










Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:						
Meal 1	Slow Cooker	<p>1 lb small red potatoes 4 carrots, cut into 2-inch pieces 1 sweet onion, quartered ½ cup sliced celery ¼ cup chicken broth 1 lb boneless skinless chicken thighs ½ Tbsp poultry seasoning</p> <hr/> <p>½ (10-oz) bag mixed salad greens 1 carrot, shredded ¼ cup favorite salad dressing 1 (4-oz) can refrigerated crescent rolls 1 slice provolone cheese, cut into 4 pieces 2 slices fully cooked bacon, chopped</p>	<p>Place potatoes, carrots, onion, and celery in a 4-quart slow cooker; add broth. Arrange chicken thighs over vegetables and sprinkle with poultry seasoning. Cover, and cook on LOW 8 hours or until chicken is tender; season to taste.</p> <hr/> <p><i>Toss salad and carrots with dressing just before serving. Unroll crescent rolls on a baking sheet. Place 1 slice cheese and about 1 Tbsp bacon in center of each crescent. Roll up to completely enclose cheese and bacon. Bake according to package directions; serve hot.</i></p>						
<p>One-Pot Chicken Dinner</p> <p><i>Mixed Green Salad and Bacon and Cheese Crescent Rolls</i></p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>8h</td> <td>8h 10m</td> </tr> </table></p>		Prep	Cook	Total	10m	8h	8h 10m		
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10m	8h	8h 10m							
Meal 2	Slow Cooker	<p>2 lb ground chuck 1 sweet onion, chopped ½ Tbsp garlic powder ½ tsp salt, 1 tsp pepper 1 (8-oz) pkg velveeta cheese, cubed 2 Tbsp chicken broth 2 to 3 hoagie rolls, split and toasted 1 tomato, thinly sliced 1 cup fresh baby spinach Optional toppings: ketchup, mustard, mayonnaise</p> <hr/> <p>½ (32-oz) pkg frozen French fries ¼ cup mayonnaise ¼ cup ketchup 1 Tbsp whole-grain mustard ½ tsp Creole seasoning ½ tsp Worcestershire sauce</p>	<p>Cook ground chuck in a large skillet over medium heat until beef is browned and crumbly; drain and transfer to a 5- to 7-quart slow cooker. Stir in onions, garlic powder, salt and pepper. Add cheese and broth, stirring to combine. Cover, and cook on LOW 7 to 9 hours or until beef mixture is creamy. (Reserve half of beef mixture for Cheeseburger Pizza recipe.) Serve remainder of meat mixture on toasted rolls with sliced tomatoes, spinach, ketchup, mustard and mayonnaise, if desired.</p> <hr/> <p><i>Prepare fries according to pkg directions. Stir together mayonnaise, ketchup, mustard, Creole seasoning, and Worcestershire sauce in a small bowl. Serve with fries.</i></p>						
<p>Cheesy Ground Beef Sandwiches</p> <p><i>French Fries with Spicy Dipping Sauce</i></p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>9h</td> <td>9h 15m</td> </tr> </table></p>		Prep	Cook	Total	15m	9h	9h 15m		
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15m	9h	9h 15m							
Meal 3	Slow Cooker	<p>1 (32-oz) carton chicken broth 2 (15-oz) cans great Northern beans, rinsed and drained 1 (14.5-oz) cans diced tomatoes with Italian seasoning 1 (6-oz) pkg smoked ham, chopped 1 cup chopped carrots ½ cup chopped sweet onion ½ cup sliced celery 4 cups fresh baby spinach</p> <hr/> <p>1 (7.75-oz) pkg cheese-and-garlic biscuit mix</p>	<p>Combine all ingredients except spinach in a 4-quart slow cooker; cover, and cook on LOW 8 hours. Stir in spinach just before serving; let stand until wilted.</p> <hr/> <p><i>Prepare biscuits according to package directions.</i></p>						
<p>Ham and Bean Soup</p> <p><i>Cheesy Garlic Biscuits</i></p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>8h</td> <td>8h 10m</td> </tr> </table></p>		Prep	Cook	Total	10m	8h	8h 10m		
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Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 4 Kid-Friendly</p> <p style="text-align: center;">Bacon Cheeseburger Pizza</p> <p style="text-align: center;"><i>Sliced Apples</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>1 (11-oz) can refrigerated pizza dough 2 Tbsp ketchup 2 Tbsp mustard Reserved beef mixture (from Cheesy Ground Beef Sandwiches recipe) 6 slices fully cooked bacon, chopped 1 (8-oz) pkg shredded Cheddar cheese 1 (8-oz) bag shredded lettuce ¼ cup dill pickle chips ½ cup halved grape tomatoes 2 Tbsp Ranch salad dressing</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 Gala apple, cored and sliced</i></p>	<p>Preheat oven to 400°F; spray a large baking sheet with cooking spray. Unroll pizza crust on pan; bake 5 minutes. Combine ketchup and mustard; spread over crust. Divide beef mixture over crust, leaving a 1-inch border; sprinkle with bacon and cheese. Bake 10 to 12 minutes until crust is browned and cheese is melted. Top with lettuce, pickles, and tomatoes; drizzle with Ranch dressing.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Serve apple slices with pizza.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 5 Slow Cooker</p> <p style="text-align: center;">Savory Beef Brisket and Onions</p> <p style="text-align: center;"><i>Sour Cream Mashed Potatoes and Green Beans</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">10h 10m</td> <td style="padding: 2px;">10h 30m</td> </tr> </table> </div>	Prep	Cook	Total	20m	10h 10m	10h 30m	<p>1½ lb beef brisket, cut into 2 pieces 2 sweet onions, thinly sliced 3 cloves garlic, minced 1 cup chicken broth 1 Tbsp Worcestershire sauce 1 Tbsp soy sauce</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 lb small red potatoes, quartered</i> <i>¼ cup sour cream</i> <i>3 Tbsp butter</i> <i>2 cups frozen green beans</i></p>	<p>Sprinkle brisket with salt and pepper. Place half of onions in a 4-quart slow cooker. Top with brisket and remaining onions. Sprinkle with garlic. Add broth, Worcestershire sauce, and soy sauce. Cover and cook on LOW 10 to 12 hours or until brisket is very tender. (Shred 1½ cups brisket for Brisket, Roasted Corn, and Avocado Salad recipe.) Slice remaining brisket, and serve with onions.</p> <p>Note: Cook the brisket overnight in the slow cooker. Refrigerate during the day, then skim congealed fat from cooker, and reheat brisket on HIGH for 30 minutes or until thoroughly heated.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Bring potatoes and water to cover to a boil in a large saucepan over medium-high heat; reduce heat, and simmer 10 minutes or until potatoes are tender. Drain; return to pan. Mash potatoes to desired consistency with sour cream and butter; season to taste. Cook green beans according to package directions; season to taste.</i></p>
Prep	Cook	Total						
20m	10h 10m	10h 30m						
<p>Meal 6 Slow Cooker</p> <p style="text-align: center;">Chicken Philly Cheesesteak Sandwiches</p> <p style="text-align: center;"><i>Mixed Greens and Apple Salad</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">6h</td> <td style="padding: 2px;">6h 20m</td> </tr> </table> </div>	Prep	Cook	Total	20m	6h	6h 20m	<p>1 lb boneless, skinless chicken breasts 1 green bell pepper, sliced ½ sweet onion, sliced 2 cloves garlic, minced 1 cup chicken broth ½ (1-oz) packet dry Italian seasoning mix 2 to 3 hoagie rolls 4 to 6 slices provolone cheese</p> <hr style="border: 0.5px dashed #000;"/> <p><i>½ (10-oz) pkg mixed salad greens</i> <i>1 Gala apple, diced</i> <i>1 cup sliced celery</i> <i>3 Tbsp olive oil</i> <i>2 Tbsp balsamic vinegar</i> <i>¼ tsp garlic salt</i></p>	<p>Place chicken in a 4-quart slow cooker; top with green pepper, onion, garlic and chicken broth. Sprinkle with dry Italian seasoning mix. Cover and cook on LOW 8 hours. Shred chicken in slow cooker and mix well. Split hoagie rolls and place 2 slices cheese on one side of each roll. Broil, 1 to 2 minutes, until lightly browned and cheese has melted. Top with chicken mixture and serve.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Combine salad, apples, and celery in a large bowl. Whisk together olive oil, vinegar and garlic salt; drizzle over salad, and toss to combine.</i></p>
Prep	Cook	Total						
20m	6h	6h 20m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 7 Crowd-Pleaser</p> <p>Brisket, Roasted Corn, and Avocado Salad</p> <p><i>Tortilla Chips</i></p> <table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 33%;"></td> <td style="text-align: center; width: 33%;">Prep</td> <td style="text-align: center; width: 33%;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">20m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">40m</td> </tr> </table>		Prep	Cook	Total		20m	20m	40m	<p>2 cups frozen corn 1 Tbsp olive oil 1 (10-oz) pkg chopped romaine lettuce 1 avocado, peeled, pitted, and chopped 1 (15-oz) can black beans, rinsed and drained 1½ cups halved grape tomatoes Reserved 1½ cups cooked shredded brisket (from Savory Beef Brisket and Onions recipe) ¼ cup Ranch salad dressing</p> <hr style="border: 0.5px dashed black;"/> <p><i>1 (10-oz) pkg tortilla chips</i></p>	<p>Preheat oven to 400°F. Toss together corn and oil on a rimmed baking sheet; spread in a single layer. Bake 15 to 20 minutes or until lightly browned and tender. Cool slightly. Toss together lettuce, avocado, beans, tomatoes, and corn in a large bowl. Arrange on serving plates. Heat brisket in microwave, if desired. Top salads with brisket. Drizzle with dressing.</p> <hr style="border: 0.5px dashed black;"/> <p><i>Serve chips with salad.</i></p>
	Prep	Cook	Total							
	20m	20m	40m							



Slow Cooker Classic Plan For Two

Sample Plan

Meal	✓	Grocery Items to Purchase	Price
Produce			
1,2,3,5,6		5 sweet onions (about 2½ lb)	2.45
1,3		1 (16-oz) pkg carrots	0.99
1,3,6		1 bunch celery, need 2 cups sliced	1.94
1,5		2 lb small red potatoes	1.98
1,6		1 (10-oz) bag mixed salad greens	2.98
2		1 tomato (about 8 oz)	0.96
2,3		1 (6-oz) pkg fresh baby spinach	2.98
4		1 (8-oz) bag shredded lettuce	1.75
4,6		2 Gala apples (about 1 lb)	1.31
4,7		1 pint grape tomatoes	3.68
6		1 green bell pepper	0.78
7		1 (10-oz) pkg chopped romaine lettuce	2.94
7		1 avocado	2.00
Meat & Seafood			
1		1 lb boneless skinless chicken thighs	2.38
1,4		1 (2.1-oz) pkg fully cooked bacon	3.66
2,4		2 lb ground chuck	7.74
3		1 (6-oz) pkg smoked ham	1.64
5,7		1½ lb beef brisket	8.99
6		1 lb boneless, skinless chicken breasts	1.99
Refrigerated			
1		1 (4-oz) can refrigerated crescent rolls	1.50
1,6		1 (6-oz) pkg sliced provolone cheese	2.47
4		1 (8-oz) pkg shredded Cheddar cheese	2.48
4		1 (11-oz) can refrigerated pizza dough	2.48
5		1 (8-oz) carton sour cream, need ¼ cup	0.99
Frozen			
2		1 (32-oz) pkg frozen French fries, need half	2.00
5		1 (16-oz) pkg frozen green beans, need 2 cups	0.99
7		1 (16-oz) pkg frozen corn, need 2 cups	0.99
Canned & Packaged			
1,2,3,5,6		2 (32-oz) cartons chicken broth, need about 6½ cups	3.72
2		1 (8-oz) pkg velveeta cheese	3.49
3		1 (7.75-oz) pkg cheese-and-garlic biscuit mix	1.00
3		1 (14.5-oz) can diced tomatoes with Italian seasoning	0.68
3		2 (15-oz) cans great Northern beans	1.36
6		1 (1-oz) packet dry Italian seasoning mix, need half	1.38
7		1 (15-oz) can black beans	0.68
7		1 (10-oz) pkg tortilla chips	2.00
Bakery & Deli			
2,6		1 (6-count) pkg hoagie rolls	2.50
Approximate Total			\$83.85

Necessary Staples
Meal 1
¼ cup favorite salad dressing ½ Tbsp poultry seasoning
Meal 2
½ Tbsp garlic powder Optional toppings: ketchup, mustard, mayonnaise ¼ cup ketchup ½ tsp Creole seasoning ¼ cup mayonnaise 1 Tbsp whole-grain mustard ½ tsp Worcestershire sauce
Meal 3
No staples for this meal
Meal 4
2 Tbsp ketchup ¼ cup dill pickle chips 2 Tbsp mustard 2 Tbsp Ranch salad dressing Cooking spray
Meal 5
1 Tbsp Worcestershire sauce 1 Tbsp soy sauce 3 Tbsp butter 3 cloves garlic
Meal 6
2 Tbsp balsamic vinegar 3 Tbsp olive oil ¼ tsp garlic salt 2 cloves garlic
Meal 7
1 Tbsp olive oil ¼ cup Ranch salad dressing