

Hi Ladies!

Thanks for joining me for another week of "Comfy" Meal Planning. I hope this is helping you with ideas and ultimately bringing your families together at the dinner table.



There are some simple, yet delicious recipes on this week's menu. Ohhh, how I love Grandma Ruth's Veggie soup. In fact, I'm making some tomorrow but I'm adding a Chuck Roast to it for some protein. We had Hawaiian Kabobs this past week as well...one of my favorite recipes. Homemade Mac n Cheese on Friday will make you one popular Mama!

Enjoy, my friends- Keep cookin! You're doing great!

Love to you, Janelle

## The "Comfy" Meal Plan



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

### Don't over do it!

Keep your sides quick and easy to give you more time to spend on the main entree!

### 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**

## Beef Stew

- Serve with a dinner salad/crusty bread, if desired.
- GF



**Thursday**

## Homemade Veggie Soup

- Serve with grilled cheese sandwiches or a salad.



**Tuesday**

## Hawaiian Chicken Kabobs

- Serve over rice with a dinner salad
- Prep in the morning for easy assembly (as shown on post).
- GF



**Friday**

## Chip Chop Ham Sandwiches

- Serve with a dinner salad, and homemade mac n cheese.
- GF option: use Udi's rolls, make mac n cheese with rice macaroni.



**Wednesday**

## Baked Fried Chicken

- GF Option: Use 1 Tbsp of cornstarch instead of flour, or use GF flour.
- Serve with twice baked potatoes, corn, and a dinner salad.



**Saturday**

## Creamy Bacon CrockPot Chicken

- Serve with rice and sweet peas.
- GF Option included in the recipe.