BY MAIN INGREDIENT FROM SHELFCOOKING.COM

CHICKEN DINNER IDEAS

- CHICKEN PARMESAN
- FRIED CHICKEN
- BBQ CHICKEN SANDWICH
- CHICKEN & BROCCOLI
- ORANGE CHICKEN
- CHICKEN CORDON BLEU
- CHICKEN POT PIE
- KFC BOWLS
- CILANTRO LIME CHICKEN
- TERIYAKI CHICKEN

BEEF OR PORK DINNERS

- SLOPPY JOES
- CHIMICHANGAS
- MEAT LOAF
- BEEF & BROCCOLI
- HAM & POTATOES
- BEEF STROGANOFF
- FAJITAS
- PULLED PORK
- BLT'S
- CHEESEBURGER SOUP

FISH DINNER IDEAS

- HERB CRUSTED SALMON
- CRAB CAKES
- FISH N' CHIPS
- HOMEMADE FISH STICKS
- BLACKENED FISH TACOS
- BAKED TILAPIA
- OVEN FRIED FISH
- SALMON WITH AVOCADO
- SALMON PATTIES
- PAN FRIED COD

PASTA DINNER IDEAS

- CHICKEN NOODLE SOUP
- LASAGNA
- BAKED ZITI
- PAD THAI
- FETTUCCINE ALFREDO
- STUFFED PASTA SHELLS
- MANICOTTI
- SPAGHETTI & MEATBALLS
- PESTO PASTA
- TORTELLINI

RICE OR BEANS DINNERS

- TACO SOUP
- KIDNEY BEANS & RICE
- CHILI
- CREAMY CHICKEN & RICE
- BLACK BEAN SOUP
- ENCHILADAS
- MEATBALLS & RICE
- TORTILLA SOUP
- RICE BOWLS
- HAM FRIED RICE

VEGETARIAN DINNERS

- BLACK BEAN SALAD
- STUFFED BELL PEPPERS
- EGG ROLL BOWL
- GRILLED CHEESE & SOUP
- QUICHE
- BAKED CAULIFLOWER
- CHICKPEA CURRY
- VEGETABLE KEBABS
- BROCCOLI MAC N' CHEESE
- VEGGIE BURGERS

DIFFERENT WAYS TO PREPARE FROM SHELFCOOKING.COM

ONE PAN WONDERS

- BEEF STROGANOFF
- SPAGHETTI
- TACOS OR TOSTADAS
- STIR FRY
- FETTUCCINE ALFREDO
- SHRIMP SCAMPI
- SWEET & SOUR CHICKEN
- GROWN UP MAC N' CHEESE
- CHICKEN NOODLE SOUP
- PASTA & VEGGIES

SLOW COOKER MEALS

- CHILI
- CHICKEN & RICE
- POTATO SOUP
- PULLED PORK/CHICKEN
- RIBS
- LOADED POTATOES
- POT ROAST
- SALSA CHICKEN
- BEEF TIPS & GRAVY
- LASAGNA SOUP

SHEET PAN DINNERS

- FAJITAS
- SAUSAGE & POTATOES
- CASHEW CHICKEN
- SALMON & VEGGIES
- BAKED GARLIC CHICKEN
- QUICHE
- NACHOS
- BAKED POTATOES
- FRENCH BREAD PIZZA
- STUFFED GREEN PEPPERS

FREEZER MEALS

- LASAGNA
- ENCHILADAS
- BURRITOS
- BEEF STEW
- STUFFED PASTA SHELLS
- TACO SOUP
- ORANGE CHICKEN
- TAQUITOS
- CHICKEN TERIYAKI
- POT PIE

OVEN BAKED DINNERS

- CHICKEN CORDON BLEU
- HOMEMADE PIZZA
- TWICE BAKED POTATOES
- CHICKEN POT PIE
- CALZONES
- STUFFED GREEN PEPPERS
- FRENCH BREAD PIZZA
- MEATLOAF
- BAKED ZITI
- CASSEROLE

15 MINUTE DINNERS

- SLOPPY JOES
- QUESADILLAS
- PANCAKES
- CHICKEN SALAD WRAPS
- PASTA SALAD
- BLT'S
- PITA PIZZAS
- GRILLED CHEESE
- TACO SALAD
- NACHOS

BY CUISINE FROM SHELFCOOKING.COM

MEXICAN FOOD

- QUESADILLAS
- TACOS
- TOSTADAS
- ENCHILADAS
- BURRITOS
- MEXICAN RICE
- PORK CARNITAS
- FAJITAS
- CHIMICHANGAS
- NACHOS

ITALIAN NIGHT

- PIZZA
- BAKED ZITI
- SPAGHETTI
- LASAGNA
- ZUPPA TOSCANA
- TETRAZZINI
- STROMBOLI/CALZONES
- STUFFED SHELLS
- BRUSCHETTA CHICKEN
- MINESTRONE

ASIAN CUISINE

- EGG ROLL IN A BOWL
- BEEF & BROCCOLI LO MEIN
- SESAME CHICKEN
- CASHEW CHICKEN
- BEEF BULGOGI BOWLS
- GENERAL TSO'S CHICKEN
- TERIYAKI CHICKEN
- THAI PEANUT NOODLES
- CHICKEN TIKKA MASALA
- CURRY

AMERICAN CLASSICS

- MAC N' CHEESE
- STEAK & POTATOES
- HOT DOGS/HAMBURGERS
- FRIED CHICKEN
- KFC BOWLS
- SLOPPY JOES
- MEAT LOAF
- CHILI
- POT ROAST
- JAMBALAYA

ISLAND FLAVORS

- HAWAIIAN FRIED RICE
- COCONUT SHRIMP
- JERK CHICKEN
- PINEAPPLE KEBABS
- KIDNEY BEANS & RICE
- FISH TACOS
- MANGO PORK CHOPS
- CARIBBEAN CHICKEN
- KALUA PORK
- CHICKEN STIR FRY

EASY COMFORT FOODS

- CHICKEN NOODLE SOUP
- BEEF STROGANOFF
- POTATO SOUP
- CHICKEN POT PIE
- FETTUCCINE ALFREDO
- CHICKEN & RICE
- GRILLED CHEESE
- SHEPHERD'S PIE
- FRENCH DIP SANDWICH
- BREAKFAST

THEMED NIGHTS FROM SHELFCOOKING.COM

MEATLESS MONDAYS

- VEGGIE WRAPS
- RED BEANS & RICE
- CHICKPEA CURRY
- BLACK BEAN SALAD
- STUFFED BELL PEPPERS
- EGG ROLL BOWL
- GRILLED CHEESE & SOUP
- QUICHE
- VEGGIE BURGERS
- BAKED CAULIFLOWER

TACO TUESDAYS

- QUESADILLAS
- TACOS
- CHICKEN SALAD WRAPS
- TOSTADAS
- ENCHILADAS
- BURRITOS
- BBO CHICKEN WRAPS
- PORK CARNITAS
- FAJITAS
- THAI LETTUCE WRAPS

WAFFLE WEDNESDAYS

- FRENCH TOAST
- WAFFLES
- PANCAKES
- CREPES
- OMELET/SCRAMBLED EGGS
- BISCUITS & GRAVY
- BREAKFAST TACOS
- TATER TOT CASSEROLE
- BREAKFAST SLIDERS
- BREAKFAST BURRITOS

THRIFTY THURSDAYS

- MAC N CHEESE
- THAI PEANUT NOODLES
- CHICKEN & RICE
- SPAGHETTI
- TACO SOUP
- SWEET & SOUR CHICKEN
- SLOPPY JOES
- BISCUITS & GRAVY
- BAKED POTATOES
- CHEESY BEEF GOULASH

FRIDAY FAVORITES

- HOMEMADE PIZZA
- LASAGNA
- POTATO SOUP
- HONEY CHICKEN
- BURGERS
- BAKED ZITI
- PULLED PORK SANDWICH
- CALZONES
- GRILLED CHICKEN SALAD
- TORTELLINI

SLOWDOWN SUNDAYS

- POT ROAST
- CHICKEN CORDON BLEU
- LASAGNA SOUP
- CHICKEN POT PIE
- FETTUCCINE ALFREDO
- LOADED POTATOES
- PORK CHOPS
- LEMON CHICKEN
- HERB CRUSTED SALMON
- CHICKEN PARMESAN

BY MEAL TYPE FROM SHELFCOOKING.COM

CROCKPOT DINNERS

- PULLED PORK/CHICKEN
- RIBS
- LOADED POTATOES
- POT ROAST
- SALSA CHICKEN
- BEEF TIPS & GRAVY
- FRENCH DIP
- JAMBALAYA
- MEATLOAF
- CHICKEN CURRY

WRAPS/SANDWICHES

- CHICKEN SALAD
- GRILLED CHEESE
- BLT'S
- SOUTHWEST CHICKEN
- TURKEY CLUB
- SLOPPY JOE
- GREEK PITA
- CHICKEN SANDWICH
- THAI LETTUCE WRAPS
- MONTE CRISTO

SOUPS OR SALADS

- CHILI
- POTATO SOUP
- LASAGNA SOUP
- CHEESEBURGER SOUP
- CHICKEN NOODLE SOUP
- ZUPPA TOSCANA
- CREAMY CORN CHOWDER
- BROCCOLI CHEDDAR SOUP
- CHICKEN & WILD RICE
- TACO SOUP

CASSEROLE DISHES

- LASAGNA
- ENCHILADAS
- CHICKEN & RICE
- BAKED ZITI
- TATER TOT CASSEROLE
- RITZ CHICKEN CASSEROLE
- CHICKEN CORDON BLEU
- RAVIOLI
- TACO CASSEROLE
- FUNERAL POTATOES

BREAKFAST FOR DINNER

- FRENCH TOAST
- WAFFLES
- PANCAKES
- CREPES
- OMELET/SCRAMBLED EGGS
- BISCUITS & GRAVY
- BREAKFAST TACOS
- TATER TOT CASSEROLE
- BREAKFAST SLIDERS
- BREAKFAST BURRITOS

GRILLED DINNERS

- HAMBURGERS
- KEBABS
- HOT DOGS/BRATWURST
- CHICKEN SANDWICH
- GRILLED FISH
- HONEY CHICKEN
- GRILLED FOIL PACKETS
- SHRIMP
- GRILLED PIZZA
- ALMOST ANY VEGETABLES

CREATE YOUR OWN FROM SHELFCOOKING.COM

