



Week of: November 2nd-7th

|   | Meal   | Ingredients  | Sides   |
|---|--|--|---|
| <p><b>#1 Monday</b></p> <p>Mexican Night</p>                | <p><a href="#">Enchilada Casserole</a></p>               | <p>2 oz cream cheese<br/>           2 eggs<br/>           taco seasoning<br/>           2 cups mexican cheese blend<br/>           1 lb ground beef<br/>           8 oz rotel tomatoes<br/>           1 ½ cups enchilada sauce (Frontera red Enchilada sauce is GFor <a href="#">make your own</a>)</p>  | <p><a href="#">Avocado Salsa</a> and chips</p>                              |
| <p><b>#2 Tuesday</b></p> <p>Turn on the Crock Pot Night</p> | <p>Rotisserie Style Whole Chicken in the Crock Pot</p>   | <p>1 whole chicken<br/>           1 onion<br/>           1 tsp garlic powder<br/>           ½ tsp thyme<br/>           1 tsp onion powder<br/>           2 tsp salt<br/>           1 tsp Italian seasoning<br/>           ½ tsp pepper<br/>           ½ tsp paprika</p> <p>-----</p> <p>Mix garlic powder, onion powder, thyme and salt &amp; pepper in a small bow.<br/>           Rub seasonings all over the chicken, making sure to get under the skin.<br/>           Cut onion in half and put in crock pot .<br/>           Put chicken on top of onion, breast side down.<br/>           Cook 4-5 hrs on high or 8 hours on low.</p> | <p>Cooked carrots</p> <p>Steamed Broccoli</p> <p>Baked or Mashed Potato</p> |
| <p><b>#3 Wednesday</b></p> <p>Italian Night</p>             | <p><a href="#">Meatballs alla Parmigiana (GF)</a></p>    | <p>Meatballs:<br/>           1.5 lbs ground beef<br/>           2 TB fresh, chopped parsley<br/>           ¾ cup parmesan cheese<br/>           ½ cup almond flour<br/>           2 eggs<br/>           1 tsp kosher salt<br/>           ¼ tsp garlic powder<br/>           1 tsp dried onion flakes<br/>           ¼ tsp dried oregano<br/>           ½ cup water<br/>           Parmigiana:<br/>           1 cup marinara sauce<br/>           4 oz mozzarella cheese</p>  | <p>Steamed Veggies</p> <p>Side Salad</p>                                    |
| <p><b>#4 Thursday</b></p>                                   | <p><a href="#">Nana's Salisbury Steak with Gravy</a></p> | <p>1 lb ground beef<br/>           2 TB almond flour (or 1 cup crushed GF crackers)<br/>           ½ tsp Lee &amp; Perrin Worcestershire sauce</p>   | <p>Mashed Potatoes, Gravy, Corn &amp; Green Beans</p>                       |

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| <p>Throw Back Thursday</p>                 |   | <p>¼ cup ketchup<br/> 1 egg<br/> ½ tsp nutmeg<br/> 1 TB parsley<br/> 1 tsp onion powder<br/> 1 tsp salt<br/> 1 tsp pepper</p> <hr/> <p>Gravy:<br/> 1 c. Half and half<br/> ¾ cup chicken broth<br/> 1 TB evoo<br/> 1 tsp onion powder<br/> 1 tsp garlic powder<br/> 1/8 tsp black pepper<br/> ½ tsp salt<br/> 2 TB cornstarch<br/> 1 cup sliced mushrooms</p>   |              |
| <p>#5 Friday<br/> Family Fun Night</p>     | <p><a href="#">GF Cinderella's Homemade pizza</a></p>           | <p>Use <a href="#">Fleischmanns recipe</a> if not gluten free OR<br/> <a href="#">Gluten Free</a> pizza crust: (minimalistbaker)<br/> 3 cups gluten free flour blend (1 cup white rice flour, 1 cup brown rice flour, 1 cup tapioca flour + ¾ tsp xanthan gum)<br/> 1 tps salt<br/> ½ tsp baking powder<br/> 3 TB sugar, divided<br/> 1 TB yeast<br/> 1 ¼ cup warm water, divided<br/> 1 TB olive oil</p> <hr/> <p>Toppings:<br/> Pizza Sauce (I like Prego)<br/> Mozzarella<br/> Other Toppings (pepperoni etc.)</p> |              |
| <p>#6 Saturday<br/> Soup's on Saturday</p> | <p><a href="#">Addie's Cheesy chicken and broccoli soup</a></p> | <p>2 cups chopped onion<br/> 1 cup sliced mushrooms<br/> 1 minced garlic clove<br/> 3 TB olive oil<br/> 4 cups milk<br/> 2 cups chicken broth<br/> 2 cups shredded sharp cheddar<br/> 1 lb cooked chicken breast<br/> 12 oz frozen broccoli florets<br/> 1 cup half and half<br/> 1 TB arrowroot powder or cornstarch<br/> ½ tsp pepper<br/> ½ tsp salt</p>   | <p>Salad</p> |