

ULTIMATE

THEME NIGHTS

RECIPE LIST!

*Freezer Meal Edition*



**28 THEME NIGHTS AND THE FREEZER  
MEAL RECIPES TO GO WITH THEM!**



## Hi there! I'm Elisa, the organization-aholic behind Meal Planning Blueprints.

I'm a mom too. I have two boys that are ~~the cause of my gray hair~~ my world. One that's in college who is hilarious, easy-going, a homebody, and a picky eater. And one that's in preschool who runs not walks, disagrees with everything, is a social butterfly, and eats anything. I just might have my hands full! I'm also passionate about:

**Moms.** I'm a single mom and whether you are too or not, being a mom is both frustrating and glorious at the same time. One second you're screaming and the next you're crying.

**Family Dinner.** Sometimes I love to cook and sometimes I love ordering pizza. But it's not only about the food. I sooooo want to create this sacred time of the day where my family can leave all the frustrations at the {kitchen} door and we can all have this cherished time together.

**Efficiency.** If there's an simpler way, I will find it! That's why I love meal planning so much - it's the quickest, easiest way to create that family dinner we all crave so much.

I want to help you make dinner **fun**. So often for us moms, feeding our family is a huge source of stress whether it's the grocery budget or actually getting food on the table (and your kids to eat) without an argument. Let's change that!

**You can do this!**

*-Elisa*



## HOW TO USE THIS GUIDE:

**THEME NIGHTS** will help you make dinnertime fun! It's also the best way to meal plan for both the **commitment-phobic anti-planner moms** and the **super-organized planner-sticker moms**. You know who you are.

Either way, theme nights help you to narrow down your many bazillion options at 5 pm!

### 1. Go through the list of Theme Night Ideas

Find the ones that your family will LOVE. Involve everyone - even let the kids pick a night of their own! When you give kids the capability to make decisions for the entire family, it empowers them!

### 2. Find the list of recipes that go with your Theme Nights

Some themes are grouped together - like Macaroni Monday and Noodle Night - so there are recipes that can be used for multiple theme nights. These recipes are some of the most popular on the internet! Clicking on each one will bring you right to that recipe so you can decide if it will work for your family.

### 3. Print and use the Worksheet

Follow the directions on it and keep it as your master meals list. This list will help you, whether you want to wing it and figure out your dinner that day, or extreme plan for a month at a time.

**BONUS: Pinterest Board with ALL the recipes on it!**

<https://www.pinterest.com/mpblueprints/meal-planning-freezer-meals-+-theme-nights/>

**I hope using Theme Nights makes dinnertime fun for you!**

# theme night IDEAS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEATLESS MONDAY	TRADITIONAL TUES	WACKY WEDNESDAY	THRIFTY THURSDAY
MACARONI MONDAY	TACO TUESDAY	ONE-POT WED	TAKE-OUT THURSDAY
MEXICAN MONDAY	TOP 10 TUESDAY	WAFFLE WEDNESDAY	THROW BACK (TBT)
FUNDAY MONDAY	TRY-IT TUESDAY (NEW RECIPES)	WHATEVER WED	30-MIN THURSDAY
MAKE AHEAD MONDAY (FREEZER MEALS)		WINGS WEDNESDAY	
FRIDAY	SATURDAY	SUNDAY	OTHER
FINGER FOOD FRIDAY	SOUP + SALAD SATURDAY	SLOWWWW SUNDAY	NOODLE NIGHT
FEND FOR YOURSELF	SUNRISE SATURDAY (BREAKFAST NIGHT)	SEAFOOD SUNDAY	PANINI NIGHT
FAMILY FUN (PIZZA?)	SLOW COOKER SAT	STIR-FRY SUNDAY	PICNIC NIGHT (NO COOK)
FRITTATA FRIDAY	SMORGASBOARD SAT (APPETIZERS)	SPAGHETTI SUNDAY	KIDS CHOICE/MAKE
FREESTYLE (ANYTHING!)	SHEET PAN SATURDAY	COMFY SUNDAY	ETHNIC NIGHT (OR A SPECIFIC ONE)
FIFTEEN FRIDAY (15-MIN MEAL)		SANDWICH SUNDAY	MYSTERY NIGHT
FREEZER MEAL FRIDAY			QUESADILLA NIGHT
			INSTA-NIGHT

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## REMEMBER

You want to keep your themes small and narrow. The broader they are, the harder it is to make a decision to figure out what to make. Categories like "Chicken Night" are so broad, it will hinder your meal planning progress! Keep it small :)

\*\*\*AND DON'T FORGET LEFTOVER NIGHT!\*\*\*

theme night



# RECIPE LIST

## MEATLESS MONDAY

LASAGNA STUFFED PORTOBELLO MUSHROOMS

HOMEMADE CREAMY CHEESY BROCCOLI SOUP

SWEET POTATO BLACK BEAN QUINOA CHILI

COPYCAT PANERA CREAMY TOMATO SOUP

MACARONI MONDAY/  
SPAGHETTI SUNDAY/  
NOODLE NIGHT

LEMON PESTO CHICKEN  
serve over spaghetti

ITALIAN WEDDING SOUP

FREEZER FRIENDLY BAKED ZITI

BACON CHEESEBURGER PASTA

MEXICAN MONDAY/  
TACO TUESDAY

ENCHILADA STUFFED SWEET POTATOES

CILANTRO LIME CHICKEN  
serve with rice

STUFFED MEXICAN CHICKEN SHELLS

BLACK BEAN TACO SOUP

FUNDAY MONDAY/  
FAMILY FUN FRIDAY  
(PIZZA)

MAKE AHEAD MINI PIZZAS

SLICE & BAKE PIZZA ROLLUPS

MAKE AHEAD CALZONES

PARMESAN GARLIC PIZZA PASTA

## TRADITIONAL TUESDAY

SUN-DRIED TOMATO & MOZZARELLA MEATLOAF

CHICKEN ENCHILADAS

SAUSAGE & PEPPERS

HERB ROASTED PORK TENDERLOIN

## TRY-IT TUESDAY

MANGO PINEAPPLE BEEF BARBACOA

CHERRY BALSAMIC BEEF SHORT RIBS

BACON WRAPPED KALUA PORK

20 MINUTE TUSCAN PASTA

## WINGS WEDNESDAY

BUFFALO WING CHICKEN MEATLOAF CUPS

MAKE AHEAD SWEET & SOUR CHICKEN WINGS

BUFFALO CHICKEN SOUP

BONELESS BAKED BUFFALO BITES

## WAFFLE WEDNESDAY

BACON POTATO CHEDDAR WAFFLES

WHOLE WHEAT PUMPKIN WAFFLES

LEFTOVER STUFFING WAFFLES

FRENCH TOAST WAFFLE STICKS (cool, freeze, toast when ready to eat)

## THRIFTY THURSDAY

CHICKEN ALFREDO LASAGNA ROLL-UPS

CHEESY BROCCOLI CHICKEN RICE

SUPER SLOPPY JOES

SLOW COOKER BEAN BURRITOS

FINGER FOOD FRIDAY/  
SMORGASBOARD  
SATURDAY

BAKED CREAMY CHICKEN TAQUITOS

HOMEMADE POTATO SKINS

HEALTHY HOMEMADE HOT POCKETS (use fresh pizza dough from grocery store to save time)

OVEN BAKED CHICKEN STRIPS

## FRITTATA FRIDAY

INCREDIBLE EDIBLE OVEN OMELET

EASY EGG MUFFINS

CHEESY BACON QUICHE

MINI CRUSTLESS QUICHE CUPS

SOUP + SALAD  
SATURDAY

CROCKPOT GREENS + BEANS

CROCKPOT FRENCH ONION SOUP

ZUPPA TOSCANA WITH SWEET POTATOES

ONE POT CHICKEN NOODLE SOUP

theme night



# RECIPE LIST

## SUNRISE SATURDAY (BREAKFAST)

BLUEBERRY OATMEAL  
YOGURT PANCAKES

CROISSANT BREAKFAST  
SANDWICHES

CINNAMON POWER  
PANCAKES

FREEZER BREAKFAST  
BURRITOS

## SLOW COOKER SATURDAY/ SLOWWW SUNDAY

CROCKPOT BEEF STEW

CHICKEN TIKKA MASALA

KOREAN BEEF (serve over  
rice)

MOZZARELLA-STUFFED  
PESTO TURKEY MEATBALLS

## SANDWICH SUNDAY / PICNIC NIGHT

HAM & CHEESE STROMBOLI  
(use fresh pizza dough from  
grocery store to save time)

HONEY SRIRACHA BBQ  
CHICKEN SANDWICHES

MINI ITALIAN BURGERS

HAWAIIAN SWEET ROLL  
HAM SLIDERS

## STIR FRY SUNDAY

KUNG PAO CHICKEN

SWEET & SOUR CHICKEN  
STIR FRY

CHINESE BEEF & BROCCOLI

SHRIMP VEGGIE STIR FRY

## SEAFOOD SUNDAY

MEDITERRANEAN SHRIMP

TILAPIA PESTO FOIL  
PACKETS (for slow cooker)

SAUSAGE & SHRIMP  
GUMBO

FREEZER TO TABLE SHRIMP  
SCAMPI

## COMFY SUNDAY

JALAPENO POPPER  
CHICKEN CHILI

CHICKEN PARMESAN  
MEATBALL CASSEROLE

RAVIOLI CASSEROLE

SLOW COOKER BEEF  
STROGANOFF

## ETHNIC NIGHT

CARIBBEAN JERK CHICKEN  
TACOS

BAKED ITALIAN MEATBALLS

SWEET POTATO CHICKEN  
CURRY

CROCKPOT  
MEDITERRANEAN CHICKEN

## PANINI NIGHT/ QUESADILLA NIGHT

CHICKEN CHEESESTEAK  
SANDWICHES

EASY CHICKEN PARMESAN  
WRAPS

ROASTED CORN  
QUESADILLAS

AVOCADO VEGGIE  
QUESADILLAS (cook then  
individually wrap and freeze)

# theme night WORKSHEET



1. Decide on your Theme Nights and write one in each box below.
2. Create a list of recipes for each Theme Night.
3. Now you have a master list for your meal planning sessions!


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NOTES