



7 Easy Weeknight Meals

worksheet

Monday

<http://www.food.com/recipe/crock-pot-rotisserie-style-chicken-448861>
Super yummy and super easy. I actually make 4x the rub and then just keep it in a mason jar in the closet so I can just rub it on in the morning without any work.

Tuesday

<http://allrecipes.com/recipe/58211/authentic-louisiana-red-beans-and-rice/>
I made this into a crockpot recipe. I just throw it all into the crock pot (minus the rice which I make in the rice maker). Use canned beans instead of dry, a bit less water and cut the cayenne in half.

Wednesday

<https://www.100daysofrealfood.com/recipe-best-pulled-pork-crock-pot/>
Perfect recipe . Enough said.

Thursday

<http://www.mykitchenescapades.com/2012/07/parmesan-chicken-bake.html>
I altered this to omit cheese. So when I make it, I double the mayo and no parm, but it's really good with the parm and the recipe just as is too.

Friday

<http://damndelicious.net/2014/02/07/honey-salmon-foil/>
Love this recipe and the girls eat it. Super easy and quick.

Alternate

<http://dinnerwiththerollos.com/savory-sauteed-chicken/>
This chicken recipe is as easy and quick as it gets!

Alternate

<http://damndelicious.net/2014/01/11/one-pot-cheeseburger-casserole/>
Our whole family goes nuts over this one. I usually add in some finely diced bell peppers to boost the veggie content.