



15 FRUGAL FAMILY MEAL PLANS



Introduction

Welcome to our collection of frugal family meal plans for Sunday lunch or dinner! These meals are designed to save you money and provide delicious, home-cooked food for your family. Each plan includes a main dish and sides, with preparation instructions to make your Sunday lunch stress-free. Enjoy these meals and the quality time with your family!

We want to thank you for downloading this guide and hope it brings ease and joy to your Sundays. Not every meal in this collection has a full recipe attached, but each one offers a helpful guide to plan ahead for those busy Sundays. With these plans, you can come home, eat in the comfort of your home, and save money in the process. Plus, as my kids say, home cooking is always better than eating out.

Acknowledgment

These meal plans were graciously provided by a faithful member of our church, who has been dedicated to preparing Sunday meals for her family every week. Her commitment to family and frugality inspired this collection, and we are grateful for her generosity in sharing these recipes with us.

I have known this wonderful person all my life. I have watched as she would prepare dinner for her family every Sunday. For us, it is tricky; we have church at 2 o'clock p.m., and many of us get there around 12:00 p.m. to begin working on the day. We usually aren't leaving the church until 5:00 p.m. Oh, yes, it would be great to stop and grab a bite, but even with my little family of four, we can easily spend \$60 on that one stop. That is why I went to the author and asked her to give me a list of some meals that she prepares for her family on Sundays. She went above and beyond and gave me more than I expected—15 total meals AND a few recipes to boot.

I want to clarify that if you have a favorite recipe that is in the meal plan, use it. I love that she took time out of her precious schedule to do this for Makin' Macon. We hope these meal plans help you as much as they have helped us.

Enjoy your meals and the precious time with your family!

Warm regards,

Susan Raynor
Makin' Macon

Meal Plan 1

Smoked Picnic Ham with Baked Beans, Corn on the Cob, Potato Salad, and Rolls

Main Dish: Smoked Picnic Ham

- **Ingredients:**
 - 1 picnic ham
 - Cooking bag
- **Instructions:**
 1. Place the ham in a cooking bag.
 2. Cook at 175°F to 200°F overnight.

Sides:

Baked Beans

- **Ingredients:**
 - 3 tablespoons Worcestershire sauce
 - 1 tablespoon mustard
 - 1/4 cup ketchup
 - Chopped onion
 - Chopped sweet bell pepper
 - 1 tablespoon brown sugar
 - Canned baked beans
- **Instructions:**
 1. Combine beans, Worcestershire sauce, mustard, ketchup, chopped onion, chopped sweet bell pepper, and brown sugar in a microwave-safe dish.
 2. Cook in the microwave for 30 minutes or simmer on the stovetop over medium heat until cooked through.

Corn on the Cob

- **Ingredients:**
 - Corn on the cob
 - 1 stick of butter
 - Salt
- **Instructions:**
 1. Place the corn in a large pot of boiling water.
 2. Add a stick of butter and salt to the water.
 3. Cook for about one hour or until tender.

Potato Salad

- **Ingredients:**
 - 6 potatoes, peeled and cut
 - Salt
 - 3 tablespoons mayonnaise
 - Chopped onion

- Chopped pickles
- 1 teaspoon mustard
- Boiled eggs
- **Instructions:**
 1. Boil the potatoes in salted water until tender.
 2. Drain and let cool.
 3. In a large bowl, combine the potatoes with mayonnaise, chopped onion, chopped pickles, and mustard.
 4. Chop boiled eggs and mix into the potato salad.
 5. Place in the fridge to chill before serving.

Rolls

- Serve warm rolls as a side.

Preparation Ahead:

- **Ham:** Place the ham in the cooking bag and refrigerate. Set your oven to start cooking overnight.
- **Baked Beans:** Mix all ingredients and refrigerate. Cook in the microwave or stovetop on the day of serving.
- **Corn on the Cob:** Husk the corn and place it in a pot of water with butter and salt. Refrigerate and start boiling an hour before serving.
- **Potato Salad:** Prepare the entire salad and refrigerate until serving.
- **Rolls:** Prepare dough ahead and bake fresh on the day, or use store-bought rolls.

Recipes to Consider:

[Baked Ham with Brown Sugar Glaze](#) – By Spend with Pennies

[Favorite Baked Beans](#) – By How Sweet Eats

[Easy Potato Salad](#) – By Culinary Hill

[Your Choice Buns or Rolls](#) – By Makin' Macon

Meal Plan 2

Chicken-N-Dressing with Green Beans, Cream Potatoes, Cream Style Corn, and Sweet Potatoes

Main Dish: Chicken-N-Dressing

- **Ingredients:**
 - Chicken
 - Dressing (store-bought or homemade)
- **Instructions:**
 1. Prepare the chicken by cooking it according to your preferred method (baking, boiling, etc.).
 2. Prepare the dressing according to the package instructions or your favorite recipe.
 3. Combine the cooked chicken with the dressing and bake as needed.

Sides:

Green Beans

- **Ingredients:**
 - Canned green beans
 - Bacon grease
 - Salt
- **Instructions:**
 1. In a pot, add green beans with their liquid.
 2. Add bacon grease and salt to taste.
 3. Add extra water if needed.
 4. Simmer on medium heat until the water has cooked down completely.

Cream Potatoes

- **Ingredients:**
 - Potatoes
 - Butter
 - Milk or cream
 - Salt
- **Instructions:**
 1. Peel and boil potatoes until tender.
 2. Mash the potatoes with butter, milk or cream, and salt to taste until smooth.

Cream Style Corn

- **Ingredients:**
 - Cream style corn (freezer or canned)
 - Butter
 - Salt
- **Instructions:**
 1. In a pot, cook the cream style corn with butter and salt to taste over medium heat until heated through.

Sweet Potatoes

- **Ingredients:**

- Sweet potatoes
- Butter
- Brown sugar
- Sugar or honey
- Cinnamon

- **Instructions:**

1. Peel and slice the sweet potatoes.
2. Place in a casserole dish.
3. Add butter, brown sugar, sugar or honey, and cinnamon to taste.
4. Bake in the oven until the sweet potatoes are tender and the topping is caramelized.

Preparation Ahead:

- **Chicken-N-Dressing:** Cook and debone the chicken; prepare the dressing. Combine and refrigerate. Bake on the day of serving.
- **Green Beans:** Trim and prepare beans with bacon grease and salt. Refrigerate and cook down on the day.
- **Cream Potatoes:** Peel and cut potatoes; store in water. Boil and mash on the day.
- **Cream Style Corn:** Prepare and refrigerate. Heat on the day of serving.
- **Sweet Potatoes:** Prepare the casserole and refrigerate. Bake on the day.

Recipes to Consider:

[Sweet Potato Casserole](#) – By Spend with Pennies

Meal Plan 3

Tacos or Chicken Fajitas with Rice, Refried Beans, and Chips & Salsa

Main Dish: Tacos or Chicken Fajitas

- **Ingredients:**
 - **For Tacos:**
 - Ground beef or chicken
 - Taco seasoning
 - Taco shells or tortillas
 - Toppings: shredded lettuce, diced tomatoes, shredded cheese, sour cream, salsa
 - **For Chicken Fajitas:**
 - Chicken breasts or thighs, sliced
 - Fajita seasoning
 - Bell peppers, sliced
 - Onions, sliced
 - Tortillas
- **Instructions:**
 1. **Tacos:**
 1. Cook the ground beef or chicken in a skillet over medium heat until fully cooked.
 2. Add taco seasoning and water according to the package instructions. Simmer until thickened.
 3. Serve with taco shells or tortillas and desired toppings.
 2. **Chicken Fajitas:**
 1. In a skillet, cook the chicken slices with fajita seasoning until fully cooked.
 2. Add bell peppers and onions, and cook until tender.
 3. Serve with tortillas.

Sides:

Rice

- **Ingredients:**
 - White or brown rice
 - Water
 - Salt
 - Optional: diced tomatoes, chopped cilantro, lime juice
- **Instructions:**
 1. Cook rice according to the package instructions, adding salt to taste.
 2. Optional: Stir in diced tomatoes, chopped cilantro, and a squeeze of lime juice for extra flavor.

Refried Beans

- **Ingredients:**
 - Canned refried beans
 - Optional: shredded cheese, chopped onions, chopped jalapeños
- **Instructions:**
 1. Heat the refried beans in a saucepan over medium heat until warmed through.
 2. Optional: Stir in shredded cheese, chopped onions, or chopped jalapeños for added flavor.

Chips & Salsa

- **Ingredients:**
 - Tortilla chips
 - Salsa (store-bought or homemade)
- **Instructions:**
 1. Serve tortilla chips with your favorite salsa on the side.

Preparation Ahead:

- **Tacos/Fajitas:** Marinate and cook the meat; slice vegetables. Store everything separately and quickly reheat on the day.
- **Rice:** Pre-cook and refrigerate. Reheat with a splash of water or broth.
- **Refried Beans:** Prepare and refrigerate. Reheat on the day.
- **Chips & Salsa:** Prepare salsa ahead. Serve with chips on the day.

Meal Plan 4

Ribs with Baked Beans, Mac-N-Cheese, and French Fries

Main Dish: Ribs

- **Ingredients:**
 - Ribs
 - BBQ sauce (bottle)
 - Dry rub (applewood spice)
 - Mustard
- **Instructions:**
 1. Rub the ribs with a combination of dry rub and a spat of mustard.
 2. Place the ribs in the Instant Pot.
 3. Cook according to the Instant Pot instructions for ribs (typically 25-30 minutes on high pressure).
 4. After cooking, brush the ribs with BBQ sauce and finish them under the broiler or on the grill for a few minutes to caramelize the sauce.

Sides:

Baked Beans

- **Ingredients:**
 - 3 tablespoons Worcestershire sauce
 - 1 tablespoon mustard
 - 1/4 cup ketchup
 - Chopped onion
 - Chopped sweet bell pepper
 - 1 tablespoon brown sugar
- **Instructions:**
 1. Combine Worcestershire sauce, mustard, ketchup, chopped onion, chopped sweet bell pepper, and brown sugar in a microwave-safe dish.
 2. Cook in the microwave for 30 minutes or simmer on the stovetop over medium heat until cooked through.

Mac-N-Cheese

- **Ingredients:**
 - Elbow macaroni
 - Butter
 - Flour
 - Milk
 - Shredded cheese (cheddar or your choice)
- **Instructions:**
 1. Cook elbow macaroni according to package instructions and drain.
 2. In a saucepan, melt butter and whisk in flour to make a roux.
 3. Slowly add milk, whisking constantly until thickened.
 4. Stir in shredded cheese until melted and smooth.
 5. Combine the cheese sauce with the cooked macaroni.

French Fries

- **Ingredients:**
 - Potatoes
 - Salt
 - Oil for frying
- **Instructions:**
 1. Peel and cut potatoes into fries.
 2. Heat oil in a deep fryer or large pot.
 3. Fry the potatoes in batches until golden and crispy.
 4. Drain on paper towels and season with salt.

Preparation Ahead:

- **Ribs:** Season and refrigerate. Cook in Instant Pot on the day and finish in oven.
- **Baked Beans:** Prepare and refrigerate. Cook on the day.
- **Mac-N-Cheese:** Prepare the sauce and refrigerate. Cook macaroni fresh on the day and combine.
- **French Fries:** Cut and store potatoes in water. Fry on the day.

Recipes to Consider:

[Easy Homemade Mac-N-Cheese](#) – By Joy Food Sunshine

[Perfect Crispy French Fries](#) – By Recipe Tin Eats

Meal Plan 5

Chicken-N-Dumplings with Biscuits

Main Dish: Chicken-N-Dumplings

- **Ingredients:**
 - Bone-in chicken pieces (e.g., thighs, breasts)
 - Salt and pepper
 - Biscuit dough (store-bought or homemade)
- **Instructions:**
 1. **Cook the Chicken:**
 1. In a large pot, add the chicken pieces, salt, and pepper.
 2. Cover with water and bring to a boil. Reduce heat and simmer until the chicken is cooked through.
 3. Remove the chicken from the broth and let cool slightly.
 4. Debone the chicken and cut it into thin strips.
 2. **Prepare the Dumplings:**
 1. Roll out the biscuit dough on a floured surface and cut into strips or small squares.
 2. Bring the chicken broth back to a boil.
 3. Drop the dough pieces into the boiling broth.
 3. **Combine:**
 1. Add the deboned chicken back into the pot with the dumplings.
 2. Simmer until the dumplings are cooked through and the broth thickens slightly.

Side:

Biscuits

- **Ingredients:**
 - Biscuit dough (store-bought or homemade)
- **Instructions:**
 1. Prepare biscuits according to the package instructions or your favorite recipe.
 2. Serve warm alongside the chicken-n-dumplings.

Preparation Ahead:

- **Chicken-N-Dumplings:** Cook and debone chicken; prepare dough. Refrigerate both. Assemble and cook on the day.
- **Biscuits:** Prepare dough and refrigerate. Bake fresh on the day.

Recipes to Consider:

[Sourdough Biscuits](#) – By Makin' Macon

Meal Plan 6

BBQ Chicken with Cream Potatoes, Broccoli-n-Cheese, and Baked Beans or Green Beans

Main Dish: BBQ Chicken

- **Ingredients:**
 - Chicken pieces (e.g., breasts, thighs)
 - BBQ sauce (bottle)
 - Dry rub (applewood spice)
 - Dry rub (BBQ spice)
- **Instructions:**
 1. Rub the chicken pieces with a combination of applewood spice and BBQ spice.
 2. Place the chicken in a crockpot.
 3. Pour the BBQ sauce over the chicken.
 4. Cook on low for 6-8 hours or on high for 3-4 hours until the chicken is tender and cooked through.

Sides:

Cream Potatoes

- **Ingredients:**
 - Potatoes
 - Butter
 - Milk or cream
 - Salt
- **Instructions:**
 1. Peel and boil potatoes until tender.
 2. Mash the potatoes with butter, milk or cream, and salt to taste until smooth.

Broccoli-n-Cheese

- **Ingredients:**
 - Fresh or frozen broccoli
 - Cheese sauce or shredded cheese
 - Butter
 - Salt
- **Instructions:**
 1. Steam or boil the broccoli until tender.
 2. Drain and place in a serving dish.
 3. Pour cheese sauce over the broccoli or sprinkle with shredded cheese and melt under the broiler.
 4. Add a pat of butter and season with salt to taste.

Baked Beans or Green Beans

- **Ingredients for Baked Beans:**
 - 3 tablespoons Worcestershire sauce
 - 1 tablespoon mustard

- 1/4 cup ketchup
- Chopped onion
- Chopped sweet bell pepper
- 1 tablespoon brown sugar
- **Instructions for Baked Beans:**
 1. Combine Worcestershire sauce, mustard, ketchup, chopped onion, chopped sweet bell pepper, and brown sugar in a microwave-safe dish.
 2. Cook in the microwave for 30 minutes or simmer on the stovetop over medium heat until cooked through.
- **Ingredients for Green Beans:**
 - Canned green beans
 - Bacon grease
 - Salt
- **Instructions for Green Beans:**
 1. In a pot, add green beans with their liquid.
 2. Add bacon grease and salt to taste.
 3. Simmer on medium heat until the water has cooked down completely.

Preparation Ahead:

- **BBQ Chicken:** Season and refrigerate. Cook in the crockpot on the day.
- **Cream Potatoes:** Peel and cut potatoes; store in water. Boil and mash on the day.
- **Broccoli-n-Cheese:** Prepare broccoli and cheese sauce separately. Combine and heat on the day.
- **Baked Beans/Green Beans:** Prepare and refrigerate. Cook on the day.

Recipes to Consider:

[Awesome Broccoli-Cheese Casserole](#) – By All Recipes

[Favorite Baked Beans](#) – By How Sweet Eats

Meal Plan 7

Pork Chops with Fried Squash, Sauerkraut and Hotdogs, and French Fries

Main Dish: Pork Chops

- **Ingredients:**
 - Pork chops
 - Applewood dry rub spice
- **Instructions:**
 1. Season the pork chops with applewood dry rub spice.
 2. Heat a skillet over medium-high heat.
 3. Fry the pork chops in the skillet until they are cooked through and nicely browned on both sides.

Sides:

Fried Squash

- **Ingredients:**
 - Squash
 - House-Autry Chicken Seasoning
 - Cornmeal
 - Oil for frying
- **Instructions:**
 1. Slice the squash into rounds.
 2. In a bowl, mix House-Autry Chicken Seasoning with cornmeal.
 3. Coat the squash slices in the seasoned cornmeal mixture.
 4. Heat oil in a deep fryer or large pot.
 5. Deep fry the squash until golden and crispy.
 6. Drain on paper towels.

Sauerkraut and Hotdogs

- **Ingredients:**
 - Hotdogs
 - Sauerkraut
 - Bacon grease
- **Instructions:**
 1. Cut the hotdogs into bite-sized pieces.
 2. In a skillet, add the sauerkraut and bacon grease.
 3. Add the hotdog pieces and cook until heated through and the sauerkraut is slightly browned.

French Fries

- **Ingredients:**
 - Potatoes
 - Salt
 - Oil for frying
- **Instructions:**
 1. Peel and cut potatoes into fries.
 2. Heat oil in a deep fryer or large pot.

3. Fry the potatoes in batches until golden and crispy.
4. Drain on paper towels and season with salt.

Preparation Ahead:

- **Pork Chops:** Season and refrigerate. Fry on the day.
- **Fried Squash:** Slice and coat squash. Refrigerate and fry on the day.
- **Sauerkraut and Hotdogs:** Prepare and refrigerate. Cook on the day.
- **French Fries:** Cut potatoes and store in water. Fry on the day.

Recipes to Consider:

[Perfect Crispy French Fries](#) – By Recipe Tin Eats

Meal Plan 8

Roast with Baked Beans, Potatoes and Carrots, and Corn

Main Dish: Roast

- **Ingredients:**
 - 1 roast
 - 1 packet Au Jus mix
 - 1 packet ranch dressing mix (use less than the whole package)
 - 1 packet dried onion soup mix
 - 1 stick of butter
 - 3-4 pepperoncini peppers
 - Peeled potatoes
 - Carrots
- **Instructions:**
 1. Place the roast in the Instant Pot.
 2. Sprinkle the Au Jus mix, ranch dressing mix, and dried onion soup mix over the roast.
 3. Add the stick of butter and pepperoncini peppers on top of the roast.
 4. Add peeled potatoes and carrots around the roast.
 5. Cook according to the Instant Pot instructions for roast (typically 60-90 minutes on high pressure).
 6. Do not add any water; the roast will create its own juice.

Sides:

Baked Beans

- **Ingredients:**
 - 3 tablespoons Worcestershire sauce
 - 1 tablespoon mustard
 - 1/4 cup ketchup
 - Chopped onion
 - Chopped sweet bell pepper
 - 1 tablespoon brown sugar
- **Instructions:**
 1. Combine Worcestershire sauce, mustard, ketchup, chopped onion, chopped sweet bell pepper, and brown sugar in a microwave-safe dish.
 2. Cook in the microwave for 30 minutes or simmer on the stovetop over medium heat until cooked through.

Corn

- **Ingredients:**
 - Corn (fresh, frozen, or canned)
 - Butter
 - Salt
- **Instructions:**
 1. If using fresh corn, cut kernels off the cob. If using frozen or canned corn, prepare as directed.
 2. In a pot, cook the corn with butter and salt over medium heat until heated through.

Preparation Ahead:

- **Roast:** Season and place in Instant Pot with vegetables. Refrigerate and cook on the day.
- **Baked Beans:** Prepare and refrigerate. Cook on the day.
- **Corn:** Husk and store in water. Cook on the day.

Recipes to Consider:

[Favorite Baked Beans](#) – By How Sweet Eats

Meal Plan 9

White Beans with Ham, Cornbread, and Meat

Main Dish: White Beans with Ham

- **Ingredients:**
 - White beans (dried or canned)
 - Ham (cubed or leftover ham bone)
 - Water or broth
 - Salt and pepper
- **Instructions:**
 1. **If using dried beans:**
 - Soak the beans overnight in water.
 - Drain and rinse the beans.
 2. **In a Crockpot:**
 1. Place the beans, ham, and enough water or broth to cover the beans in the crockpot.
 2. Season with salt and pepper to taste.
 3. Cook on low for 6-8 hours or on high for 3-4 hours until the beans are tender.
 3. **In an Instant Pot:**
 1. Place the beans, ham, and enough water or broth to cover the beans in the Instant Pot.
 2. Season with salt and pepper to taste.
 3. Cook on high pressure for 25-30 minutes if using dried beans (adjust time if using canned beans).
 4. Allow the pressure to release naturally.

Sides:

Cornbread

- **Ingredients:**
 - Cornbread mix (store-bought or homemade)
 - Ingredients as per cornbread mix instructions (typically eggs, milk, and oil)
- **Instructions:**
 1. Prepare cornbread batter according to package instructions or your favorite recipe.
 2. Pour the batter into a greased baking dish or muffin tin.
 3. Bake as directed until golden brown and a toothpick inserted into the center comes out clean.

Meat

- **Suggestions:**
 - Fried chicken
 - Grilled pork chops
 - Baked sausages
- **Instructions:**
 1. Choose your preferred type of meat.
 2. Prepare the meat using your preferred method (frying, grilling, baking, etc.).
 3. Season to taste and cook until done.

Preparation Ahead:

- **Beans and Ham:** Soak beans and combine with ham in the slow cooker. Refrigerate and cook on the day.
- **Cornbread:** Prepare batter and refrigerate. Bake fresh on the day.
- **Meat:** Prepare and cook meat ahead or reheat on the day.

Recipes to Consider:

[Honey's Buttermilk Cornbread](#) – By Makin' Macon

Meal Plan 10

Fried Chicken with Cream Potatoes, Brown Gravy, Green Beans, and Slaw

Main Dish: Fried Chicken

- **Ingredients:**
 - Chicken pieces (e.g., drumsticks, thighs, breasts)
 - Flour or breading mix
 - Seasonings (salt, pepper, paprika, garlic powder, etc.)
 - Oil for frying
- **Instructions:**
 1. Season the chicken pieces with salt, pepper, and your choice of seasonings.
 2. Dredge the chicken pieces in flour or breading mix until well coated.
 3. Heat oil in a deep fryer or large pot.
 4. Deep fry the chicken pieces until golden brown and cooked through.
 5. Place the fried chicken on a baking sheet and finish in a preheated oven at 350°F for 10-15 minutes to crisp up.

Sides:

Cream Potatoes with Brown Gravy

- **Ingredients for Cream Potatoes:**
 - Potatoes
 - Butter
 - Milk or cream
 - Salt
- **Instructions for Cream Potatoes:**
 1. Peel and boil potatoes until tender.
 2. Mash the potatoes with butter, milk or cream, and salt to taste until smooth.
- **Ingredients for Brown Gravy:**
 - Pan drippings or gravy mix
 - Flour
 - Beef broth or water
- **Instructions for Brown Gravy:**
 1. If using pan drippings, heat the drippings in a skillet over medium heat. If using gravy mix, follow package instructions.
 2. Whisk in flour to make a roux, cooking until lightly browned.
 3. Gradually add beef broth or water, whisking constantly until the gravy thickens.
 4. Season to taste.

Green Beans

- **Ingredients:**
 - Canned or fresh green beans
 - Bacon grease or butter
 - Salt
- **Instructions:**
 1. In a pot, add green beans with their liquid (if using canned) or enough water to cover (if using fresh).

2. Add bacon grease or butter and salt to taste.
3. Simmer on medium heat until the beans are tender.

Slaw

- **Ingredients:**
 - Cabbage, shredded
 - Carrots, shredded (optional)
 - Mayonnaise
 - Vinegar
 - Sugar
 - Salt and pepper
- **Instructions:**
 1. In a large bowl, combine shredded cabbage and carrots.
 2. In a separate bowl, mix mayonnaise, vinegar, sugar, salt, and pepper to taste to make the dressing.
 3. Toss the cabbage mixture with the dressing until well coated.
 4. Chill in the refrigerator before serving.

Preparation Ahead:

- **Fried Chicken:** Season and coat chicken. Refrigerate and fry on the day.
- **Cream Potatoes:** Peel and cut potatoes; store in water. Boil and mash on the day.
- **Brown Gravy:** Prepare roux ahead. Finish gravy on the day.
- **Green Beans:** Prepare and refrigerate. Cook on the day.
- **Slaw:** Prepare and refrigerate. Serve chilled.

Recipes to Consider:

[Easy Homemade Coleslaw](#) – By Ask Chef Dennis

Meal Plan 11

White Bean Chili with Jiffy Cornbread

Main Dish: White Bean Chili

- **Ingredients:**
 - 4 cans white beans
 - 2 large cans shredded chicken or cooked chicken tenders, shredded
 - 1 can of Rotel tomatoes
 - 1 large onion, chopped
 - 1 teaspoon cumin
 - 1 teaspoon oregano
 - 1 teaspoon garlic powder
 - 2 large cans chicken broth
- **Instructions:**
 1. In a large pot, sauté the chopped onion until translucent.
 2. Add the shredded chicken, white beans, Rotel tomatoes, cumin, oregano, and garlic powder to the pot.
 3. Pour in the chicken broth and stir to combine.
 4. Bring to a boil, then reduce heat and simmer for 30 minutes to allow flavors to meld.
 5. Serve hot.

Side:

Jiffy Cornbread

- **Ingredients:**
 - 1 package Jiffy Cornbread mix
 - Ingredients as per Jiffy Cornbread mix instructions (typically egg and milk)
- **Instructions:**
 1. Prepare the cornbread batter according to the package instructions.
 2. Pour the batter into a greased baking dish or muffin tin.
 3. Bake as directed until golden brown and a toothpick inserted into the center comes out clean.

Preparation Ahead:

- **Chili:** Prepare entire chili and refrigerate. Reheat on the day.
- **Cornbread:** Prepare batter and refrigerate. Bake fresh on the day.

Meal Plan 12

Chili with Cornbread

Main Dish: Chili

- **Ingredients:**
 - For the detailed recipe, visit [Makin' Macon - Best Homemade Chili Recipe](#)
- **Instructions:**
 1. Prepare the chili according to the recipe provided on the blog.
 2. Simmer the chili to allow flavors to meld and develop a rich, hearty taste.

Side:

Cornbread

- **Ingredients:**
 - Cornbread mix (store-bought or homemade)
 - Ingredients as per cornbread mix instructions (typically eggs, milk, and oil)
- **Instructions:**
 1. Prepare cornbread batter according to package instructions or your favorite recipe.
 2. Pour the batter into a greased baking dish or muffin tin.
 3. Bake as directed until golden brown and a toothpick inserted into the center comes out clean.

Preparation Ahead:

- **Chili:** Prepare entire chili and refrigerate. Reheat on the day.
- **Cornbread:** Prepare batter and refrigerate. Bake fresh on the day.

Recipes to Consider:

[Chili Keto or Not](#) – By Makin' Macon

[Honey's Buttermilk Cornbread](#) – By Makin' Macon

Meal Plan 13

Brunswick Stew

Main Dish: Brunswick Stew

- **Ingredients:**

- 2 large cans of chicken, shredded
- 1 large can chicken broth
- 1 pound ground beef, browned and drained
- 2 pounds pork, chopped (barbecue style)
- 1 onion, chopped and browned with ground beef
- 2 cans petite diced tomatoes
- 1 large can tomato juice
- 2 cans shoepeg corn
- 1 package diced southern style hash browns
- 1 stick butter
- 1 cup ketchup
- 2 heaping tablespoons mustard
- 1/2 cup Worcestershire sauce
- 1 cup BBQ sauce (pit style)

- **Instructions:**

1. In a large skillet, brown the ground beef with the chopped onion. Drain any excess fat.
2. In a slow cooker, combine the shredded chicken, browned ground beef, chopped pork, and all other ingredients.
3. Stir well to combine all the flavors.
4. Cook on low for 4 hours, stirring occasionally, until the stew is heated through and flavors are well blended.
5. Serve hot.

Preparation Ahead:

- **Stew:** Combine all ingredients in slow cooker and refrigerate. Cook on the day.

Meal Plan 14

Meat Loaf with Corn on the Cob, Green Beans, and Rolls

Main Dish: Meat Loaf

- **Ingredients:**
 - 3 pounds ground beef
 - 1 cup ketchup
 - 2 tablespoons mustard
 - 1/2 cup Worcestershire sauce
 - Salt and pepper to taste
 - 1/4 cup A-1 sauce
 - 1/4 cup Heinz 57 sauce
 - 4 crumbled crackers or 1 crumbled piece of bread
 - 1 egg
- **Instructions:**
 1. Preheat oven to 350°F.
 2. In a large bowl, combine the ground beef, ketchup, mustard, Worcestershire sauce, A-1 sauce, Heinz 57 sauce, crumbled crackers or bread, and egg.
 3. Season with salt and pepper to taste.
 4. Mix until all ingredients are well combined.
 5. Shape the mixture into a loaf and place it in a baking dish.
 6. Bake in the preheated oven for about 1 hour or until the meatloaf is cooked through and the internal temperature reaches 160°F.
 7. Alternatively, you can cook the meatloaf in a slow cooker on low for 6-8 hours to keep it moist.

Sides:

Corn on the Cob

- **Ingredients:**
 - Corn on the cob
 - 1 stick of butter
 - Salt
- **Instructions:**
 1. Place the corn in a large pot of boiling water.
 2. Add a stick of butter and salt to the water.
 3. Cook for about one hour or until tender.

Green Beans

- **Ingredients:**
 - Canned or fresh green beans
 - Bacon grease or butter
 - Salt
- **Instructions:**
 1. In a pot, add green beans with their liquid (if using canned) or enough water to cover (if using fresh).
 2. Add bacon grease or butter and salt to taste.
 3. Simmer on medium heat until the beans are tender.

Rolls

- **Ingredients:**
 - Store-bought or homemade rolls
- **Instructions:**
 1. Prepare rolls according to package instructions or your favorite recipe.
 2. Serve warm.

Preparation Ahead:

- **Meat Loaf:** Prepare mixture and shape loaf. Refrigerate and bake on the day.
- **Corn on the Cob:** Husk and store in water. Cook on the day.
- **Green Beans:** Prepare and refrigerate. Cook on the day.
- **Rolls:** Prepare dough and refrigerate. Bake fresh on the day.

Recipes to Consider:

[Your Choice Buns or Rolls](#) – By Makin' Macon

Meal Plan 15

Pepper Steak with White Rice

Main Dish: Pepper Steak

- **Ingredients:**

- 1 small onion, sliced
- 1 bell pepper, sliced
- 2 tablespoons vegetable oil
- 1 pound round steak, sliced thin
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 teaspoon corn starch
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

- **Glaze:**

- 2 tablespoons soy sauce
- 1 tablespoon corn starch
- 1 1/2 tablespoons sugar

- **Instructions:**

1. In a skillet, heat vegetable oil over medium-high heat.
2. Add sliced onion and bell pepper. Cook until tender and slightly caramelized. Remove from skillet and set aside.
3. In the same skillet, add the sliced round steak and cook until browned.
4. Add soy sauce, sugar, corn starch, garlic powder, salt, and pepper to the steak. Stir to combine.
5. Return the cooked vegetables to the skillet and mix with the steak.
6. In a small bowl, combine the glaze ingredients (soy sauce, corn starch, and sugar). Pour the glaze over the steak and vegetables.
7. Cook for an additional 1-2 minutes, until the glaze thickens and coats the steak and vegetables.
8. Serve the pepper steak over white rice.

Side:

White Rice

- **Ingredients:**

- White rice
- Water
- Salt (optional)

- **Instructions:**

1. Rinse the rice under cold water until the water runs clear.
2. In a pot, combine the rice and water (typically a 1:2 ratio of rice to water).
3. Add a pinch of salt if desired.
4. Bring to a boil, then reduce heat to low and cover.
5. Cook for 15-20 minutes, or until the rice is tender and the water is absorbed.
6. Fluff with a fork before serving.

Preparation Ahead:

- **Pepper Steak:** Slice meat and vegetables. Prepare sauce and glaze. Store separately and combine on the day.
- **White Rice:** Cook ahead and refrigerate. Reheat with a splash of water or broth.