

Meal Planning to Last Days

Bake a whole chicken, two Idaho potatoes, & steam a head of broccoli

- Sunday: eat hot chicken and potato with some steamed broccoli
- Monday: eat cold sliced chicken with a side salad
- Tuesday: eat the cold potato with broccoli
- Wednesday: make a chicken salad with celery, scallions, and mayo
- Thursday: make a sliced chicken sandwich with romaine
- Friday: boil some pasta, and toss the leftover chicken pieces with veggies, herbs, cheese, lemon juice & olive oil into the pasta
- Freeze the bones to make soup when you have enough bones.

Cook two cups of wild rice in four cups of cranberry juice & butter. Toss the cooked rice with pecans, dried cranberries, and diced turkey sausage. Smear olive oil around a casserole dish, pour in the rice mixture, cover the dish, then bake 30 mins at 375 deg F. Eat this for days.

Soups, chilis, curries, casseroles, lasagna all last for days and can be reheated.

The ever-popular beans and rice used to last us all week. On Saturday night, soak a bag of black beans. On Sunday afternoon, cook the beans for one to two hours. Cook two cups of rice in four cups of water plus oil. Throughout the week, top with cheese, sour cream, scallions, tomatoes, hot sauce, etc. Eat warmed up or cold.

Spanish Potato Tortilla, pasta salads, quiches & frittatas all last for days and are good cold.

Puff Pastry Salmon will last 2 days and is good cold.

Burrito Bar is a quick and easy dinner that can be stretched out for days.

Make hummus, and slice up carrots, peppers, celery, and sugar snap peas, and eat hummus with veggies for days. We used to bring this on camping trips.

Cole slaw with ginger, scallions, jalapeño, orange juice & mayo lasts for many days.

Snack dinner of sliced apples and cheeses, & crackers & tinned sardines is quick and easy.

Bits of leftovers thrown in a frying pan with an egg makes a meal.