

# Meal Rotation Plans

2 weeks of dinners you can actually make

STILL DAD

	WEEK 1	WEEK 2
MON	<b>Spaghetti with jar marinara</b> <i>Add ground beef or leave vegetarian. Garlic bread from the freezer.</i>	<b>Leftovers from Sunday</b> <i>This is why you make a big batch on Sunday.</i>
TUE	<b>Sheet pan chicken thighs + vegetables</b> <i>Season, roast at 400°F for 35 min. Use whatever veg you have.</i>	<b>Stir fry with rice</b> <i>Frozen stir fry veggies, soy sauce, garlic, whatever protein. 15 min.</i>
WED	<b>Tacos</b> <i>Ground beef or rotisserie chicken. Shells, cheese, salsa. Done in 20 min.</i>	<b>Quesadillas</b> <i>Cheese, black beans, chicken if you have it. Salsa and sour cream. Kids love this.</i>
THU	<b>Grilled cheese + tomato soup</b> <i>Canned soup is fine. Kids always eat this.</i>	<b>Baked salmon + rice</b> <i>Season with olive oil and lemon. 400°F for 12 min. Healthy, fast, impressive.</i>
FRI	<b>Frozen pizza + salad bag</b> <i>Friday is allowed to be easy.</i>	<b>Takeout or delivery</b> <i>Budget for one night per week. Let the kids pick.</i>
SAT	<b>Burgers on the stove or grill</b> <i>Ground beef patties, buns, whatever toppings. Let the kids build their own.</i>	<b>Breakfast for dinner</b> <i>Scrambled eggs, pancakes, bacon. Kids think this is the best meal ever.</i>
SUN	<b>Slow cooker or Instant Pot something</b> <i>Chili, pulled pork, chicken and rice. Set it and forget it. Leftovers for Monday.</i>	<b>Homemade pizza</b> <i>Store-bought dough, jar sauce, cheese, whatever toppings. Make it a project with the kids.</i>

## PANTRY STAPLES

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Keep these on hand and you can always cook something.

- Pasta and jarred marinara
- Rice (white or brown)
- Canned tomatoes and beans
- Olive oil, salt, pepper, garlic powder
- Soy sauce and hot sauce
- Frozen vegetables (mixed, peas, corn)
- Frozen chicken thighs or breasts
- Ground beef (frozen is fine)
- Eggs (always)
- Butter, shredded cheese, tortillas
- Bread and deli meat for backup
- Peanut butter and jelly

## 10-MINUTE FALLBACK MEALS

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For rough days. No judgment.

- Mac and cheese from the box
- Scrambled eggs and toast
- PB&J and fruit
- Quesadilla with cheese only
- Cereal and a banana (this is fine sometimes)
- Canned soup + bread
- Frozen burritos
- Rotisserie chicken from the store (no cooking required)

*The goal is not to be a great cook. The goal is to have food ready when they're hungry without ordering out every night. A rotation takes the daily decision off the table.*