

Noel's Kitchen Tips

www.noelskitchentips.com

July Menu Plan 2013

Saturday July 6-Friday July 12

BBQ hamburgers with Baked Potato Fries and fruit

Family Spaghetti Night, garlic toast

Mini Meatloaves with mashed potatoes and vegetables

Breakfast Night

Pigs in a Blanket with Mac n Cheese

Family Pizza Night

Leftovers

Busy Mom Frugal Tips & Tricks

- *Make Spaghetti Sauce the day before or the morning before you use it. Store in an airtight container or Ziploc bag in the fridge then reheat on stove as your pasta is cooking.*
- *On Spaghetti Night, reserve 1 cup of spaghetti sauce to use on family pizza night.*
- *Use the Meatball Master Mix Recipe for making the meatloaf. Instead of shaping into just meatballs, you can do half of the mixture as meatballs and the other half as mini meatloaves.*
- *On Breakfast Night, make it simple. Make pancakes with your Ready Made Mix and serve bacon on the side. Make extra pancakes to have during the following days for breakfast. Just store in the fridge or freezer and microwave for approximately 1 minute and serve for breakfast on busy mornings. I store mine in gallon size freezer bags. I also rinse them out when I'm done and use them again saving money!*
- *Leftover bacon from Breakfast Night can be used on Family Pizza Night as a topping for your pizza. Saving your leftovers and preparing ahead saves you a lot of time in the kitchen throughout your busy week!*

Saturday July 13 to Friday July 19

Baked Mini Meatballs with Rigatoni + vegetables

Taco Bar Night

Broccoli Cheese soup with Homemade Biscuits

Mexican Fiesta Salad Pizza

Italian Meatball Sub Sandwiches + vegetables

Pumpkin Spice Pancakes

Leftovers

Busy Mom Frugal Tips & Tricks

- *Use the leftover chopped veggies and toppings for your Mexican Fiesta Salad Pizza.*
- *This week's meal plan includes two different meals with meatballs. Use the Meatball Master Mix Recipe to make a huge batch of meatballs. This will save you time and money in the upcoming months. This recipe makes approximately 144 meatballs.*

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Saturday July 20 to Friday July 26

Zesty Grilled Chicken with Vegetables

Deli Ham Sandwiches + Veggie Platter

Bean and Cheese Burritos with rice

Chicken Salad Sandwich Wraps + Fruit

Biscuit, Egg & Cheese Sandwiches + Fruit

Family Pizza Night – pick any of your favorite toppings and get to cooking ☺

Leftovers

Busy Mom Frugal Tips & Tricks

- Two of the meals for the week are meatless. Going meatless once or twice a week can save you money and cut down on your grocery bill each month! It's also healthy too!

- When cooking your chicken breasts, cook a couple extra for Chicken Salad Sandwiches later in the week.

- Having a leftover night each week is a great way to limit food waste, use the food in your fridge and be frugal. ☺

- I normally buy a box of 5 dozen eggs from Wal-Mart each month. This gives my family more than enough eggs for dinner, breakfast, lunch and baking. I also keep some hardboiled ones in the fridge for a quick snack.

Saturday July 27 to Friday August 2

Hearty Vegetable Soup with Homemade Bread Sticks

Chili and Cornbread Waffles

Baked Potato Bar Night

Chili Dogs

Family Pizza Night

Leftovers

Busy Mom Frugal Tips & Tricks

- Use leftover chili to tops your hot dogs. It's a great frugal option! It's another great way to use your leftovers. ☺

- Store leftover veggies in a Ziploc freezer bag or a container that can be frozen. Each time you have leftover veggies, toss them in. Over time you will end up with a collection of vegetables. Use those in soups, pot pies or casseroles. It's a great way to use your leftover veggies and save money.

- Look through the pantry and freezer and make your pizza this week! It doesn't always have to be pepperoni. Be creative!

- Use your Ready Made Cornbread Mix for making Cornbread Waffles. Make extra and freeze.