

# SPECIFIC FOOD CATEGORIES

- **Sheet Pan Suppers:** Lemon Herb Chicken with Roasted Vegetables and Potatoes. Honey Garlic Salmon with Broccoli and Carrot Sticks. Sausage with Peppers, Onions, and Roasted Sweet Potatoes.
- **One-Pot Meals:** Chicken and Mushroom Alfredo Pasta. Beef Stroganoff with Egg Noodles. Vegetarian Chili with Cornbread.
- **Instant Pot Night:** Pulled Pork Sliders with Coleslaw. Chicken and Wild Rice Soup. Beef Stew with Root Vegetables.
- **Slow Cooker Night:** Pot Roast with Carrots and Mashed Potatoes. Lentil and Vegetable Curry with Rice. BBQ Chicken with Cornbread and Green Beans.
- **Grilling Night:** Grilled Steak with Baked Potatoes and Asparagus. BBQ Chicken Thighs with Corn on the Cob. Grilled Veggie Skewers with Quinoa Salad.
- **Baking Night:** Baked Ziti with Garlic Bread. Sheet Pan Meatloaf with Roasted Potatoes. Spinach and Cheese Stuffed Shells.
- **Sauté Night:** Shrimp Scampi with Linguine. Chicken Marsala with Mashed Potatoes. Sautéed Veggie Stir-Fry with Jasmine Rice.
- **Air Fryer Night:** Crispy Chicken Wings with Celery and Ranch Dip. Breaded Fish Fillets with Tartar Sauce and Coleslaw. Air-Fried Veggie Chips with Hummus.
- **Pressure Cooker Night:** Risotto with Parmesan and Mushrooms. Pork Carnitas Tacos with Salsa Verde. Thai Green Curry with Jasmine Rice.
- **No-Cook Night:** Caprese Salad with Crusty Bread. Charcuterie Board with Fruits and Nuts. Cucumber and Avocado Wraps with Hummus.
- **Skillet Night:** Skillet Lasagna with Garlic Bread. Cajun Shrimp and Rice Skillet. Breakfast Hash with Sausage and Potatoes. Pancakes, Berries, and Bacon.
- **Roasting Night:** Herb-Crusted Pork Loin with Roasted Brussels Sprouts. Lemon Garlic Roasted Chicken with Carrots. Roasted Cauliflower Steaks with Chickpeas.
- **Stir-Fry Night:** Chicken Teriyaki with Broccoli and Peppers. Beef and Snow Pea Stir-Fry with Rice. Tofu and Mixed Vegetable Stir-Fry with Lo Mein Noodles.

# SPECIFIC FOOD MEAL IDEAS

- **Blended Meals** (e.g., Soups or Smoothies): Creamy Tomato Basil Soup with Grilled Cheese. Green Smoothie Bowls with Granola and Berries. Butternut Squash Soup with Crusty Bread.
- **Microwave-Friendly Night**: Loaded Baked Potatoes with Broccoli and Cheese. Microwaveable Steamed Veggies with Grilled Chicken Strips. Mug Mac and Cheese with Side Salad.
- **Sous Vide Night**: Sous Vide Steak with Garlic Butter and Mashed Potatoes. Sous Vide Egg Bites with Avocado Toast. Sous Vide Salmon with Lemon Dill Sauce and Asparagus.
- **Broiling Night**: Broiled Lemon Garlic Shrimp with Rice Pilaf. Broiled Salmon with Herb Butter and Green Beans. Broiled Asparagus with Parmesan and Roasted Chicken.
- **Poaching Night**: Poached Salmon with Dill and Cucumber Salad. Poached Eggs on Avocado Toast with Side Fruit. Poached Chicken in White Wine Sauce with Mashed Potatoes.
- **Steaming Night**: Steamed Dumplings with Soy Dipping Sauce. Steamed Fish with Ginger and Scallions, served with Rice. Steamed Veggie Bowls with Tahini Dressing.
- **Wok Night**: Pad Thai with Shrimp and Peanuts. Stir-Fried Rice Cakes with Bok Choy and Mushrooms. Wok-Tossed Noodles with Chicken and Vegetables.
- **Over the Fire Night**: Campfire Foil Packets with Sausage and Potatoes. Fire-Grilled Burgers with Coleslaw. Fire-Roasted Corn on the Cob with Herb Butter.
- **Stone Cooking Night**: Stone-Baked Pizza with Fresh Basil. Hot Stone Grilled Meats with Veggies. Stone-Baked Naan with Butter Chicken.
- **Cast Iron Night**: Cast Iron Ribeye Steak with Garlic Mashed Potatoes. Cast Iron Veggie Hash with Eggs. Cast Iron Cornbread with Chili.
- **Dutch Oven Night**: Beef Bourguignon with Crusty Bread. Dutch Oven Chicken and Dumplings. Rustic Lentil Soup with Garlic Knots.
- **Open Flame Night**: Flame-Grilled Kebabs with Rice Pilaf. Open Flame Roasted Marshmallows with S'mores Fixings. Flame-Cooked Skillet Veggies with Sausages.