



SIMPLY SCHEDULED: 2011

A Year of Simple, Healthy, Tasty Meals Planned for You



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nourish our bodies so we can function is hugely important!

Oh I could ramble lots and stay on my soapbox about that one. But that's not really the point of this book. Just think about the importance of your children learning how to cook. Especially in a healthy way!

Breakfast and Lunch

I didn't include Breakfast and Lunch on the menu plan because I have found that those are just more simple and can easily be more repetitive. We frequently eat the same things for those meals. For variety and a chance to eat yummy breakfast foods we like to eat a nice big Brunch about once a month. (You will find a lot of those recipes under Breakfast on my blog.) Below I'm just going to list some potential things for simple everyday Breakfast and Lunch. With an ingredient list for each meal. Then you can easily add what you need to your shopping list. In the next chapter I will give you what we eat on a typical day! So hopefully that can give you some ideas and then you can make it fit your circumstances.

Breakfast

Smoothies	Granola	Oatmeal and Other Cooked or Low Heated Grains
Frozen Fruit, any kind you like..... Sample Only.....Complete list included in full version!	Oats Sample Only.....Complete list included in full version!	Rolled oats or other Sample Only.....Complete list included in full version!

January 2011



Don't forget about your main dish salad!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Roasted Veggies	31 Burrito Casserole					1 Leftovers
2 Veggie Goulash	3 Philly Cheese Steak, Tam's Way	4 Broccoli Cheez Soup	5 kids cook	6 Orange Veggie Stir Fry	7 Taco Sundays	8 Leftovers
9 Veggie Bean Burgers	10 Baked Potato Bar	11 Taco Soup	12 kids cook	13 Pizza Casserole	14 Chilaquiles	15 Leftovers
16 Yummy Potatoes	17 Waldorf Wraps	18 French Lentil Soup	19 kids cook	20 Lettuce Wraps	21 Burritos (freeze extra for Burrito Casserole)	22 Leftovers
23 Fettuccine Alfredo	24 Sweet Potato Fries w/ Southwest Sauce	25 Throw Together What I've Got Soup	26 kids cook	27 Spaghetti	28 Nachos	29 Leftovers

January Ingredients List

Sample Only..... in the full version, a complete list of ingredients is included here! You will get a page like this for EVERY month! It's ALL done for you!