

DOUBLE DUTY



BUSY MAMA 7 DAY MEAL PLAN

Good, budget-friendly meals with as little effort and energy as possible.

or use your
crockpot!

ONE

Instant Pot Shredded Jerk Tacos w/tater tots

Double the chicken to use for meal three.

RECIPE: NELLIEBELLIE.COM/SHREDDED-CHICKEN-TACOS-INSTANT-POT/

serve tacos with sliced tomato & shredded cheddar cheese.

top with yogurt & lime sauce (mix 1/2 cup yogurt with juice from 1 lime)

If your family isn't into jerk chicken try a simple shredded chicken recipe, instead. Use the same amount of chicken, 1 cup of chicken broth, 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon garlic powder, and 1/2 teaspoon paprika instead of EVERYTHING in the jerk chicken recipe. Follow the cooking instructions and enjoy!

TWO

Shrimp Scampi w/spinach salad

Triple the pasta to be used for meal four & six

Chop some extra veggies for meal four.

optional: grill the shrimp and add to the salad for a grilled shrimp salad

RECIPE: NELLIEBELLIE.COM/SHRIMP-SCAMPI-RECIPE/

Instead of shrimp try scallops, lobster, chicken, or mushrooms to change it up! Swap out the broth for white wine or add a bit of minced pepper for added flavor. When making extra pasta I usually use a second pot to boil the extra 2 batches of pasta. This helps the water boil faster as well as keep my portions easy to separate. Also, it allows me to use a different type of pasta, if I want. Use some of the extra tortillas to create tortilla strips for your spinach salads. Simply use a pizza cutter to slice them into strips and fry them on a skillet with a bit of olive oil and paprika. Cool and store in an air-tight container.

THREE

Jerk Chicken Pizza

Make up a batch of pizza dough breadsticks for meal five.

Chop extra veggies for meal four.

RECIPE: NELLIEBELLIE.COM/BARBECUE-CHICKEN-PIZZA

Pizza dough and breadsticks freeze well. Think about making up an extra batch of dough to pop into the freezer for next time. Make up LOTS of breadsticks for the freezer. If you have young kids, grab a jar of pizza sauce and serve up those breadsticks with sauce for a fun snack.

DOUBLE DUTY



BUSY MAMA 10-DAY MEAL PLAN

Good, budget-friendly meals with as little effort and energy as possible.

try ground turkey!

FOUR

Sloppy Joes w/pasta salad

Make double the sloppy joe sauce for meal seven.

RECIPE: NELLIEBELLIE.COM/HOMEMADE-SLOPPY-JOE-SAUCE/

FOR THE SALAD TRY: FINDINGZEST.COM/TOMATO-PASTA-SALAD-WITH-LEMON-DRESSING-RECIPE/

FIVE

Oven baked drummies w/tater tots & breadsticks

Make double the chicken for meal six.

optional: bake the drummies early in the day (or the night before) and throw them on the grill to heat and sear. Use chicken breasts if your family prefers.

RECIPE: NELLIEBELLIE.COM/OVEN-BAKED-CHICKEN-DRUMSTICKS/

SIX

Chicken Tetrazzini w/mixed veggies

Shredded chicken, soup, pasta, & sour cream baked. Served with mixed veggies.

RECIPE: LILLUNA.COM/CHICKEN-TETRAZZINI/

SEVEN

Sloppy Joe TaterTot Hotdish w/spinach salad

Sloppy joe TaterTot Hotdish served with baby spinach salad.

RECIPE: NELLIEBELLIE.COM/SLOPPY-JOE-TATER-TOT-CASSEROLE

Homemade lemon vinaigrette: 2 parts olive oil to 1 part lemon juice. Add a bit of salt & pepper, to taste.

NOTES:

I've included ideas for sides that make use of ingredients already in your grocery cart. However, swap out the sides for your favorites. If you follow the grocery list exactly, you'll at least have sides on hand if you don't feel like getting creative or trying too hard!

GROCERY LIST:

PRODUCE:

2 onions [meal 3] [meal 7]
2 bunches of garlic [meal 2] [meal 4] [meal 6]
5 tomatoes [meal 1] [meal 3] [meal 7]
2 limes [meal 1]
1 bunch green onions [meal 1] [garnish]
2 bunches parsley [meal 3] [meal 2] [garnish]
2 lemons [meal 2] [meal 6] [meal 7]
2 bags baby spinach [meal 2] [meal 7]
jalapeno pepper [meal 1]
1/2 ounce fresh ginger [meal 1]

MEAT:

2 pounds of ground beef [meal 4] [meal 7]
16 chicken drumsticks [meal 5] [meal 6]
1 pound shrimp [meal 2]
8 boneless, skinless chicken thighs [meal 1] [meal 3]

DAIRY:

4 cups shredded cheddar cheese [meal 3] [meal 7] [meal 1]
4 cups mozzarella cheese [meal 3] [meal 6]
4 sticks butter [meal 2] [meal 6] [for serving]
32oz container of plain Greek yogurt [meal 1] [meal 6]
2 cups parmesan cheese [meal 2] [meal 6]

FROZEN:

2 pkgs frozen mixed veggies [meal 6] [meal 7]
3 pkgs tater tots [meal 1] [meal 5] [meal 7]

BREAD:

12 flour tortillas [meal 1] [meal 2]
1 pkg hamburger buns [meal 4]

EVERYTHING ELSE:

1 jar barbecue sauce [meal 3]
2 pizza crust dough [meal 3] [meal 5]
3 pounds linguine [meal 2] [meal 4] [meal 6]
2 cups chicken broth [meal 2] [meal 6]
2 cans cream of chicken soup [meal 6]
ketchup [meal 4] [for serving]

PANTRY:

salt
pepper
vinegar
flour
brown sugar
olive oil
soy sauce
cinnamon

worcestershire sauce [meal 4]
siracha sauce [meal 4]
paprika [meal 5]
thyme [meal 5]
rosemary [meal 5]
nutmeg [meal 1]