

# MEAL PLANNING

## BREAKFAST LUNCH | DINNER



### Pancake Muffins

Ingredients: Pancake mix , Topping ideas: chocolate chips, strawberries, frozen wild blueberries, blackberries, spinach, cheese, bacon, turkey  
Instructions: Preheat oven to 400 degrees fahrenheit, Mix batter well, Pour into a well-greased or lined mini muffin tin about 3/4 full. If you line with cups you may still want to spray with a non-stick grease as sometimes they stick.  
Add in toppings (or leave plain). Bake for 10-12 minutes  
Credit: <https://twinmomrefreshed.com/pancake-muffins/>



### Peanut Butter, Strawberry and Banana Quesadillas

Ingredients: 2 tortillas, 1/2 - 1 banana, 2 - 4 strawberries, 1 - 2 tablespoons natural peanut butter, 1 - 2 tablespoons strawberry jam  
Over medium heat, preheat a skillet or pan that's large enough for your tortilla.  
Spread the peanut butter on one side of a tortilla.  
Spread jam on one side of another tortilla.  
Make enough banana and strawberry slices to cover the bottom of one tortilla.  
Place the other tortilla (jam or peanut butter side down) on top of the other tortilla.  
Cook in the pan until the bottom is crisp. Flip over and cook the other tortilla until crisp.  
Serve immediately. Store any leftovers in the refrigerator.  
Credit: <https://www.texanerin.com/strawberry-banana-quesadillas/>



### Lazy Lasagna

Ingredients: 1 (24oz) bag of frozen cheese ravioli, 1 (24oz) jar of marinara 2 cups shredded mozzarella (heaping), 1/2 cup shredded parmesan (optional)  
Preheat your oven to 400 degrees and grease a 9x13 baking dish.  
Spread a thin layer of your marinara sauce onto the bottom of the pan (about 3/4 cup).  
Arrange half of the frozen ravioli in a single layer over the sauce (should be about 12 of them).  
Top with half of the remaining sauce and half of the mozzarella. Repeat the layers starting with what's left of the ravioli. Finish by topping with the remaining sauce and cheese.  
Sprinkle with parmesan if you'd like. Cover the baking dish with aluminum foil, and bake for 30 minutes. Remove the foil, and continue baking for an additional 15 minutes, or until the cheese starts to brown. Serve with veggies, salad, garlic bread or anything else you'd like!  
Credit: <https://www.thelazydish.com/lazy-lasagna-just-3-ingredients/>