

Meals Made Simple

Grab a gallon size ziploc. Cut raw chicken or beef into bite size pieces. Place chicken in the bag. Pour in one jar of salsa, one bell diced, and taco seasoning. Seal bag, throw in freezer or fridge. Add to crock pot. Cook on high, 3 to 4 hrs. Enjoy on tortillas, nachos, over rice or quinoa.

1

Make quick and easy bite size meatballs for anytime! Season ground beef with salt, pepper, cumin and dried basil. Line bottom of crock pot with meatballs with 1/4c water and cook for 3 to 4 hrs. Store in freezer and pull out when ready to eat, 40 seconds in the microwave.

2

Brown and freeze your ground beef in quart size ziplocs for go-to meals like tacos, chili and hamburger soup. Brown in pan on top of the stove or cook in crock pot for 3 to 4 hours on high.

3

Place 6 to 8 chicken breasts in the crock pot, season both sides with salt, pepper and basil, for a basic go-to or any other seasoning you desire. Cook on High for 2.5 to 3 hrs. Cut it up and freeze to add to future meals or store in fridge to use in the current week.

4

Go ahead and prep your basics like rice, quinoa, potatoes and even pasta! Throw rice or quinoa into the rice cooker or crock pot anytime and store in the fridge or freezer for easy go-to meals. Great way to make fast bowls for lunch, just add some veggies, healthy fats and protein! Freeze small bags in the freezer for back-up.

5

Keep bread items in the freezer for easy grab and create meals. Naan bread for quick pizzas or curry night, english muffins for breakfast sandwiches or burgers, tortillas for tacos and healthy wraps and sandwich bread. All bread items can be thawed in microwave, oven, pan or toaster.

6

Enjoy! Keep it simple and take note of what your family likes the best! Set aside one or two days out of the month and pick one or two of these tips to try! Just a little time can make meals more simple for days and weeks ahead!

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