



# 7 DAY MEAL PLAN

Save Time. Money & Ditch the stress with the CBM  
4 Week Meal Plan !

CRAZY BUSY MAMA

WEEK 1

# MONDAY



## LOADED CROCKPOT RAVIOLI

\*Serve with dinner roll

### INGREDIENTS

- 1 lb of ground beef
- 1 Tbsp Italian seasoning
- 2 bags of Frozen Ravioli ( beef & cheese)
- 1 jar of marinara
- 1 jar of Alfredo
- Handful of fresh chopped Basil
- 1 Tbsp Garlic Powder
- 2 cups of Cottage Cheese
- 1/4 cup Parmesan
- 1 cup of shredded Mozzarella

### DIRECTIONS

1. Dump all ingredients in
2. Cook on low for 6 hours

# TUESDAY



## TACO RICE BOWL

\*Add favorite toppings (lettuce, salsa, etc.) & serve over crushed Doritos

### INGREDIENTS

- 1 lb ground beef
- Taco Seasoning
- 2 cups Minute Rice

### DIRECTIONS

1. Brown ground beef
2. Put in packet of taco seasoning, 2 cups water, and 2 cups minute rice
3. Simmer for 5 minutes then top with cheese

# WEDNESDAY



## HAWAIIAN HAM & SWISS SLIDERS

\*Serve with broccoli and carrots

### INGREDIENTS

- 2 packages King's Hawaiian rolls
- 24 slices Deli honey ham
- 1 tbsp onion powder
- 1 ½ tbsp Dijon mustard
- ½ cup mayonnaise
- ½ tsp Worcestershire sauce
- 1 tbsp Poppy seeds
- ½ cup butter
- 12 slices Swiss cheese

### DIRECTIONS

1. Brush ½ cup mayonnaise on rolls
2. Top with slices of Deli honey ham, swiss cheese, and tops of rolls
3. Mix ½ cup butter (melted), 1 tbsp onion powder, 1 ½ tbsp Dijon mustard, ½ tsp Worcestershire sauce, and 1 tbsp poppy seeds
4. Bake at 350 for 35-40 minutes

# THURSDAY



## SOUTHWEST STUFFED PEPPERS

\*Garnish with cheddar cheese & guacamole

### INGREDIENTS

- 5 - 6 tri-color peppers
- 1 lb ground beef
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp onion powder
- 1 ½ tsp garlic powder
- 1 cup minute rice
- 15 oz. can black beans, drained & rinsed
- 1 ½ cup frozen corn
- 10 oz can tomato sauce
- 1 ½ cup shredded mexican blend cheese

### DIRECTIONS

1. Brown 1 lb ground beef
2. Mix beef with 2 tsp chili powder, 1 tsp ground cumin, 1 tsp onion powder, 1 ½ tsp garlic powder, 1 cup water, 1 cup minute rice, 15 oz can black beans (drained and rinsed), 1 ½ cup frozen corn, and 10 oz can tomato sauce
3. Cover & simmer for about 5 minutes
4. Hollow out peppers and simmer in ¼ cup water for 5 minutes
5. Fill peppers, top with shredded mexican cheese
6. Put in oven at 350 for 5 minutes

<https://www.instagram.com/p/Cj8u4iqpVbr/>

FRIDAY



## CHEESY CHICKEN CROISSANTS

\*serve with side salad

### INGREDIENTS

- Shredded chicken
- 2 cans croissants
- 1 can cream of chicken
- 1 cup water
- 1 cup shredded colby jack

### DIRECTIONS

1. Shred cooked chicken (boiled, rotisserie, or baked)
2. Roll shredded chicken in each croissant triangle
3. Place in greased 9x13
4. Mix 1 can cream of chicken, 1 cup water, 1 cup shredded colby jack
5. Pour mixture on top of rolled chicken croissants
6. Bake at 350 for 30-35 minutes

# SATURDAY



## BBQ CHICKEN THIGHS

\*Serve with steamed vegetables of choice

### INGREDIENTS

- Chicken Thighs
- Dry Seasonings of Choice
- $\frac{3}{4}$  Cup BBQ Sauce

### DIRECTIONS

1. Put thighs, seasonings, and BBQ sauce in a ziplock bag and mix
2. Grill until internal temperature of 165 or bake in oven at 400 for 18 minutes

<https://www.instagram.com/p/CpBYkxdDT-P/>



SUNDAY



## LEFTOVERS

This membership is all about making this meal plan work for your family! For all recipes you can substitute with lower sodium or fresh veggies instead of frozen or canned; please feel free to do so! Each recipe is customizable to you! If needed, look for dairy-free substitutes or whole grain instead of white pasta/rice - even omit the carbs if desired. You can even substitute different proteins as desired. Do what works for you! And always reach out as needed if you need pointers, I am here to help! You can reach out via Instagram Subscription or email at [support@crazybusymama.biz](mailto:support@crazybusymama.biz)

Don't forget, images of Meals are in Exclusive content each week and 2 weeks worth of menu items will remain in highlights for all subscribers.

Thank you for allowing #CrazyBusyMama to help you  
#ReclaimTheTable with your sweet family!

-CBM-

Need some help with using up those leftovers and turning them into a new meal? Try this:  
<https://www.youtube.com/shorts/CfiASGr-ciQ>



## BONUS CONTENT

### HOMEMADE VANILLA CREAMER

The best way to make coffee at home and save instead of having to spend a fortune buying it!

*\*Ingredients needed are not on the grocery list!\**

<https://www.crazybusymama.com/homemade-vanilla-coffee-creamers/>



### TIP OF THE WEEK

Have a pot about to boil over and have no wooden spoon?

Blow on the liquid to get rid of the bubbles and prevent the boil over!

[https://www.tiktok.com/@theloricway/video/7327801934209213422?is\\_from\\_webapp=1&sender\\_device=pc&web\\_id=7228648469734809242](https://www.tiktok.com/@theloricway/video/7327801934209213422?is_from_webapp=1&sender_device=pc&web_id=7228648469734809242)

# GROCERIES

## Produce:

Handful of fresh chopped Basil (Mon)

5 - 6 tri-color peppers (Thurs)

\*toppings - lettuce, salsa, etc. (Tues)

\*broccoli & carrots (Wed)

\*guacamole (Thurs)

\*bagged salad of choice (Fri)

## Meats:

3 lbs ground beef (Mon, Tues, Thurs)

24 slices Deli honey ham (Wed)

Shredded chicken (Fri)

Chicken Thighs (Sat)

## Seasoning & Mixes:

1 Tbsp Italian seasoning (Mon)

1 Tbsp Garlic Powder (Mon)

Taco Seasoning (Tues)

1 tbsp onion powder (Wed)

1 ½ tsp Dijon mustard (Wed)

½ cup mayonnaise (Wed)

½ tsp Worcestershire sauce (Wed)

1 tbsp Poppy seeds (Wed)

2 tsp chili powder (Thurs)

1 tsp ground cumin (Thurs)

1 tsp onion powder (Thurs)

1 ½ tsp garlic powder (Thurs)

Dry Seasonings of Choice (Sat)

¾ Cup BBQ Sauce (Sat)

## Frozen:

2 bags of Frozen Ravioli, beef & cheese (Mon)

1 ½ cup frozen corn (Thurs)

\*1 bag steamed vegetables (Sat)

## Canned Goods:

1 jar of marinara (Mon)

1 jar of Alfredo (Mon)

15 oz. can black beans, drained & rinsed (Thurs)

10 oz can tomato sauce (Thurs)

2 cans croissants (Fri)

1 can cream of chicken (Fri)

## Dairy:

2 cups of Cottage Cheese (Mon)

¼ cup Parmesan (Mon)

1 cup of shredded Mozzarella (Mon)

1 ½ cup shredded mexican blend cheese (Thurs)

1 cup shredded colby jack (Fri)

\*cheddar cheese (Thurs)

## Bread:

3 cups Minute Rice (Tues, Thurs)

2 packages King's Hawaiian rolls (Wed)

½ cup butter (Wed)

12 slices Swiss cheese (Wed)

\*dinner rolls (Mon)

\*Doritos (Tues)

## Sides (\* Indicates sides or extras):

Monday: dinner rolls

Tuesday: toppings (lettuce, salsa, etc.) & Doritos

Wednesday: broccoli & carrots

Thursday: cheddar cheese & guacamole

Friday: side salad

Saturday: steamed vegetables

Sunday: Leftovers

# WANT MORE MEAL PLANS?

Thank you for being part of the Crazy Busy Mama 7-Day Meal Plan journey!

I'm so thrilled you joined us in reclaiming the dinner table and making mealtime a little less hectic. Meal planning has always been close to my heart because, as a busy mom, I know how overwhelming dinner decisions can feel. This plan was created to bring ease, joy, and delicious meals to your family table.

If you've loved this week's recipes and tips, I'd love to keep the magic going! For just \$5.99 a month, you can enjoy weekly meal plans tailored to help you save time and stress while delivering tasty, family-approved dishes.

It's like having a dinner assistant—without the cost of a personal chef!

***[Click here to subscribe and have my team do your meal planning each week.](#)***

Thank you again for trusting me to help with your family meals. Here's to many more delicious, stress-free dinners!

With love ❤️

Lori Conway

[CrazyBusyMama.com](http://CrazyBusyMama.com)

P.S. If you ever have questions or need ideas, don't hesitate to reach out—I'm here for you!