

FAST & FRUGAL MEAL IDEAS



PASTA W/ SAUCE - Spaghetti, Pizza Pasta (pepperoni, cheese, stewed tomatoes), Pesto & Chicken.

TACO SALAD - Use lettuce or chips as the base. Add cheese, beans, avocado, sour cream, taco meat, etc.

BEANS & RICE BOWL - Add beans, rice, chicken, corn, cheese, and bell pepper. Scoop with chips.

TUNA SALAD - Add pickles, hard-boiled eggs, and mayo to tuna. Add tuna salad to crackers, salad, or bread.

PASTA SALAD - Mix italian dressing, olives, onions, and ham to pasta noodles. Another recipe would be mixing ranch dressing, olives, and ham to pasta noodles.

"SNACKY" DINNER - Cheese, crackers, apples, grapes, strawberries, carrots, raisins, sliced cucumber, nuts, sunflower seeds.

QUESADILLAS - Cheese and tortillas. Add chicken, beans, ham, or pepperoni if you have it.

WRAPS - Wrap chicken strips with ranch dressing, lettuce, and tomato.

SANDWICHES - Make a turkey & tomato sandwich. Peanut butter and honey sandwich. If you're out of bread, toast bagels and add peanut butter.

BREAKFAST FOR DINNER - Eggs, toast, and fruit. Pancakes if you have the mix and milk. Cereal.

ROTISSERIE CHICKEN - Chicken noodle soup, chicken salad sandwich, chicken casserole, chicken pot pie.

BAKED POTATO BAR - Let your family chose their own toppings from what you have on hand.