



WHAT'S COOKING IN K'S KITCHEN

SUNDAY

Sunday Sauce
Easy Frozen Meatballs
Pasta of Choice
String Beans

TUESDAY

Daddy & Savanna Cooking!

Cook Once - Eat Twice
Slow Cooker Beef Tacos

Avocado, Corn, Cheddar &
Tomato Salad
(using canned corn).

THURSDAY

Taco Night #2
Kids Tacos again & Raw Carrots
Adults stuffed in Butternut
Squash

SATURDAY

Red Wine Braised Short Ribs
(I use boneless & recipe I used
to use is no longer up so I am
going to work on developing)
Pasta & Frozen Broccoli

MONDAY

Meatless Monday
Bean & Cheese Bar:
Adults: Loaded in Sweet
Potatoes
Kids: Regular Potatoes or Rice
Raw Carrots & Spinach

WEDNESDAY

Sheet Pan
Breaded Chicken

Frozen Broccoli with Parmes
Mac & Cheese for kids!

FRIDAY

Make Your Own Pizzas
(I adapt this a little -
working on a post for my
adaptations)
Frozen Peas with Walnuts

BIG BATCH

Peter's Birthday Cake
Pantry Staple Applesauce Bread

Adaptations I have made: reduce to 1/3 sugar
Flour: 1 cup whole wheat + 1/2 cup oat
Adjust 3/4 tsp baking powder
Reduce to: 1/4 cup oil + 1/4 cup pumpkin

Using frozen berries for Gluten Free &
Vegan Berry Pancakes