

Weekly Meal Plan

**5 Days of meals and a few
snacks for you to enjoy!**

Grocery list included!



SweetPhi.com

Welcome!



Hello and Welcome!

I'm Phi (pronounced like "fee") and I'm the creator and author of SweetPhi.com.

I love sharing fast and easy recipes for busy people. This E-Book contains a 5 day meal plan and snack ideas to keep your busy family fed!

Being a working mom of three (boy/girl twins and a toddler), I know exactly how busy life can get and how hard it is to get a good, hot meal on the table (that everyone will enjoy) every night. My goal is to make it as easy as possible for you!

I hope you enjoy this E-Book. I've packed it full of 3 meals per day for 5 days, along with snacks and a complete grocery list to make your shopping trip easier!

If you are looking for more easy recipes in a printed cookbook, I have two published cookbooks available!

- [Fast and Easy Five Ingredient Recipes for Easy People](#)
- [Baby Food Maker Cookbook](#)

Both books can be found on Amazon and wherever books are sold, and make great gifts! And I personally use them ALL THE TIME!

You can also follow along and stay up to date with the latest happenings on social media.

- [Instagram](#)
- [Facebook](#)
- [Pinterest](#)
- [Twitter](#)

Thank you for being a part of this community; I'm so glad you're here!

Phi

DAILY RECIPES

BREAKFAST

LUNCH

DINNER

SNACKS

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



WEEKLY MEAL PLAN

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Grocery List

FRUITS

- 2 ripe medium-large bananas
- 3 lemons
- 1 bag seedless green grapes

VEGETABLES & FRESH HERBS

- 3 medium sweet potatoes
- 4 medium yukon gold potatoes
- 1 bunch carrots
- 1 red onion
- 2 garlic gloves
- 1/4 cup baby spinach
- 5 cups green leaf lettuce
- 1 bag romaine/coleslaw mix
- 1 bunch rainbow swiss chard (can sub kale or spinach)
- 1 bag (12-16oz) green beans
- 1 cup cherry tomatoes
- 1 medium tomato
- 1 cucumber
- 2 cups broccoli florets
- 1 avocado
- 1 green bell pepper
- 1 jalapeno
- 2 fennel bulbs
- 1 tsp fresh ginger root
- 1 bunch cilantro
- 3 Tbs fresh basil
- 1 Tbs fresh chives

DAIRY

- 10 large eggs
- 1 1/4 cups milk (of your choice)
- 1 1/2 Tbs. Butter
- 1/4 cup Greek yogurt
- 3/4 cup sour cream
- 2 Tbs. whole milk ricotta
- 1 ounce crumbled feta
- 2 slices Swiss cheese
- 2 slices cheese of choice (cheddar, gouda, monterey jack)
- 3 cup shredded cheddar cheese
- 1 cup parmesan cheese, shredded

MEATS

- 2.25 lb. ground turkey
- Thinly sliced deli ham
- 4 slices bacon
- 4 small chicken breasts
- 2 large chicken breasts
- 1 rotisserie chicken
- 2 1/2 cups shredded chicken
- 4 boneless pork chops (3/4")
- 4 turkey sausage links (can sub. regular sausage)

NUTS, SEEDS & SPICES

- 1/2 cup sunflower seeds
- 1/4 cup ground flaxseed
- 3 cups dry roasted, lightly salted peanuts
- 1/4 cup candied pecans
- 1 tsp cumin
- 2 Tbs bbq seasoning
- Dry Mustard
- 1/2 tsp dried dill
- 1 tsp dried parsley

CANS, BOXES & JARS

- 2 1/2 cup quick cooking oats
- 1 can (15oz.) chickpeas
- 1 can (15oz.) green enchilada sauce
- 1 can (15oz.) diced tomatoes
- 2 cans (15oz. each) black beans
- 2 Tbs hot honey (or honey with red pepper flakes)
- 1/4 cup bbq sauce
- 1 cup mayonnaise
- 3 Tbs whole grain mustard
- 4 Tbs. real maple syrup
- 4 Tbs ranch dressing
- 2 Tbs almond butter
- 3/4 cup peanut butter, creamy
- 8 oz. Whole wheat penne pasta
- 4 cups white rice
- 1 1/2 cups dry brown rice
- 1 cup panko breadcrumbs

PANTRY ITEMS

- Salt & Pepper
- Garlic salt
- Balsamic vinegar
- Ketchup
- Extra Virgin Olive Oil
- Cinnamon
- Red wine vinegar
- Canola oil
- Apple cider vinegar
- Vanilla extract
- Almond extract
- All-purpose flour
- Baking powder
- Brown Sugar
- Sugar

OTHER (check pantry)

- 1 bag frozen sweet potato fries
- 4 slices whole grain bread
- 2 buns or 4 pieces bread
- 1/4 cup tortilla strips, Santa Fe flavored
- 1 tsp sesame oil
- 1 cup soy sauce
- 1 Tbs rice wine vinegar
- 1 Tbs chili paste (gochujang)
- 1 1/4 cup semi-sweet chocolate chips
- 1 1/2 cups white chocolate morsels
- 15 dejlet noor dates or 8oz. medjool dates
- 1/4 cup raisins
- 1/2 cup dried cranberries
- 1/4 cup dried cherries

NOTES

Vegetable Frittata

4 servings | 25 minutes



INGREDIENTS

- 4 large eggs
- 1/2 teaspoon salt
- 1 medium tomato, chopped (about 1/2 cup chopped)
- 1/2 green bell pepper (about 1/2 cup chopped)
- 1 tablespoon fresh chives, finely chopped (or 1 teaspoon dried chives)
- 1/2 cup cheddar cheese, shredded

INSTRUCTIONS

- Preheat oven to 400°F. Spray a large skillet with cooking spray and set aside.
- In a bowl whisk the eggs and salt, then add in the chopped vegetables and chives and 1/4 cup of the cheddar cheese and whisk to combine. Pour into prepared skillet and sprinkle remaining 1/4 cup cheddar cheese on top.
- Bake for 15 minutes, then remove from oven and allow to cool for 5 minutes, then slice and serve.

NOTES

- This frittata reheats really well, microwave a slice for 30 seconds to 1 minute on high

Healthy Pasta Meal Prep

4 servings | 25 minutes



INGREDIENTS

- 8 ounces whole wheat penne pasta - can use any type of pasta you'd like
- 4 turkey sausage links - can use any type of sausage you'd like (each link should be 2.5-3 oz, 10-12 oz total)
- 1 bunch of rainbow swiss chard, cleaned and chopped (about 4 cups raw) - can use kale or spinach
- 1 tablespoon extra virgin olive oil
- 1 cup parmesan cheese, shredded, divided

INSTRUCTIONS

- Cook pasta according to the package instructions. Drain, and divide the pasta into 4 containers.
- Meanwhile, in a large skillet over high heat add 1/2 tablespoon of olive oil and cook the sausage until brown and cooked through, about 5-7 minutes, turning every few minutes to brown. Remove the sausage from the pan and slice and divide among the 4 containers.
- Next add the remaining 1/2 tablespoon of olive oil to the pan and add in the swiss chard. Cook, stirring occasionally until the swiss chard reduces, about 5 minutes (sometimes I add in a few tablespoons of the pasta water if the pan seems to dry). Divide the chard among the 4 containers.
- Top each container with 1/4 cup of parmesan cheese.
- Put a lid on each container and shake it a couple of times to mix everything. Store in the refrigerator and enjoy within a week.

Asian Ground Turkey Bowls

4 bowls | 15 minutes



INGREDIENTS

- 1 teaspoon sesame oil
- 2 garlic cloves, pressed
- 1.25 lbs lean ground turkey
- 1/2 teaspoon salt
- 1 teaspoon fresh ginger, grated
- 2 tablespoons brown sugar
- 1/4 cup soy sauce (or Tamari if gluten free)
- 1 tablespoon rice wine vinegar
- 1 tablespoon chili paste (gochujang)
- For serving:
- 2 cups white rice, cooked (I use 5 minute instant white rice)
- Asian pickled vegetables (or you could use finely chopped, raw vegetables: carrots, cucumbers, jalapenos)
- cilantro, about a handful, chopped for topping
- Optional: sauce to serve over the finished dish:
- 1/4 cup soy sauce (or Tamari if gluten free), 1 tablespoon brown sugar, 1 teaspoon chili paste

INSTRUCTIONS

- In a large nonstick pan over high heat cook sesame oil and garlic cloves for 30 seconds, then add in the ground turkey and sprinkle with salt. Break up the turkey as it cooks for 5 minutes, then when there's only a little bit of pink showing still, add in the fresh ginger, brown sugar, soy sauce, rice vinegar, and chili paste and continue cooking, stirring and breaking up the turkey as it cooks, for another 4-5 minutes. Then turn off the heat.
- Cook rice according to package instructions and set aside.
- Chop cilantro and get your vegetables ready (drain the liquid from the pickled vegetables or chop the raw vegetables).
- If making the sauce to go over the finished dish, stir the ingredients together and set aside.
- To assemble: divide rice between 4 bowls, top each bowl with 1/4 of the turkey, add pickled veggies and top with a pinch of cilantro and enjoy

Breakfast Cookie

16 servings | 25 minutes



INGREDIENTS

- 2 cups quick cooking oats (gluten free variety)
- 2 ripe medium-large bananas, mashed
- 3/4 cup creamy peanut butter
- 3/4 cup semi-sweet chocolate chips (use dairy free chocolate chips if vegan)
- 1/2 cup sunflower seeds
- 1/4 cup ground flaxseed
- 1/4 cup granulated sugar
- 1/2 tsp salt
- 1 tsp cinnamon

INSTRUCTIONS

- Preheat oven to 325. Line two baking sheets with parchment paper.
- In a bowl mash bananas, then add all the other ingredients and stir (you'll need a little muscle, it's hard to stir, but totally worth it!)
- Spoon large spoonfuls onto baking sheets and flatten the tops (I got about 8 large cookies per sheet). The cookies won't expand so you can put them close together.
- Bake for 20 minutes until tops are golden brown. Allow to cool completely, then store in an airtight container, or freeze in a freezer bag (good frozen for up to 2 months).

Ham & Swiss Sandwich

with maple mustard mayo

2 sandwiches | 5 minutes



INGREDIENTS

- 4 slices whole grain bread
- 4-6 oz. thinly sliced deli ham, 2-3 oz. per sandwich
- 2 slices Swiss cheese, one slice per sandwich
- Green leaf lettuce
- Red onion, to taste
- For sauce:
 - 2 tablespoons mayonnaise, reduced fat
 - 1 tablespoon whole seed grain mustard
 - 1/2 teaspoon real maple syrup

INSTRUCTIONS

- Combine sauce ingredients.
- Spread sauce evenly between two pieces of bread.
- Top spread with lettuce, onion slices, ham, and swiss cheese. Top each sandwich with remaining piece of bread and enjoy!

Hot Honey Baked Chicken

4 servings | 30 minutes



INGREDIENTS

- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 tablespoons sour cream
- 2 tablespoons sweet + smokey barbecue seasoning
- 1 cup panko breadcrumbs
- 4 medium yukon gold potatoes, cut into cubes
- 4 small chicken breasts
- 2 cups broccoli florets
- 1 1/2 tablespoons hot honey (1 Tbs honey and 1/2 tsp red pepper flakes)

INSTRUCTIONS

- Preheat oven to 375.
- In a small microwave safe bowl melt 1 tbsp butter, approximately 30-45 seconds. Stir in 1 tbsp olive oil, bbq seasoning, and a large pinch of salt. Add panko and stir again until combined.
- Lightly spray a baking sheet with cooking spray.
- Place chicken breast on baking sheet and spread sour cream on top of chicken breasts. Sprinkle panko mixture on top, pressing to adhere (no need to coat the underside).
- Place broccoli and potatoes on the baking sheet. Lightly drizzle olive oil over everything on the baking sheet and sprinkle with salt and pepper. Bake until potatoes are tender when poked with a fork and chicken is no longer pink in the center; about 25-30 minutes. Toss potatoes halfway through (at around 15 minutes).
- Make hot honey. Simply combine 1 tbs. honey and 1/2 tsp. red pepper flakes.
- Divide chicken, potatoes and broccoli between plates. Drizzle chicken with hot honey, to taste.

Egg Cups

6 muffin cups | 25 minutes



INGREDIENTS

- 4 large eggs, beaten
- 2 tbs whole milk
- 2 tbs whole milk ricotta
- 1/2 cup grated cheddar cheese
- 1/4 cup cooked sweet potato, cut into small pieces
- 1/4 cup cooked carrots, cut into small pieces
- 1/4 cup baby spinach, cut into small pieces

INSTRUCTIONS

- Preheat oven to 350. Line a muffin pan with liners 6 muffin liners (or a mini muffin pan with mini liners) and set aside.
- In a bowl mix together the eggs, milk and ricotta and whisk until well incorporated.
- Stir in the cheese, sweet potato, carrots and baby spinach.
- Scoop into prepared muffin liners.
- Bake for 20 minutes. Remove from oven, let sit in the muffin tin for an additional 20 minutes before turning them out to cool - they will deflate a little bit. Then serve and enjoy!

BBQ Chicken & Avocado Salad

4 salads | 40 minutes



INGREDIENTS

- 2 large chicken breasts
- 1/4 cup bbq sauce
- 1 bag (about 4 cups) romaine/coleslaw mix
- 1 avocado
- 4 tablespoons Ranch dressing
- 1/4 cup tortilla strips, (Santa Fe flavored are amazing!)

INSTRUCTIONS

- Preheat oven to 425 degrees
- On a non-stick baking sheet place chicken breasts, spoon/brush bbq sauce on top of chicken breasts and place baking dish in oven.
- Bake for 30 minutes. While chicken is baking, put greens in a bowl. Slice avocado and put on top of greens.
- Remove chicken from oven and slice and place on top of greens.
- Sprinkle tortilla strips on top of salad and drizzle on ranch dressing.
- Serve in 4 bowls or as one big salad, family style

NOTES

- This recipe would also be great as a wrap!

Ground Turkey Balsamic Meatloaf

4 servings | 45 minutes



INGREDIENTS

For Meatloaf:

- 1 lb. ground turkey
- 1 teaspoon garlic salt
- 1 teaspoon parsley
- 1/4 cup Panko Italian seasoned breadcrumbs

For the glaze:

- 1 tablespoon balsamic vinegar
- 2 tablespoons ketchup
- Other:
- One bag frozen sweet potato fries
- One bag (aprox. 12-16oz) green beans
- 1 teaspoon olive oil
- salt and pepper to taste

INSTRUCTIONS

- Preheat oven to 400.
- Prepare meatloaves. Combine ground turkey, garlic salt, parsley and breadcrumbs. Form into four small loaves and place on sheet pan.
- In a small bowl, mix vinegar and ketchup. Brush mixture onto loaves.
- Pour green beans and sweet potato fries onto the same pan as the meatloaves. Pour one teaspoon olive oil, salt and pepper over green beans.
- Bake for 30 minutes at 400 degrees.

5 Ingredient Breakfast Sandwich

2 sandwiches | 13 minutes



INGREDIENTS

- 4 slices bacon
- 1/2 tablespoon butter
- 2 eggs
- pinch of salt and pepper
- 2 buns or 4 pieces of toast
- 2 slices cheese (I use cheddar, Monterrey jack or gouda)

INSTRUCTIONS

- Line a plate with 3 paper towels, place bacon slices on paper towel and then place 2 pieces of paper towel on top of the bacon. Microwave on high for 2 minutes, then check for doneness. Microwave in 30 second intervals checking in between each 30 second interval to see if it's done. (Alternatively cook bacon in a pan or oven).
- In a frying pan melt the butter and crack the eggs in, sprinkle with salt and pepper. Cook for 5 minutes (or until doneness level you like.)
- Toast the bread.
- To assemble the sandwich place slice of cheese on bottom bun (or bread), then place the egg on top of the cheese, then break bacon slice in half and place 4 halves on top of the egg and then place top bun other slice of toast on top, enjoy!

Greek Chickpea Salad in a Jar

2 servings | 10 minutes



INGREDIENTS

- 1 (15 oz) can chickpeas, rinsed and drained, divided
- 1 ounce crumbled feta, divided
- 1 cup cherry tomatoes, divided
- 1/4 medium red onion, chopped, divided
- 1 cup cucumber slices, divided
- 3-4 cups lettuce, divided
- For the dressing (divided):
- 2 tablespoons extra virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 tablespoon lemon juice (about 1/4 of a lemon)
- 1 teaspoon dried oregano
- 1/2 teaspoon dried dill
- pinch of salt and pepper

INSTRUCTIONS

- In 2 jars or containers divide chickpeas.
- Make the dressing in a small bowl, divide and pour over the two containers containing chickpeas.
- Divide and layer the cherry tomatoes, red onion, cucumber slices and lettuce.
- To serve shake container or pour into a bowl.

Chicken Enchilada Casserole

6-8 servings | 50 minutes



INGREDIENTS

- 1 1/2 cups dry brown rice, cooked according to package instructions
- 2 1/2 cups shredded chicken (can use a rotisserie chicken)
- 1 (15 oz) can green enchilada sauce (heat level of your liking, I usual do mild or medium)
- 1 (15 oz) can diced tomatoes
- 1/2 cup sour cream
- 2 cans (15 oz each) black beans, drained and rinsed
- 1 teaspoon cumin (optional)
- 1/2 teaspoon salt
- Dash of pepper to taste
- 2 cups shredded cheddar cheese

INSTRUCTIONS

- Spray a dish (1- 9x13 inch baking dish or 2- 8x8 inch baking dishes or disposable pan(s)) with cooking spray.
- Cook rice and chicken and shred chicken.
- Drain black beans
- In a bowl combine shredded chicken, enchilada sauce, tomatoes, black beans, sour cream, and seasonings
- Put rice at the bottom of the prepared baking dish, spoon chicken mixture on top of rice. Sprinkle the cheese on top.
- Freeze or bake, cooking instructions below.

For baking from frozen, remove from freezer and bake at 350 degrees for 1 1/2 hours or until cheese is melted and center of the dish is warm.

For baking right after prepared - bake at 350 for 30-35 minutes, until cheese is melted and starting to turn golden brown on top.

Eggless Waffles

4 servings | 20 minutes



INGREDIENTS

- 1 cup milk (or water, or non dairy milk of choice)*
- 2 Tablespoons lemon juice (juice from 1 lemon)
- 3 Tablespoons canola (or other mild cooking oil like grapeseed, vegetable or coconut oil)
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract (optional)
- 1 1/2 cups all-purpose flour
- 1 1/2 Tablespoons baking powder
- 3 Tablespoons sugar
- 1 teaspoon lemon zest

INSTRUCTIONS

- In a bowl combine milk and lemon juice and let sit for 5 minutes (this is essentially creating buttermilk, you could use buttermilk instead of this step). After 5 minutes add in canola oil, vanilla extract and almond extract (if using.)
- In another bowl combine flour, baking powder, sugar, and lemon zest, stir to combine.
- Pour wet ingredients into dry ingredients, stir, and let sit for 5 minutes (let the baking powder do it's thing - the mixture thickens up a bit and bubbles a little.)
- Warm waffle iron according to manufacture directions. I have this waffle iron and love it so much!
- Spray heated waffle iron with cooking spray and spoon batter into waffle iron, cook until done (mine is about 5 minutes). Repeat until all waffles are made.

*depending on what type of liquid you use, you may have to add a little extra liquid for the batter if the batter is too thick. For example, if you use whole milk, use an additional tablespoon to 1/4 cup water, or if you use a thicker milk (like buttermilk) you may need to use a little extra liquid.

<https://sweetphi.com/best-eggless-waffles-recipe/>

5 Ingredient Chicken Salad

4 servings | 10 minutes



INGREDIENTS

- 2 cups shredded rotisserie chicken, skin removed (chicken from 1 rotisserie chicken)
- 1/2 cup mayonnaise, reduced fat
- 1/4 cup Greek yogurt
- 2 tablespoons lemon juice (juice from 1 lemon)
- 3 tablespoons fresh basil, finely chopped (or 2 teaspoons dried basil)

INSTRUCTIONS

- Shred chicken, place in a bowl
- Add mayonnaise, Greek yogurt, lemon juice and basil to the bowl with chicken and stir together

Pork Chops, Sweet Potato and Fennel

4 servings | 55 minutes



INGREDIENTS

- 4 boneless pork chops (about 3/4 inch thick)
- 3 Tablespoons pure maple syrup
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons soy sauce (or tamari if gluten free)
- 2 Tablespoons whole grain mustard
- 1 Tablespoon brown sugar
- 1/2 teaspoon dry mustard (optional)
- 1/2 teaspoon salt
- 2 sweet potatoes, peeled and cut into 1/2 inch cubes
- 2 fennel bulbs, cut into 1/2 inch pieces
- 2 Tablespoons olive oil
- pinch of salt and pepper

INSTRUCTIONS

- In a zip lock bag (or in a container with a lid) combine pork chops and next seven ingredients (through the salt). Allow to marinate for 30 minutes or up to overnight.
- Preheat oven to 425.
- On a sheet pan (I like to line my baking sheet with a silicone baking mat or a sheet of aluminum foil) sprinkle sweet potato pieces and fennel pieces and nestle marinated pork chops in the middle/center of the sheet pan. Drizzle veggies with olive oil and a pinch of salt and pepper.
- Bake for 25-30 minutes, or until the veggies are soft when poked with a fork and the pork has reached an internal temperature of 140. Remove from oven, allow to rest for 5 minutes, pork temperature will come up to 145 (a little pink in the inside of your pork is actually ok!!)

No Bake Oatmeal Cookie Energy Bites

14-18 servings | 5 minutes



INGREDIENTS

- 15 dejlet noor dates, pits removed (1 heaping cup - can also use medjool dates, about 8oz)
- 1 tablespoon water
- 2 tablespoons almond butter (can use peanut butter or other nut butter)
- 1/4 cup raisins
- 1/2 cup quick cooking oats
- 1 teaspoon cinnamon

INSTRUCTIONS

- In a food processor, process dates and tablespoon of water for 5 seconds.
- Add almond butter, raisins, oats and cinnamon into the food processor and process for 5-10 seconds, until the mixture comes together, it should be sticky to touch and easily form a ball. If the mixture does not stick together when pressed between two fingers add a few more drops of water.
- Using a 1 tablespoon cookie scoop or a tablespoon, scoop 1 tablespoon of mixture into your hand and roll it into a ball shape. Place in a mini muffin liner or in an air tight container.
- Refrigerate for 1 hour and then enjoy or keep stored in the refrigerator.

NOTES

- You can use medjool dates or any other kind of dates you'd like.
- You can use peanut butter instead of almond butter.
- You can use any kind of raisins you'd like (I used yellow raisins).

White Chocolate Peanut Grape Bites

24 grapes | 5 minutes



INGREDIENTS

- 1 bag of seedless green grapes
- 1 1/2 cups white chocolate morsels (or white chocolate chips)
- 1 1/2 cups roasted salted peanuts, chopped

INSTRUCTIONS

- Start by washing and drying the grapes (you can do this step the night before). Wash the grapes and then dry with a flour sack towel or paper towels.
- Chop up the salted peanuts in a food processor or chop them with a knife - you want them finely chopped.
- Melt the white chocolate morsels in the microwave at 50% power, microwave in 30 second intervals, stirring in between minutes, until melted.
- Line baking sheets with wax paper.
- To make the grape bites take one grape and dip it in the white chocolate half way, and then roll it in the crushed peanuts and set on the prepared baking sheets. Repeat until all the grapes are dipped - you might have to melt a little extra white chocolate and chop some more peanuts, I had to crush more peanuts to finish the bag of grapes (it all depends on how many grapes you have.)

Wisconsin Trail Mix

3 cups | 5 minutes



INGREDIENTS

- 1/2 cup dried cranberries
- 1/4 cup dried cherries
- 1/2 cup semi-sweet chocolate chips
- 1/4 cup candied pecans (regular pecans are fine too)
- 1 1/2 cups dry roasted, lightly salted peanuts

INSTRUCTIONS

- Combine all ingredients in a bowl and stir until combined

Thank you!

**Thanks so much for reading
and following along!**

Don't forget to visit my
website at SweetPhi.com
for more than 1,000+
family-friendly recipes

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