

# MEAL PLANNING *Ideas*

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*Welcome* to Unger Meats Meal Planning Ideas. We cook with simple ingredients, and we rather enjoy the “meat & potatoes” way of cooking. We will have as many of the recipes up on our website as possible. Some meal ideas are basic and are suggestions meant to be mindless and simple with really no prep (*ie pizza & greek salad*). All recipes use meat products that we have available in-store on a daily basis. We hope you enjoy these meal plans and find them helpful in planning nutritious food for your busy families.

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## MONDAY

Spaghetti Squash & Italian Sausage Bake

*\*recipe on website*

## TUESDAY

Crock Pot Broccoli Cheddar Chicken

*\*recipe on website*

## WEDNESDAY

Meatballs with Brown Gravy & Rice

*\*Unger Meats ready made meatballs*

## THURSDAY

Fully Loaded Potato Soup

*\*premix soup available in-store*

## FRIDAY

Brat Nachos

*\*recipe on website*

## SATURDAY

Grilled Top Sirloin Steak with Garlic Butter

*\*recipe on website*

## SUNDAY

Pizza & Greek Salad

*\*St. Pierre Pizzas available in-store*

