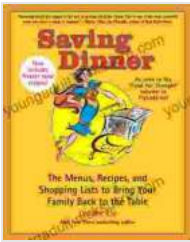


# The Menus, Recipes, and Shopping Lists to Bring Your Family Back to the Table



## Saving Dinner: The Menus, Recipes, and Shopping Lists to Bring Your Family Back to the Table: A

**Cookbook** by Leanne Ely

★★★★☆ 4.5 out of 5

Language : English  
File size : 1036 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
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Print length : 393 pages



In today's fast-paced world, it can be difficult to find time for family meals. But eating together as a family is important for many reasons. It provides an opportunity to connect with each other, share stories, and laugh together. It can also help children learn about healthy eating habits and develop a love of cooking.

If you're looking for ways to bring your family back to the table, this article is for you. We'll provide you with sample menus, recipes, and shopping lists to help you get started. We'll also offer tips on how to make meal planning and preparation easier.

## Sample Menus

Here are a few sample menus to get you started:

- **Monday:**
  - Breakfast: Oatmeal with berries and nuts
  - Lunch: Salad with grilled chicken, avocado, and dressing
  - Dinner: Tacos with rice and beans
  
- **Tuesday:**
  - Breakfast: Yogurt with fruit and granola
  - Lunch: Soup and sandwich
  - Dinner: Spaghetti with meatballs
  
- **Wednesday:**
  - Breakfast: Eggs with toast and fruit
  - Lunch: Leftover spaghetti
  - Dinner: Grilled burgers with potato salad
  
- **Thursday:**
  - Breakfast: Pancakes with syrup
  - Lunch: Salad bar
  - Dinner: Pizza with salad
  
- **Friday:**
  - Breakfast: Waffles with berries
  - Lunch: Grilled cheese sandwiches and tomato soup

- Dinner: Fish and chips
- **Saturday:**
  - Breakfast: French toast with fruit
  - Lunch: Out to eat
  - Dinner: Grilled steak with roasted potatoes and asparagus
- **Sunday:**
  - Breakfast: Brunch with eggs, bacon, pancakes, and fruit
  - Lunch: Leftover steak and potatoes
  - Dinner: Soup and salad

## **Recipes**

Here are a few recipes to get you started:

### **Tacos**

Ingredients:

- 1 pound ground beef
- 1 package taco seasoning
- 12 corn tortillas
- Shredded cheese
- Sour cream
- Chopped tomatoes

- Chopped lettuce

Instructions:

1. Cook ground beef in a skillet over medium heat until browned. Drain off excess grease.
2. Add taco seasoning to ground beef and cook according to package directions.
3. To assemble tacos, spoon ground beef mixture into tortillas and top with cheese, sour cream, tomatoes, and lettuce.

## **Spaghetti with Meatballs**

Ingredients:

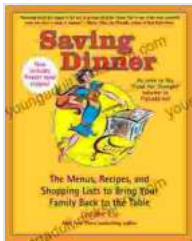
- 1 pound spaghetti
- 1 pound ground beef
- 1/2 onion, chopped
- 1/2 cup bread crumbs
- 1/4 cup grated Parmesan cheese
- 1 egg
- 1 jar (28 ounces) tomato sauce

Instructions:

1. Cook spaghetti according to package directions.

2. While spaghetti is cooking, make meatballs. In a large bowl, combine ground beef, onion, bread crumbs, Parmesan cheese, and egg. Mix well.
3. Roll meatball mixture into 1-inch balls. Place meatballs in a baking dish and bake at 350 degrees Fahrenheit for 20 minutes, or until cooked through.
4. Add tomato sauce to meatballs and simmer for 10 minutes.
5. Serve spaghetti with meatballs and sauce.

## Grilled Burgers



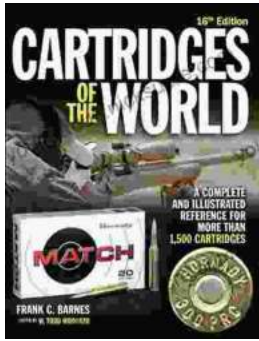
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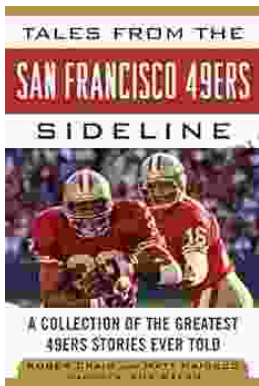
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