

BEEF AND BROCCOLI

SIDE ITEM: White rice

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 375 degrees for 45-50 minutes.
5. Serve over white rice and drizzle with soy sauce.

NEEDED FOR SERVE DAY:

1.5 cups white rice
soy sauce for serving

PREP TIME: 45-50 mins **SERVES:** 4-6

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CHICKEN FAJITAS

SIDE ITEM: Refried beans

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the first cook time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 375 degrees for 40-50 minutes. Then, turn oven up to 450 degrees to finish fajitas for 10 minutes.
5. While meal cooks, warm refried beans in the microwave.
6. Serve fajita filling in tortillas topped with sour cream, guacamole, and cheese.

NEEDED FOR SERVE DAY:

1 pack fajita-sized tortillas
3 1oz can refried beans
1 pack pre-made guacamole
8oz sour cream
1 cup shredded cheddar cheese

PREP TIME: 60-65 mins **SERVES:** 4-6

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RAINBOW BEEF

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 350 degrees for 75-90 minutes.

NOTHING EXTRA NEEDED FOR SERVE DAY

PREP TIME: 75-90 mins **SERVES:** 4-6

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SAUSAGE, SWEET POTATOES, PEPPERS, & ONIONS

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 375 degrees for 45-55 minutes.

NEEDED FOR SERVE DAY:

n/a

PREP TIME: 45-55 mins **SERVES:** 4-6

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SP #1

MEATBALL & PEPPER SUBS

SIDE ITEM: Pasta salad

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at **350 degrees for 40-50 minutes.**
5. While meal cooks, prep pasta salad according to package directions.
6. Place sheet pan meal in a bowl and pour tomato sauce over; stir well.
7. Serve meatball mixture on buns topped with provolone cheese.

NEEDED FOR SERVE DAY:

- 8oz tomato sauce
- 8oz pack sliced provolone cheese
- 1 pack hoagie buns
- 1 box pasta salad mix (plus ingredients to prepare)

PREP TIME: 50-60 mins **SERVES:** 4-6

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SHRIMP & SAUSAGE BOIL

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at **350 degrees for 50-60 minutes.**

NEEDED FOR SERVE DAY:

n/a

PREP TIME: 50-60 mins **SERVES:** 4-6

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SP #1

BALSAMIC BEEF & BRUSSELS SPROUTS

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at **350 degrees for 45-50 minutes.**

NEEDED FOR SERVE DAY:

n/a

PREP TIME: 45-50 mins **SERVES:** 4-6

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SP #1

BARBECUE CHICKEN & SWEET POTATOES

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at **375 degrees for 45-55 minutes.**
4. Drizzle barbecue sauce over the meal before serving.

NEEDED FOR SERVE DAY:

1 bottle of your favorite barbecue sauce

PREP TIME: 45-55 mins **SERVES:** 4-6

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GREEK CHICKEN

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 400 degrees for 50-55 minutes.
5. While meal cooks, chop lettuce.
6. Serve chicken mixture in pita pockets with lettuce, sauce, and feta.

NEEDED FOR SERVE DAY:

- 1 pack of pita pockets
- 1 bottle tzikizi sauce
- 1 head romaine lettuce
- 3oz container feta cheese

PREP TIME: 50-55 mins **SERVES:** 4-6

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PORK TENDERLOIN

SIDE ITEM: Apples & Root Veggies

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 350 degrees for 90-110 minutes.
5. Slice tenderloin before serving.
6. Serve with favorite steak sauce for dipping.

NEEDED FOR SERVE DAY:
favorite steak sauce

PREP TIME: 90-110 mins **SERVES:** 4-6

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