

Hi Ladies!

So often I get e-mails asking me to create a weekly meal plan. Well, here you go, my dear friends! This 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.

I hope this helps you this week-if so, let me know and I will continue to make meal plans for you on a weekly basis!

Love to you, Janelle



The "Comfy" Meal Plan



Step-by-step, you'll get there yet!
www.comfyinthekitchen.com

Utilize

Use those left-overs! Below I have spaghetti and meatballs one night and meatballs subs the next!

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

Turkey Tacos

- Let the kiddos put them together for a fun dinner treat.
- Make into Taco Salads for lunch tomorrow.
- GF Option: Use Corn Chips/Tortillas



Thursday

Chicken Fried Rice

- Serve with a dinner salad.
- Makes enough for lunch tomorrow.
- GF option: Use GF Soy Sauce.



Tuesday

Spaghetti and Meatballs

- Serve with a dinner salad and garlic bread.
- GF Option: Use rice noodles and replace processed GF bread for breadcrumbs in meatballs.



Friday

Easy, Cheesy Calzones

- Serve with a dinner salad.
- Include the kiddos by having them put in their favorite toppings!
- Makes enough for lunch tomorrow.
- GF friends, I'd make myself a Chef salad with the cheese and meats.



Wednesday

Meatball Subs

- Use last night's left over meatballs and sauce.
- Serve with a dinner salad.
- GF option, use GF Hoagies or eat meatballs with cheese and a salad.



Saturday

Savory Pot Roast with Garlic

- Put in slow cooker first thing in the morning, enjoy your day!
- Serve with a dinner salad and crusty bread.
- Leftovers are for tomorrow's dinner!
- GF