4</p> <p>6 large potatoes 1/4 cup to 1/2 cup butter 1/2 cup milk salt and pepper to taste</p> <p>Bring large pot of water to boil. Add potatoes and boil approximately 20 minutes or until tender. Drain potatoes. Mash with potatoe masher, fork, or electric mixer. Add in butter, milk, salt, and pepper to taste. To cut down on fat you can substitute broth for some of the butter.</p> <p><b>Roasted Asparagus</b> yeild: 6 servings ~ per serving: calories 45, fat 3.6 1 lb asparagus 1 1/2 tablespoons olive oil 1/2 teaspoon kosher salt (or 1/4 teaspoon regular table salt)</p> <p>Preheat oven to 425°F. Cut off the woody bottom part of the asparagus spears and discard. With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears. Place asparagus on foil-lined baking sheet and drizzle with olive oil. Sprinkle with salt. With your hands, roll the asparagus around until they are evenly coated with oil and salt. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them. They should be tender when pierced with the tip of a knife. The tips of the spears will get very brown but watch them to prevent burning. Can be served with a light vinaigrette if desired.</p> <p><b>Rolls</b> ~ bake according to package directions</p>	<p><b>Day before:</b> Thaw meat in frig 24 hours prior to cooking.</p> <p><b>Freezer tip:</b> The Hamburger Steaks can be prepared and then frozen in a ziploc bag. Separate patties with a piece of wax or parchment paper.</p>
<b>Meal 3</b>	<p><b>Skillet Cajun Spiced Flounder with Tomatoes</b> prep: 20 minutes cook: 15 minutes yield: 6 servings ~ calories 205.8, fat 3.8</p> <p>1 1/2 tsp olive oil 6 (6 oz) pieces flounder filets (or any white fish such as tilapia) 1 cup onion, chopped 3 cloves garlic, minced 1 cup diced green bell pepper 3 1/2 cups tomatoes, chopped 1 1/2 tbsp Cajun spice seasoning</p> <p>In a deep skillet, cook onion and garlic in olive oil on medium heat for a few minutes until soft. Add tomatoes, peppers and spices, stir and cook until tomatoes are soft, about 2-3 minutes.</p> <p>Lay fish filets in the sauce, cover and cook on medium-low until fish flakes easily, approx 12-15. To serve, place fish on plate and spoon sauce on top. Serve immediately.</p>	<p><b>Quinoa</b> ~ following directions on box. Serve fish on top or as a side dish.</p> <p><b>Salad:</b> prep: 5 minutes</p> <p>lettuce or greens of choice, wash and dry chopped tomatoes sliced olives freshly grated parmesan cheese Italian dressing Mix ingredients together and serve.</p>	



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<p><b>Meal 4</b></p>	<p><b>Crockpot Chicken</b> prep: 15 minutes cook: 6 hours yield: 6 servings ~ calories 750, fat 40</p> <p>6 or 7 boneless chicken breasts 1 can cream of mushroom soup ¼ cup butter 16 oz. pkg. noodles of your choice prepared according to directions 8 oz pkg. cream cheese ½ cup chicken broth 1 envelope Italian dressing mix</p> <p>Cut raw chicken into small bite size pieces. Add all ingredients except chicken to Crockpot and stir. Add chicken, uncooked and stir. Cook on low for 6 hours.. Serve on top of noodles.</p>	<p><b>Roasted Veggies:</b> prep: 5 minutes bake:25-30 minutes yield: 6 servings ~ calories 59, fat 2.6</p> <p>1 pkg. frozen broccoli 1 pkg. frozen cauliflower lemon pepper 1 Tbsp. olive oil or more if you like</p> <p>Preheat oven to 450. Place frozen veggies on baking sheet. Drizzle with olive oil and sprinkle with lemon pepper. Bake 25-30 minutes or until soft.</p> <p><b>Garlic Bread</b> ~ bake according to package directions</p>	<p><b>Day Before:</b> Place chicken in fridge to thaw</p>
<p><b>Meal 5</b></p>	<p><b>Chili</b> prep: 20 minutes cook: 1 hour yield: 6 servings ~ calories 419, fat 9.5</p> <p>1 1/2 lb. ground beef 1 tsp. minced onion 1/4 tsp. minced garlic 2 (8 oz.) cans tomato sauce 1 (8 oz.) can water 1 can dark red kidney beans 1 can red beans (ranch style) 1 pkg. chili season 1 small can green chilis 1-2 can refried beans to thicken (optional)</p> <p>Brown meat. Drain well. Add remaining ingredients. Simmer for about one hour.</p>	<p><b>Buttermilk Cornbread</b> prep: 15 minutes bake: 25-35 minutes yield: 4-6 servings ~ calories 221, fat 6.1 (6 serving portions)</p> <p>1 cup yellow cornmeal 1 cup all-purpose flour 3/4 tsp. baking soda 2 tsp. baking powder 1 1/2 tsp. salt 3/4 tsp. fresh ground pepper 1 egg, lightly beaten 1 1/2 c. buttermilk 2 Tbsp butter or bacon fat</p> <p>Heat oven to 350 degrees. Sift cornmeal, flour, baking soda, baking powder. Combine egg and buttermilk, add them to the dry ingredients and stir to combine. Heat the butter in the oven for 10 minutes tilt pan to coat; pour in batter. Put it in oven to bake until toothpick is clean, 20 to 25 minutes. Dump out so it doesn't get soggy.</p>	<p><b>Day Before:</b> Place ground beef in fridge to thaw if needed</p> <p><b>Tip:</b> The chili can simmer in crockpot instead of on stove. Cook 3-4 hours on low or 1-2 hours on high.</p>
<p><b>Dessert 1</b></p>	<p><b>Oatmeal Carmelitas</b> prep: 20-25 minutes bake: 30 minutes yield: 24 bars ~ calories: 333, fat grams: 15.6</p> <p>2 cups all-purpose flour 2 cups uncooked quick-cooking oats 1 1/2 cups firmly packed light brown sugar 1 teaspoon baking soda 1/4 teaspoon salt 1 cup butter, melted 1 (12-oz.) package semisweet chocolate morsels 1/2 cup chopped pecans or walnuts, toasted (optional) 1 (14-oz.) package caramels 1/3 cup half-and-half</p>	<p>1. Stir together first 5 ingredients in a large mixing bowl. Add butter, stirring until mixture is crumbly. Reserve half of mixture (about 2 3/4 cups). Press remaining half of mixture into bottom of a lightly greased 13- x 9-inch pan. Sprinkle evenly with chocolate morsels, and, if desired, pecans.</p> <p>2. Microwave caramels and half-and-half in a microwave-safe bowl at MEDIUM (50% power) 3 minutes. Stir and microwave at MEDIUM 1 to 3 more minutes or until mixture is smooth. Let stand 1 minute. Pour evenly over chocolate morsels. Sprinkle evenly with reserved crumb mixture.</p> <p>3. Bake at 350° for 30 minutes or until light golden brown. Cool in pan on a wire rack. Cut into bars.</p>	<p><b>Make Ahead:</b> Carmelitas can be made the day before to save time.</p>
<p><b>Dessert 2</b></p>	<p><b>Chocolate Chip Cookies</b> prep: 15 minutes bake: 12-14 minutes per batch yield: 40 cookies ~ per cookie: calories 121, fat 5</p> <p>3/4 cup butter, softened 3/4 cup granulated sugar 3/4 cup firmly packed dark brown sugar 2 large eggs 1 1/2 teaspoons vanilla extract 2 1/4 cups plus 2 Tbsp. all-purpose flour 1 teaspoon baking soda 3/4 teaspoon salt 1 1/2 (12-oz.) packages semisweet chocolate morsels Parchment paper</p>	<p>1. Preheat oven to 350°. Beat butter and sugars at medium speed with a heavy-duty electric stand mixer until creamy. Add eggs and 1 1/2 tsp. vanilla, beating until blended.</p> <p>2. Combine flour, baking soda, and salt in a small bowl; gradually add to butter mixture, beating just until blended. Beat in morsels just until combined. Drop by tablespoonfuls onto parchment paper-lined baking sheets.</p> <p>3. Bake at 350° for 10 to 14 minutes (I bake them 12 minutes) or until desired degree of doneness. Remove to wire racks, and cool completely (about 15 minutes).</p>	<p><b>Make Ahead:</b> The cookie dough can be made ahead. It keeps in fridge for one week allowing you to bake as needed. Dough can be made into balls and frozen. When ready to bake pull as many as needed from freezer and bake adding a couple minutes to bake time.</p>
<p><b>Fruit Salad</b></p>	<p><b>Fruit Salad:</b> prep: 15 minutes yield: 6 servings ~ calories 122, fat .7</p> <p>2 apples chopped bunch of grapes, washed and dry can of chunked pineapples, drained 2 small containers vanilla yogurt 2 apples chopped bunch of grapes, washed and dry can of chunked pineapples, drained 2 small containers vanilla yogurt*</p>	<p>Mix all ingredients together. Chill.</p>	



# Grocery List



## BAKING GOODS

- Small pkg pine nuts
- 1/2 c. chopped pecans or walnuts
- 2 1/4 c. Light brown sugar
- 3/4 c. Dark brown sugar
- 30 oz. semi-sweet chocolate chips
- 1 pkg. (14 oz.) Caramel
- Cornbread mix or 1 c. yellow cornmeal
- 6 c. All-purpose flour
- Baking soda
- Baking powder
- \_\_\_\_\_
- \_\_\_\_\_

## BREADS AND CEREAL

- 2 c. Quick cooking oats
- \_\_\_\_\_
- \_\_\_\_\_

## CANNED AND JAR GOODS

- 2 can cream of chicken soup
- cream of mushroom soup
- Jar sun-dried tomatoes in oil
- 1 (15 ounce) can chunk pineapple
- small can sliced olives
- chicken broth
- 2 (8oz. each) cans tomato sauce
- 1 can dark red kidney bean
- 2 cans refried beans
- 1 can ranch style beans
- 1 small can chopped green chilis
- ranch seasoning
- \_\_\_\_\_
- \_\_\_\_\_

## DAIRY

- 16 ounces sour cream
- Butter ~ 1 pound plus 2 Tbsp.
- 2 small containers vanilla yogurt
- 1/2 c. Milk
- Fresh parmesan
- Cream cheese
- 3 Eggs
- 1 1/2 c. Buttermilk
- 1/3 c. Half-and-half
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN FOODS

- 2 Garlic bread
- Rolls (we prefer Sister Schubert)
- Cauliflower
- Broccoli
- 1 lb. asparagus
- \_\_\_\_\_

## MEAT

- Whole chicken or 4-6 chicken breasts
- 3 1/2 lb. ground beef
- Flounder or tilapia (4- 6 oz. filets)
- Boneless chicken breast
- \_\_\_\_\_
- \_\_\_\_\_

## MISCELLANEOUS

- Fine bread crumbs

## OILS AND DRESSINGS

- Olive Oil ~ 5 Tbsp.
- Italian dressing
- Italian dressing mix

## PASTA, RICE AND BEANS

- Quinoa
- Pasta
- \_\_\_\_\_
- \_\_\_\_\_

## PRODUCE

- 1 1/2 lb. fresh or frozen green beans
- 2 apples
- 1 bunch of grapes
- 2 onions
- potatoes
- 3 cloves garlic
- lemons
- 1 green bell pepper
- 3 tomatoes
- greens for salad
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SAUCES AND CONDIMENTS

- 2 pkgs or jars beef gravy
- \_\_\_\_\_

## SNACKS

- Box butter crackers (Ritz)

## SPICES AND SEASONINGS

- Poppy seeds
- Cajun seasoning
- Lemon pepper
- Chili season packet
- Kosher salt
- \_\_\_\_\_