

# Meal Planner

Dished  
Dined

## March

Stovetop  
Oven/Bake  
Slow Cooker  
Grill/Broil

### 30 Minutes or Less (Frozen)



Chicken and Asparagus Risotto



Dynamite Ranch Chicken Wraps



Teriyaki Shrimp Stir-Fry



Dynamite Ranch Steak Wraps



New Orleans-Style Andouille Pasta Toss



Loaded Vegetable Chili



Decadent Molten-Chocolate Cakes



### 30 Minutes or Less (Thawed)



Cheddar Crunch Chicken Tenders



Raspberry Chicken with Mango Rice



Chili-Lime Tilapia with Cumin-Cilantro Rice



### 1 Hour or Less (Frozen)



Parmesan Crusted Pork Chops  
with Sweet Potato Fries



Shrimp and Corn Chowder



### 1 Hour or Less (Thawed)



Parmesan Crusted Chicken with Sweet Potato Fries



Pork Tenderloins with a Peach Chutney



Three-Cheese Spinach Lasagna Roll-Ups



### 1 Hour or More (Thawed)



French Onion Pot Roast



Cooking methods shown are recommended. Please check label for complete and alternate cooking methods. For a printable version of full cooking instructions and "dish with" ideas, nutritional information, and to rate a dish, log onto "My Cookbook" at [letsdish.com](http://letsdish.com).