

30-MIN MEALS

AndreaDekker.com/go-to-meals

ITALIAN RECIPE IDEAS

PASTA OR ZOODLES

With your favorite sauce.

10-MINUTE LASAGNA

Oven-ready noodles, jarred sauce, and cheeses.

PIZZA PASTA

Pasta topped with cheese and pepperoni and baked in the oven until melty.

FROZEN PIZZA

Or the deli pizzas sold at most grocery stores.

STROMBOLI

Store-bought dough filled with your favorite pizza toppings.

MUFFIN TIN PIZZAS

Line muffin tins with biscuit dough, add your favorite pizza toppings, and bake.

MAC & CHEESE

Homemade or from a box.

BREAKFAST RECIPE IDEAS

PANCAKES

PUFF PANCAKES

WAFFLES

OMELETS

BAKED OATMEAL

BAKED FRENCH TOAST

BREAKFAST SANDWICHES

BREAKFAST BURRITOS

TOAST, EGGS, MEAT

SANDWICH RECIPES IDEAS

PIZZA SLIDERS

PIZZA SAMMIES

CHICKEN SALAD SANDWICHES

BLT SANDWICHES

HAM AND CHEESE SLIDERS

CHILI CHEESE DOGS

GRILLED CHEESE

BURGERS / BRAT ON THE GRILL

MEXICAN RECIPE IDEAS

REFRIED BEAN QUASADILLAS

With your favorite sauce.

CHICKEN QUESADILLAS

Oven-ready noodles, jarred sauce, and cheeses.

PULLED PORK ENCHILADAS

TACO PIE

Layer taco meat, cheese, and tortillas in a pie pan.

TACO CASSEROLE

Crescent dough topped with taco meat, cheese, and toppings.

MEXICAN RICE CASSEROLE

A one-skillet meal!

MEXICAN CHICKEN

Mango salsa + chicken in a slow cooker.

FIESTA CHICKEN SALAD

Taco seasoned chicken on a bed of lettuce with all your favorite toppings.

SOUP RECIPE IDEAS

CHICKEN NOODLE SOUP

HAM AND POTATO SOUP

TACO SOUP

REFRIED BEAN SOUP

BBQ CHICKEN CHILI

TOMATO SOUP

VEGETABLE BEEF SOUP
