

60

SUPER QUICK MEAL IDEAS

to make instead of getting takeout



INSTANT POT MEALS

- Frozen chicken breasts, salsa, & taco seasoning
- Barbecue sauce poured over chicken breasts
- A bottle of Italian dressing poured over chicken breasts
- Hawaiian barbecue sandwiches



GROUND BEEF MEALS

- Sloppy Joe's served on buns with fresh veggies or fruit & chips on the side.
- Cooked ground beef over Tostitos with shredded cheese baked in the oven = nachos
- 2 cups cooked rice with one pound ground beef or turkey, corn, & a can of Rotel tomatoes
- Brown ground beef, top with teriyaki (half brown sugar, half soy sauce), & serve over rice
- Tacos (We like to add canned beans to the meat.)
- Haystacks



QUESADILLAS

- Precooked chicken & cheese
- Beans, precooked chicken or ground beef, & cheese
- Refried beans & cheese
- Plain cheese (can add veggies or onions/peppers, etc.)



BREAKFAST FOR DINNER

- Omelettes
- Waffles or pancakes (*I like to buy boxes of pancake mix to have on hand to make batter up really quickly for last-minute meals!*)
- Frozen waffles (Buy pre-made or make your own.)
- Cereal (*yes, this can totally count as dinner!*)
- Homemade Egg McMuffins: Toasted English muffins, fried egg, cheese, and/or bacon
- Scrambled eggs or fried eggs, toast, & fruit
- Oatmeal (Or baked oatmeal)
- French toast, fruit, & bacon
- Egg & cheese bites



PASTA

- Spaghetti
- Tortellini
- Beefaroni: mac & cheese, tomato soup, & ground beef
- Frozen ravioli with pasta sauce from a jar poured over it





SANDWICHES

- Grilled cheese
- Pizza Bread: French bread, pizza sauce, mozzarella cheese, & pepperoni
- Turkey & cheese
- Egg salad
- Tuna salad
- PB&J (*variations: PB&honey on toasted bread or PB & sliced bananas*)
- Open-faced ham & cheese: Broil in the oven for a few minutes until melted.
- Meatball subs: Frozen meatballs with sauce on hot dog buns
- BLT sandwiches (*For variety: use avocados in place of tomatoes.*)



OTHER IDEAS

- Baked potatoes made in the microwave with steamed broccoli & pre-shredded cheese on top (*or, you could do a Baked Potato Bar — just bake some potatoes in the microwave & set out whatever toppings you have on hand!*)
- Corn dog muffins
- Snack-y dinners: Think charcuterie-board-type dinners using what you have on hand!
- Build Your Own Salad Bar
- “Leftovers” night
- “Fend For Yourself” Night (*we do this once a week — everyone can make whatever they want for dinner: some have cereal, some have pancakes or a frozen pizza, some heat up leftovers, etc.*)

SHORTCUT *dinners*

While this might feel a little bit like “cheating” & it might be more expensive than making it yourself, it would definitely be significantly less expensive than getting takeout! I try to always keep a few quick meals like this in the freezer to have on days when we need something for dinner & the day got away from me or I’m just uninspired to cook anything!

- Costco Frozen Orange Chicken with frozen veggies & instant rice
- Stouffer’s lasagna
- Kroger brand frozen fried rice
- Frozen burger patties & fries
- Costco Just Bare Chicken Nuggets
- Ready-made fajitas from Costco
- Hawaiian rolls & chicken nuggets = easy sliders
- Potstickers & fried rice from Trader Joe’s
- Frozen stir-fry vegetables topped with shrimp
- Chicken tenders, frozen tater tots, & frozen veggies
- Canned soup
- Bagged salad with rotisserie chicken shredded over it (*Or, serve the chicken with salad on the side!*)
- Sam’s chicken salad on crackers or toast
- Costco frozen lasagna or mini pot pies
- Aldi frozen skillet meals
- Frozen popcorn chicken, instant mashed potatoes, & microwaved veggies
- Boxed mac & cheese (*Add cooked meat or veggies to beef it up!*)
- Hot dogs or frozen corn dogs with fruit
- Frozen burritos: Put them in a baking dish, pour over the enchilada sauce, sprinkle with cheese, & bake.