

# Family Reunion

## MEAL PREP

### TIPS AND TRICKS

SHARE THE  
WORKLOAD

*Assign each family a  
meal or day to be  
responsible for meals*



#### BE FLEXIBLE

*Use recipes that allow  
people to add or  
subtract ingredients  
according to  
their dietary needs*

Get Input! Ask for meal & snack ideas from those attending.

Freezer Meals - Prep meals ahead of time.

Dish Duty - Daily assignments or disposable dishes only.

Stay Organized by labeling.

*find more recipes and tips @* [YourHomebasedMom.com](http://YourHomebasedMom.com)

#### PREP AHEAD

PREP & LABEL

ALL RUBS,

MARINADES,

SAUCES & SPICES

AHEAD OF TIME

# Enjoy

## HAVE FUN TOGETHER

#### SLOW COOKER



*free up time by using  
your slow cooker!*

#### Salads & Sides

PURCHASE SALAD  
KITS AND FROZEN  
SIDE DISHES TO  
HELP MAKE THINGS  
EASIER

#### Favorite Dishes

ANTIPASTO BEAN SALAD - [READSALADS.COM](http://READSALADS.COM)

MEXICAN HAYSTACKS

HAWAIIAN HAYSTACKS

CAFE RIO PORK SALAD

PORK CARNITAS

SHREDDED GREEN CHILE CHICKEN

HALAL CART STYLE CHICKEN & RICE

PENNE PASTA RUSTICA

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