

5-DAY DINNER PLAN FOR HOCKEY MOMS



MONDAY: SHEET PAN CHICKEN + VEGGIES

- Toss chicken thighs, potatoes, and broccoli with oil + seasoning
- Bake everything together at 400°F for 25–30 min
- Minimal cleanup, one-pan win!

TUESDAY: TACO NIGHT

- Ground beef or turkey, taco seasoning
- Serve with shells, lettuce, cheese, salsa
- Prep toppings ahead — let kids build their own

WEDNESDAY: CROCKPOT SLOPPY JOES

- 1 lb ground beef, 1/2 cup ketchup, 1 tbsp mustard, 1 tbsp brown sugar
- Cook low for 4–6 hrs or high for 2–3
- Serve on buns with carrot sticks or chips
- Freezer-friendly and reheats great

THURSDAY: PASTA + HIDDEN VEGGIE SAUCE

- Boil pasta + use jarred sauce with added puréed carrots or spinach
- Add frozen meatballs or sausage
- Great for picky eaters, loads up on fiber

FRIDAY: DIY NAAN PIZZAS

- Naan bread, pizza sauce, shredded cheese, toppings of choice
- Bake at 375°F for 10–12 minutes
- Let everyone make their own combo — fast + fun

GROCERY LIST (QUICK VIEW)

- Chicken thighs/breasts
- Ground beef or turkey
- Potatoes, broccoli, lettuce, carrots, spinach
- Taco shells, buns, naan bread

- Cheese, salsa, pasta, pizza sauce
- Frozen meatballs
- Pantry: ketchup, taco seasoning, mustard, brown sugar

PREP TIPS

- Chop veggies on Sunday
- Pre-cook taco meat & freeze
- Double up meals for leftovers
- Store extras in labeled containers for grab-and-go nights

WANT EVEN MORE HELP STAYING ORGANIZED DURING HOCKEY SEASON? CHECK OUT THE FULL HOCKEY MOM GUIDE, MEAL PLAYBOOK OR [BUNDLE HERE!](#)



PROTEIN-PACKED WAFFLES

(PERFECT FOR HOCKEY MORNINGS OR A QUICK FREEZER-FRIENDLY SNACK.)

INGREDIENTS:

- 4 eggs
- 1 ½ cups cottage cheese
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 cup flour (we use gluten-free)
- ½ tbsp baking powder



PREPARATION:

- Add all ingredients to a blender/hand blender works too
- Blend until smooth.
- Prepare waffle iron with avocado oil.
- Pour batter into waffle iron.
- Add blueberries or dark chocolate chips (optional).
- Freeze extras: place in a single layer on a cooling rack and freeze.
- Once frozen, transfer to a ziplock freezer bag.
- Reheat in the toaster and serve with maple syrup.
- These make a great high-protein snack for the road!



💡 Hockey Mom Tip: Make a double batch on Sunday. You'll have grab-and-go breakfasts ready for a full week of practices and early games.

WANT EVEN MORE QUICK HOCKEY FAMILY FRIENDLY MEALS, GRAB THE HOCKEY MOM MEAL PLAYBOOK AT [THE HOCKEY MOM SHOP](#) **HERE! (OVER 40 RECIPES)**