

# MEAL PLANNING

with Crider Foods

## Quick & Easy Week

### Produce

- 2 onions
- 1 green bell pepper
- 1 red bell pepper
- 1 cucumber or pickle chips
- 2 cloves garlic
- Green onions (optional garnish)
- Fresh broccoli florets

### Dairy

- Sliced provolone cheese
- Shredded cheddar cheese
- Ranch dressing
- Butter

### Bakery/Bread

- Sandwich buns
- Slider buns or Hawaiian rolls
- Small tortillas
- Taco shells or tortillas

### Canned & Shelf-Stable

- Canned Pulled Pork
- Canned Roast Beef & Broth
- Steamable rice or microwave rice

### Frozen

- Chicken Breast Fillets or Tenders
- Boneless Chicken Wings
- French fries or potato wedges

### Pantry & Dry Goods

- 2 onions
- 1 green bell pepper
- 1 red bell pepper
- 1 cucumber or pickle chips
- 2 cloves garlic
- Green onions (optional garnish)
- Fresh broccoli florets

### Optional Sides & Extras

- Bagged salad kits
- Chips & salsa
- Fresh fruit
- Dipping sauces for wings
- Coleslaw mix for sandwiches or tacos



**Monday**

**Ranch Pickle Fried Chicken Sandwich**  
[Click for recipe](#)



**Tuesday**

**Easy Carnitas Style Tacos**  
[Click for recipe](#)



**Wednesday**

**General Tso's Wings**  
[Click for recipe](#)



**Thursday**

**Beef & Broccoli**  
[Click for recipe](#)



**Friday**

**Philly Cheese Steak Sliders**  
[Click for recipe](#)

*\*List based on a family of four.*