

WEEK OF OCTOBER 12TH

EASY MEAL PLAN

MON

Pressure Cooker Palak Paneer

A classic Indian dish made with soft cubes of cheese and a creamy spiced spinach sauce.

TUE

Southwestern Crockpot Chicken Tacos

Easy to make with just 6 ingredients, you'll wonder why you haven't been making them all along!

WED

The Best Classic Meatloaf

there's nothing tastier than a bite with a little bit of that classic meatloaf, mashed potato, and peas on your fork.

THU

Teriyaki Pork Stir Fry

Pork tenderloin seared to perfection with colorful vegetables in a homemade teriyaki sauce

FRI

Pressure Cooker Cream Cheese Pasta

Just 3 ingredients and is made completely in the pressure cooker in under 15 minutes!

SAT

Broccoli Cheddar Soup

Better than Panera's broccoli cheddar soup and can be made in under 30 minutes for a fraction of the price!

