

## Hi Ladies!

Wow! What a great response I got last week after posting the first EVER "Comfy Meal Plan". Thank you to all who commented and shared!

Below is a very typical meal plan for my family and me. There are many gluten-free options listed (a shout out to my intolerant friends!), but they are naturally gluten-free- *not the weird stuff you have to get at specialty stores and spend tons of money on...* I don't cook gluten-free for my family all of the time, there are times I cook a "glutenous maximus" entree then I make myself something gluten-free from the ingredients I used for them.

Love to you, Janelle

P.S. Friday's meals are typically more "Kid-oriented", but yummy for the entire family.



## The "Comfy" Meal Plan



Step-by-step, you'll get there yet!  
[www.comfyinthekitchen.com](http://www.comfyinthekitchen.com)

### Utilize

Use those left-overs! Below I have Chili one night and Chiletti the next! Leftovers are great for lunch the next day too!

### Rest

I always take off cooking one day a week-mainly Sunday. That's our left-over day.

# 6 Days of “Comfy” Meal Planning



## Monday

### [Poppyseed Ham and Cheese Sliders](#)

- Serve with [Strawberry Spinach Salad](#)
- GF: Use GF rolls, or simply have a salad and ham and cheese rollups.



## Thursday

### [Marinated Pork Tenderloin](#)

- Sides are shown on this link: [Green beans \(use speedy\)](#) [Mashed redskins](#) (I don't care if you buy Bob Evans), and baked apples.
- GF option: Use GF Soy; Mashed potatoes and green beans are GF.



## Tuesday

### [Low-Fat Chili](#)

- Serve with a dinner salad and [homemade cornbread with honey butter](#)
- Place in Crockpot and enjoy your day!
- Left-overs are for tomorrow!
- Chili is GF \*check seasoning!



## Friday

### [Baked Chicken Fingers](#)

- Serve with a [Oven Baked French Fries](#), a dinner salad, and [Homemade Crockpot Applesauce](#) (prepared in the morning).
- GF -use processed Udi's bread in place of regular bread crumbs. Fries and applesauce are GF.



## Wednesday

### [Chiletti](#)

- Use last night's left over Chili for this.
- Serve with a dinner salad.
- GF option, use rice noodles.



## Saturday

### [Wedding Soup](#)

- Serve with a dinner salad and grilled cheese sandwiches for the kiddos.
- Leftovers for tomorrow's dinner!