

14 Day Meal Plan

(Serves 4 – 6)

Mark When You Have Eaten the Meal	Meal Name
	Creamy Chicken Tacos
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	Chicken Cacciatore with Mashed Potatoes
	Chicken Gravy with Mashed Potatoes and Corn
	Chicken Chili and Tortilla Chips
	Buffalo Chicken Sandwiches and Potato Wedges
	Taco Chili
	Chicken Alfredo Pasta & Peas
	Maple Bacon Chicken Stackers with Green Beans & Potatoes
	Chicken Noodle Soup with Tuna Sandwiches
	Chicken Thighs, Potatoes and Peas
	Hamburger Mushroom Soup Over Rice with Peas
	Spaghetti and Meatballs Served with Corn
	Spaghetti and Meatballs Served with Corn



Creamy Chicken Tacos

(Serves 4-6)

Recipe:

1 lb. Boneless Skinless Chicken Breast	1 packet of taco seasoning
1 can of Kidney Beans	1/2 Ranch Seasoning packet
1 can of corn	1/2 Cream Cheese
1 can diced tomatoes and green chiles	12 Tortillas

Morning Instructions:

1. Open the canned goods and drain them of the water in the can.
2. Place all the ingredients in the slow cooker except the cream cheese.
3. Turn slow cooker on low for at least 6 hours.
4. Take tortillas out of the freezer.
5. Read over the before serving instructions so you will know what you need to do.

30 Minutes Before Serving Instructions:

1. Add the cream cheese to the slow cooker and let it melt for about 15 minutes.
2. Stir.
3. Serve with flour tortillas and your favorite taco toppings.



Chicken Cacciatore with Mashed Potatoes

(Serves 4-6)

Recipe:

1 1/2 lbs. Boneless Chicken Thighs	1/2 tsp salt
30 oz. can diced tomatoes	1 tsp. granulated garlic
1 pepper	6 potatoes
1 onion	1/2 stick of butter
1/2 tsp. ground oregano	1/4 cup of milk
1/2 tsp dried basil	

Morning Instructions:

1. Slice peppers and onions and put them in the slow cooker.
2. Add all the other ingredients to the slow cooker except the potatoes.
3. Turn slow cooker on low and cook for 6 hours.

60 Minutes Before Serving Instructions:

1. Peel the potatoes.
2. Rinse and slice them into similar sized chunks
3. Place them in the instant pot.
4. Add 1 tbsp. salt and cover the potatoes with water.
5. Secure the lid and make sure valve on top is in the seal position.
6. Set Manual Pressure for 10 minutes.
7. Once it is done cooking, release pressure.
8. Drain water from the potatoes.
9. Add butter and milk and mash with a potato masher.
10. Season with salt and pepper to taste.
11. Serve cacciatore on the potatoes or have potatoes on the side.



Chicken Gravy with Mashed Potatoes and Corn

(Serves 4-6)

Recipe:

1 lb. Boneless Skinless	1/4 cup of milk
Chicken Breast	16 oz. frozen corn
18 oz. jar of chicken gravy	Salt and pepper, to taste
6 potatoes	1/2 tsp. sugar (Optional)
1/2 stick of butter	

Morning Instructions:

1. Place chicken in slow cooker.
2. Turn it on low.

60 Minutes Before Serving Instructions:

1. Peel the potatoes.
2. Rinse and slice them into similar sized chunks
3. Place them in the instant pot.
4. Add 1 tbsp. salt and cover the potatoes with water.
5. Secure the lid and make sure valve on top is in the seal position.
6. Set Manual Pressure for 10 minutes.
7. While potatoes are cooking, dump frozen corn into a microwave safe bowl.
8. Season with salt, pepper, and sugar and mix.
9. Microwave corn for 5 minutes.
10. Shred the chicken in the slow cooker and add the gravy.
11. Turn the slow cooker to high to get the gravy hot.
12. Once the potatoes are done cooking, release pressure.
13. Drain water from the potatoes.
14. Add butter and milk and mash with a potato masher.
15. Season with salt and pepper to taste.
16. Serve chicken gravy over the potatoes and corn on the side.



Chicken Chili and Tortilla Chips

(Serves 4-6)

Recipe:

1 lb. Boneless Skinless	1 onion
Chicken Breast	1 tsp granulated garlic
1 lb. Great Northern	1/2 Tbsp. ground cumin
Beans	1 tsp ground oregano
1 can diced tomatoes and	6 cups of chicken broth
green chilies	1 bag of tortilla chips

Morning Instructions:

1. Rinse the beans and place them in the instant pot.
2. Add the chicken breast.
3. Dice an onion and add to the instant pot.
4. Add the rest of the ingredients to the instant pot.
5. Secure the lid on the instant pot and make sure the valve is in the seal position.
6. Push the Bean/Chili setting and set timer for 90 minutes.

10 Minutes Before Serving Instructions:

1. Open the lid of the instant pot and stir.
2. Taste and make sure it is seasoned well.
3. Serve with your favorite chili toppings like; diced onion, sour cream, cheese, salsa, and tortilla chips.



Buffalo Chicken Sandwiches and Potato Wedges

(Serves 4-6)

Recipe:

1 lb. Boneless Skinless	6 Potatoes
Chicken Breast	Oil Spray
1 jar of Mild Buffalo Sauce	Salt and Pepper
Shredded Cheese	1 loaf of bread

Morning Instructions:

1. None

90 Minutes Before Serving Instructions:

1. Add chicken to the instant pot with one cup of water.
2. Cook on Poultry setting for 20 minutes.
3. Preheat oven to 425 degrees.
4. Cover cookie sheets with aluminum foil.
5. Spray the cookie sheets with non-stick cooking spray.
6. Cut potatoes into wedges.
7. Layer them on the cookie sheets in a single layer and spray with non-stick cooking spray.
8. Bake for about 30-40 minutes.
9. Remove from oven and season with salt and pepper.
10. Release pressure manually on the instant pot, make sure chicken is at 165 degrees.
11. Remove chicken and shred.
12. Make a sandwich layering chicken, cheese, and buffalo sauce.
13. Butter sandwiches and toast on a griddle.
14. Serve sandwiches with potatoes and ketchup, if wanted.



Taco Chili

(Serves 4-6)

Recipe:

1 lb. hamburger or ground turkey	1 15 oz. can diced tomatoes
1 packet of taco seasoning	1 onion
1/2 packet of ranch seasoning packet	1 green peppers
1 lb. fresh pinto beans	1/2 tbsp granulated garlic
1 15 oz. can tomato sauce	6 cups of beef broth

Morning Instructions:

1. Dice one onion and two green peppers.
2. Turn the instant pot onto Sauté.
3. Add the ground meat, onion, and peppers to the instant pot and sauté until meat is browned.
4. Rinse the beans and place them in the instant pot.
5. Add the rest of the ingredients to the instant pot.
6. Secure the lid on the instant pot and make sure the valve is in the seal position.
7. Push the Bean/Chili setting and set timer for 90 minutes.

10 Minutes Before Serving Instructions:

1. Open the lid of the instant pot and stir.
2. Taste and make sure it is seasoned well.
3. Serve with your favorite chili toppings like; diced onion, sour cream, cheese, salsa, and tortilla chips.



Chicken Alfredo Pasta & Peas

(Serves 4-6)

Recipe:

1 lb. Boneless Skinless	1 jar Alfredo Sauce
Chicken Breast	Salt, Pepper and Garlic to
1 cup of water	Taste
1 lb. Pasta	16 oz. bag of frozen peas

Morning Instructions:

1. None

90 Minutes Before Serving Instructions:

1. Put chicken in the instant pot and add one cup of water.
2. Secure the lid and make sure the valve is in the seal position.
3. Cook on Poultry setting for 20 minutes
4. Release pressure manually, make sure chicken is at 165 degrees and remove chicken and shred.
5. Add water to instant pot to equal to 5 cups for 1 lb. pasta.
6. Add pasta and set manual pressure for 2 minutes.
7. Dump frozen peas into a microwave safe bowl.
8. Add salt, pepper, and sugar (optional) and mix.
9. Cook for 5 minutes in the microwave.
10. As soon as the instant pot is done, release pressure manually
11. Drain excess water.
12. Add chicken and sauce to the instant pot and mix.
13. Serve with peas



Maple Bacon Chicken Stackers with Green Beans & Potatoes

(Serves 4-6)

Recipe:

1 lb. Boneless Skinless Chicken Breast	2 28 oz. cans of green beans
1/2 lb. bacon	3 potatoes
1/4 cup maple syrup	1 onion
1 cup shredded cheese	1/2 tbsp. granulated garlic
1 cup chicken broth	Salt and pepper, to taste

Morning Instructions:

1. Open Green beans and drain them.
2. Pour them into the slow cooker.
3. Dice an onion and place on top of green beans.
4. Wash and slice potatoes in similar sized chunks and place in slow cooker.
5. Cut 1 slice of bacon and add to slow cooker.
6. Add garlic, salt and pepper.
7. Top with chicken broth.
8. Turn slow cooker on low.

60 Minutes Before Serving Instructions:

1. Heat oven to 350 degrees.
2. Cover cookie sheet with aluminum foil.
3. Lay chicken breast in a single layer.
4. Bake for 25-30 minutes until it reaches an internal temperature of 165 degrees.
5. While chicken is baking, cook bacon on the stove top.
6. Cook chopped bacon in pan and remove when done.
7. Drain grease then put bacon and maple syrup in pan stirring to coat bacon. (keep a close eye on the bacon to prevent burning)
8. Remove chicken from the oven when it has been cooked through.
9. Top chicken with bacon and cheese.
10. Melt in oven for about 5 minutes.
11. Serve with the green beans and potatoes.



Chicken Noodle Soup with Tuna Sandwiches

(Serves 4-6)

Recipe:

1 lb. Boneless Skinless	1/2 tsp. sage
Chicken Breast	1/2 tsp. salt
1 onion	12 oz. can of tuna fish
6 cups chicken broth	1/3 cup of mayonnaise
12 oz. bag of frozen peas and	1 tbsp. relish
carrots	1/2 tbsp. mustard
1/2 lb. rotini	1 loaf of bread
1/2 tbsp. granulated garlic	

Morning Instructions:

1. Dice onion and put it in the instant pot.
2. Add the chicken, garlic, sage, salt and chicken broth to instant pot.
3. Secure the lid on the instant pot making sure the top valve is in the seal position.
4. Place under manual pressure for 20 minutes.
5. Let simmer until ready to serve.

30 Minutes Before Serving Instructions:

1. Hit the Sauté button on the instant pot.
2. Once the soup is boiling, add the pasta, peas and carrots.
3. Open the cans of tuna and drain the water.
4. Mix in the mayonnaise, relish and mustard.
5. Serve up the soup and make the sandwiches.



Chicken Thighs, Potatoes and Peas

(Serves 4-6)

Recipe:

1 1/2 lbs. Boneless Chicken Thighs	1/2 tsp. granulated garlic
6 Potatoes	1/2 tsp. salt
1 Onion	16 oz. bag of frozen peas
1/2 tsp. onion powder	Salt and pepper to taste
1/2 tsp. paprika	1/2 tsp. sugar (optional)

Morning Instructions:

1. Wash and slice the potatoes into similar sized chunks and place in the bottom of the slow cooker.
2. Dice the onion and spread it out on top of the potatoes.
3. Lay chicken on top of potatoes and onions.
4. Add onion powder, paprika, garlic and salt.
5. Turn slow cooker on low.

15 Minutes Before Serving Instructions:

1. Dump frozen peas into a microwave safe bowl.
2. Add salt, pepper, and sugar and mix.
3. Cook for 5 minutes in the microwave.
4. Serve chicken and potatoes with peas on the side.



Hamburger Mushroom Soup Over Rice with Peas

(Serves 4-6)

Recipe:

1 lb. Ground Hamburger	3 cups of instant rice
1 onion	3 cups of water
1 10.5 oz. can cream of mushroom soup	16 oz. frozen peas
Salt and Pepper, to taste	Salt and Pepper
	1/2 tsp. sugar (optional)

Morning Instructions:

1. Make sure meat is thawed.

60 Minutes Before Serving Instructions:

1. Chop onion.
2. Brown meat and onion in a pan on the stovetop.
3. Add Cream of Mushroom Soup and 1 can of water.
4. Season with salt and pepper.
5. Cook rice a microwave safe bowl according to the instructions on the box.
6. Dump frozen peas into a microwave safe bowl.
7. Add salt, pepper, and sugar and mix.
8. Cook for 5 minutes in the microwave.
9. Serve mushroom soup mixture over rice and serve with peas.



Spaghetti and Meatballs Served with Corn

(Serves 4-6)

Recipe:

1 lb. ground lean meat	1 lb. spaghetti
1/2 cup breadcrumbs	24 oz. pasta sauce
1/2 cup parmesan cheese	16 oz. frozen corn
1 tsp. granulated garlic	Salt and pepper, to taste
1 eggs	1/2 tsp. sugar (Optional)
1/4 cup milk	

Morning Instructions:

1. Make sure meat is thawed.

90 Minutes Before Serving Instructions:

1. Heat oven to 375 degrees.
2. Mix ground meat, breadcrumbs, parmesan cheese.
3. Add eggs and milk.
4. Cover a cookie sheet with aluminum foil and spray with cooking spray.
5. Use an ice-cream scoop to form the meatballs.
6. Place the meatballs on the cookie sheet in way that they don't touch.
7. Bake for 15-20 minutes until they are at an internal temperature of 165 degrees. (we use turkey)
8. Add 5 cups of water and 1 tbsp. salt to the instant pot.
9. Break the spaghetti in half and place in the instant pot.
10. Put lid on the instant pot and make sure the top valve is turned to seal.
11. Set manual pressure to 2 minutes.
12. Dump frozen corn into a microwave safe bowl.
13. Season with salt, pepper, and sugar and mix.
14. Microwave for 5 minutes
15. Release instant pot pressure manually as soon it is done.
16. Drain excess water.
17. Put pasta sauce in a microwave safe bowl and heat in intervals of 2 minutes until hot.
18. Serve pasta topped with sauce and meatballs and a side of corn.

