

Kitchen Revival

WEEKLY MEAL IDEAS



MONDAY



Food Prood
CABBAGE & DILL CASSEROLE
WWW.FOODPROOD.COM



Food Prood
15 MINUTE TOMATO SOUP
WWW.FOODPROOD.COM



Food Prood
15 MINUTE SPAGHETTI SAUCE
WWW.FOODPROOD.COM

TUESDAY



Food Prood
EGG QUESADILLA
WWW.FOODPROOD.COM



Food Prood
THE LUMBERJACK
WWW.FOODPROOD.COM



Food Prood
CHICKEN POT PIE
WWW.FOODPROOD.COM

WEDNESDAY



Food Prood
CRUSTLESS BROCCOLI QUICHE
WWW.FOODPROOD.COM



Food Prood
CHEESY CHICKEN TAQUITOS
WWW.FOODPROOD.COM



Food Prood
CREAMY CHICKEN & PASTA
WWW.FOODPROOD.COM

THURSDAY



Food Prood
SOURDOUGH ENGLISH MUFFINS
WWW.FOODPROOD.COM



Food Prood
HEALTHY CHICKEN NUGGETS
WWW.FOODPROOD.COM



Food Prood
PASTA CARBONARA
READY IN 15 MINUTE
WWW.FOODPROOD.COM

FRIDAY



Food Prood
SOURDOUGH BAGELS
WWW.FOODPROOD.COM



Food Prood
GARLIC BUTTER NOODLES & CAPERS
WWW.FOODPROOD.COM



Food Prood
SOURDOUGH PIZZA
WWW.FOODPROOD.COM

SATURDAY



Food Prood
HOMEMADE GRANOLA
WWW.FOODPROOD.COM



Food Prood
CORN TOSTADAS
WWW.FOODPROOD.COM



Food Prood
EVERYTHING BUT THE KITCHEN SINK CASSEROLE
WWW.FOODPROOD.COM

SUNDAY



Food Prood
OVERNIGHT SOURDOUGH PANCAKES
WWW.FOODPROOD.COM



Food Prood
FROM SCRATCH CHEESY POTATO
WWW.FOODPROOD.COM



Food Prood
CHEESY ENCHILADAS
WWW.FOODPROOD.COM