

SIMPLE MEAL PLANNING FOR BUSY MOMS

Quick, Easy & Semi-Homemade Meal Ideas

BREAKFAST IDEAS:

- Greek yogurt parfait with granola and berries
- Overnight oats with fruit and nuts
- Avocado toast with pre-boiled eggs
- Smoothie with frozen fruit, spinach, and protein powder
- Breakfast burritos (can be made ahead and frozen)

LUNCH IDEAS:

- Rotisserie chicken wraps with pre-cut veggies
- Mason jar salads (prep several on Sunday)
- Tuna salad on whole grain crackers
- Soup and sandwich combo (use quality canned soup)
- Loaded hummus plate with pita, veggies, and olives

DINNER IDEAS:

- Sheet pan chicken with pre-cut vegetables
- Taco bar with store-bought rotisserie chicken
- Pasta with jarred sauce and frozen meatballs
- Breakfast for dinner (scrambled eggs and toast)
- Slow cooker chili with pre-chopped ingredients
- Stir-fry with frozen vegetables and pre-cooked rice
- Build-your-own pizza on store-bought crust
- Loaded baked potatoes with toppings bar

QUICK SIDES:

- Bagged salad with added toppings
- Microwavable rice pouches
- Frozen vegetables with butter and seasonings
- Store-bought rolls or garlic bread
- Quick-cooking quinoa with herbs

TIME-SAVING TIPS:

- Dedicate 30 minutes on Sunday to plan your weekly meals
- Use store-bought rotisserie chicken for multiple meals
- Pre-chop vegetables when you have time
- Embrace "semi-homemade" by combining fresh and convenience items
- Double recipes and freeze half for another week
- Keep a well-stocked pantry with basics like pasta, rice, and canned goods
- Use a slow cooker or Instant Pot for hands-off cooking
- Create a list of 10-15 family favorite meals you can rotate

WEEKLY MEAL PLANNER

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____