

Hi Ladies!

I'm so glad you are enjoying The "Comfy" Meal Plan. Again, nothing too fancy...just *comfy*. There are gluten-free options listed for my GF friends. I also include recipes that my entire family will eat...adults and children alike.

I completely understand how frustrating it can be to have a family with different palates. Our days as mothers are way too long to make 5 different meals for 5 different people by the time evening rolls around! Again, I hope this helps you with your week of meal planning and I encourage you to keep serving your families.

Love to you, Janelle



## 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 suggest making extra mashed potatoes for the following night- just add a little milk, warm up and stir!

### 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



### Crescent Chicken

- This is Comfy’s most popular recipe- the entire family loves this one.
- Serve with [mashed potatoes](#) and sweet peas and corn.
- Make a double batch of mashed potatoes for tomorrow!

## Thursday



### Homemade Marinara

- Serve with a dinner salad and garlic bread.
- Makes enough for lunch tomorrow.
- GF option: Use rice noodles and GF chicken bouillon.

## Tuesday



### Marvelous Meatloaf

- Warm up last night’s extra mashed potatoes.
- Serve with a dinner salad.
- GF option: use processed Udi’s GF bread instead of bread crumbs.
- Use leftovers for meatloaf sandwiches for lunch the next day.

## Friday



### Baked Potato Soup

- I typically will make the kiddos hotdogs or hamburgers with this soup. You can also pair with a dinner salad.
- GF option: Replace flour with 1 1/2 Tbsp of Cornstarch.

## Wednesday



### General Tso’s Chicken

- Serve with a dinner salad and fresh fruit.
- GF option: use GF soy sauce.
- Save leftovers for tomorrow’s lunch.
- This is one of my favorites!!!

## Saturday



### French Dip Sandwiches

- Place your roast in the crockpot in the morning and enjoy your day!
- Serve with a dinner salad
- GF option: Serve on a GF bun.