

NO FUSS ENTREES



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commissaries.com



ONE SKILLET

chicken enchilada casserole

◆
cuban red beans AND rice

◆
unrolled cabbage skillet

F AND
A S T
E A S Y

SLOW COOKER

carnitas
skinny pork bbq
bean chicken chili



FREEZER MEALS:

classic american goulash

~
thanksgiving meatloaf

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quinoa veggie AND chicken bowl



MICROWAVE

turkey meatballs
chicken quesadilla

PRESSURE COOKER

beef roast dinner

pork loin AND apples

tomatoey pasta

sweet AND spicy chicken



PREPARED PROTEIN

chicken AND quick dumplings

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tuna alfredo

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sundried tomato AND chicken penne

ROTISSERIE
TUNA
CANNED
CHICKEN