

# Back Pocket Meals

*One of our biggest struggles is what to prepare on busy nights for supper when you haven't planned ahead. This is a list of meals that you can pull out of your back pocket when you haven't planned ahead, time is short, and you don't want to hit the drive-thru.*

## CHICKEN

- Buffalo Chicken
- Chicken, Bacon, Ranch Wraps (low carb tortillas or lettuce)
- Roasted and Veggies
- Homemade Nuggets, oven baked fries and veggie tray
- Rotisserie Chicken with whatever you have in the fridge/ pantry (see grilled chicken ideas!)
- Frozen chicken breast in crock-pot with salsa or green verde sauce on top. Cook on low all day and then shred! Eat in a bowl with avocado and kids like it on a tortilla
- bag of frozen chicken breasts in the Crock-Pot with chicken broth, s&p, garlic and onion powder. Cook till it shreds. Then let cool and freeze. This can then be defrosted quickly and used in many recipes
- Grill at the beginning of the week to use in different meals: \* quesadillas \*Taco soup \* Hawaiian chicken (pineapple crushed or chunks bbq sauce of choice, chicken) \* enchiladas \*stir-fry \* with peppers and onion and cauliflower rice all sautéed in a pan with a little olive oil or coconut oil.

## BEEF - Fry lean hamburger/ cool/ freeze small portions to use later

- Burgers
- Spaghetti over Zoodles
- Tacos

## EGGS

- Breakfast Casserole -Frittata or - Omelet loaded with veggies esp spinach and mushrooms
- Eggs how you like with raw veggies and fruit
- Avocado toast with Ezekiel bread and an egg

## SALADS

- All veggies and other toppings washed and prepped for the week
- Taco Salad
- Chopped Salad
- Canned Chicken or Tuna Salad

## OTHER

- "Fun" Meal w/ meat, cheese, veggies & fruit
- Flatbread Pizza - sugar free tomato sauce, veggies, cheese and pepperoni
- Tuna w/ light mayo over mixed greens
- Egg Roll in a Bowl
- Use leftovers over quinoa or cauli-rice = brand new meal!
- Make a big pot of your favorite soup and freeze the leftovers. So easy to thaw and warm up
- Chicken Sausage w/ veggies
- Frozen salmon filets, topped with jarred pesto, baked in the oven. Roasted broccoli on the side