

Weeknight dinner rotation

Four weeks of 30-minute (or less) dinners from our Quick Recipes, kosher-style: no meat with dairy, each marked Meat, Dairy or Pareve. Fish once a week, meatless dairy nights twice, and a leftovers night to save money.

	Mon	Tue	Wed	Thu	Fri
Week 1	Sheet-Pan Chicken Fajitas Meat 30 min · \$\$	Stovetop Mac and Cheese Dairy 20 min · \$	Lemon Garlic Baked Salmon Pareve 20 min · \$\$	Chicken Fried Rice (Leftover Rice) Meat 22 min · \$	Fluffy Banana Pancakes (breakfast for dinner) Dairy 20 min · \$
Week 2	Turkey Taco Skillet Meat 25 min · \$	One-Pan Skillet Baked Ziti Dairy 30 min · \$	Quick Chicken Tortilla Soup Meat 30 min · \$	Black Bean Quesadillas Dairy 15 min · \$	Leftovers night Clean out the fridge. Reheat to steaming hot.
Week 3	Easy Beef and Broccoli Meat 22 min · \$\$	Potato and Egg Breakfast Tacos (breakfast for dinner) Dairy 25 min · \$	Lemon Garlic Baked Salmon Pareve 20 min · \$\$	Sheet-Pan Chicken Fajitas Meat 30 min · \$\$	Stovetop Mac and Cheese Dairy 20 min · \$
Week 4	Quick Chicken Tortilla Soup Meat 30 min · \$	Black Bean Quesadillas Dairy 15 min · \$	Turkey Taco Skillet Meat 25 min · \$	One-Pan Skillet Baked Ziti Dairy 30 min · \$	Leftovers night Clean out the fridge. Reheat to steaming hot.

Make weeknights easier

- Cook extra rice on Monday for Thursday's fried rice.
- Chop peppers and onions once for fajitas and the taco skillet.
- Double the soup and freeze half for a busy week.
- Breakfast for dinner counts. Kids love it.

Pantry staples to keep

- Canned black beans, diced tomatoes, broth
- Rice, ziti or penne, elbow macaroni
- Tortillas, frozen corn, frozen peas and carrots
- Chili powder, cumin, garlic powder, soy sauce

Our swaps & notes
