7-Day Lazy Dinner Plan (Busy Mom Edition)

Day 1

Broiled Meatballs & Spaghetti

- Frozen or pre-made meatballs
- Jar pasta sauce
- Spaghetti noodles
- Optional: garlic bread or bagged salad

Shortcut tip: Broil or air fry meatballs while pasta boils.

Day 2

Loaded Baked Potatoes

- Baked potatoes (oven, microwave, or air fryer)
- Toppings: cheese, sour cream, bacon bits, butter, green onions
- Optional protein: leftover chicken or chili

Shortcut tip: Microwave potatoes to cut cook time in half.

Day 3

Tomato Soup & Grilled Cheese

- Canned or boxed tomato soup
- Bread + sliced cheese for sandwiches
- Optional: fruit or crackers on the side

Shortcut tip: Make multiple grilled cheeses at once on a sheet pan.

Day 4

Breakfast

- Eggs (scrambled or fried)
- Toast or pancakes/waffles
- Bacon or sausage (optional)

Shortcut tip: Use frozen pancakes/waffles for zero prep.

Day 5

Quesadillas

- Tortillas
- Shredded cheese
- Optional: chicken, beans, veggies, leftovers
- Serve with: salsa, sour cream, or guacamole

Shortcut tip: Make two at a time in a large pan.

Day 6

Rotisserie Chicken

- Store-bought rotisserie chicken
- Frozen vegetables or bagged salad
- Microwave rice or mashed potatoes

Shortcut tip: Shred leftover chicken for tomorrow's meal

Day 7

"Clean Out The Fridge" Night

- Leftovers from the week
- Sandwiches or wraps
- Snack plates (fruit, cheese, crackers, veggies)

Shortcut tip: No cooking allowed—just assemble.

Mom Tip:

Not every dinner has to be perfect. The goal is feeding your family, not creating extra stress. Keep it simple, repeat favorites, and give yourself permission to take shortcuts.

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