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



Use those left-overs! Below I suggest making extra mashed potatoes for the following night-just add a little milk, warm up and stir!







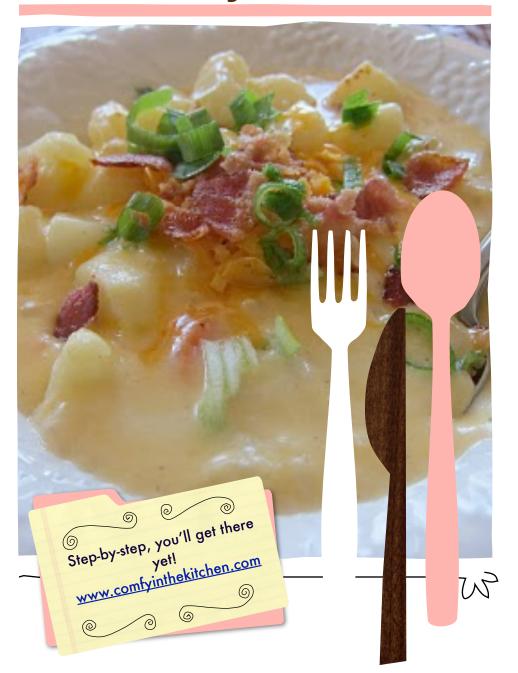


I always take off cooking one day a week-mainly Sunday. That's our left-over day.





The "Comfy" Meal Plan



6 Days of "Comfy" Meal Planning



Monday

Crescent Chicken

- This is Comfy's most popular recipethe entire family loves this one.
- Serve with mashed potatoes and sweet peas and corn.
- Make a double batch of mashed potatoes for tomorrow!





Tuesday

Marvelous Meatloaf

- Warm up last nights 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.





Wednesday

General Tso's Chicken

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



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.



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.



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.



