



2024

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# Take Them A Meal Manual

A COLLECTIVE GUIDE FOR FEEDING FRIENDS

NAPTIME KITCHEN

[NAPTIMEKITCHEN.COM](https://naptimekitchen.com)

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## Grab a Recipe By Cuisine

We have picked a few recipes for each cuisine and featured them below. However, for the FULL Take Them A Meal List Click the Link Below!

[Full Take Them A Meal List](#)

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# Hello & Welcome

A NOTE FROM KATE

I am so glad you found this resource. YOU are the reason it exists! It was a labor of love created by the amazing Naptime Kitchen community. Thank you all for sharing your wisdom with us so we can better love our neighbors. Caring for someone in a tough season by removing just one thing from their plate can make all the difference in their day. I love the gift of food specifically because you are meeting the most basic need we all have: to eat.

This resource is meant to give you meal ideas for a main dish as well as a few sides. Maybe you make a home cooked meal, or maybe you stop by to drop off some store bought muffins and a hot coffee. Either way, at the end of the day, the goal is that the person would feel seen and loved through your serving them in this way.

Let's talk for a minute about if you don't love to cook or don't feel confident in the kitchen. First off, if you've got one meal you love and are great at making, make it for everyone! No one will care (or even know) if you make it twice. In the words of my grandmother, "the best meal is the one you didn't have to cook." If you're stuck on what to make or could use some help knowing what to pair with a meal, here are some ideas to give you fresh inspiration. Every single item was submitted by a real person who has either gifted or been given the meal. All recipes are hyperlinked to the respective blog post, and the words below each recipe are notes directly from the person who submitted it. I hope this resource serves you for years to come!

Warmly,

# Kate's Take Them A Meal Mantras

## 01. You don't have to homemade everything.

You can make part of the meal, do the entire thing store bought, or provide a gift card for takeout. In the words of my grandmother, "the best meal is the one you didn't have to cook." Whatever you bring, you are showing them they are seen and loved.

## 02. People eat three meals a day.

Think outside the box and have fun with it! If the family has kids, you could provide some premade PB&Js, sliced fruit, and a treat. Maybe you just show up with iced coffee and a bag of snacks for their kids. Whatever you bring, you are showing them they are seen and loved.

## 03. Repetition is great!

If you've got one to two meals you love and are great at making, make it for everyone! No one will care (or even know) if you make it twice. Whatever you bring, you are showing them they are seen and loved.

## 04. The freezer is your friend.

One way to always have a meal ready is to have one in your freezer. You can do that by doubling a recipe you're already making for your family and save it for such an occasion. A lot of the time I don't even have someone specifically in mind when I double a recipe but know I will be ready at a moments notice if the need arises. Whatever you bring, you are showing them they are seen and loved.

*It's not what you bring, it's the act of showing up that matters.*

*-Kate*



# Mediterranean

01.

## Sheet Pan Chicken Gyros with Feta Tzatziki.

So easy (especially if you just buy the tzatziki)! It's easy to double. I send with store bought tzatziki, feta, a cucumber, pitas, and maybe some pita chips and it's an easy meal. They can freeze the pitas and chicken if needed also.

Emily Robinson    Durham, NC



02.

## Easy Weeknight Greek Chicken Bake

So yummy, healthy, filling, and EASY! Just dump the chicken and veggies in a pan and let it roast. I like to serve with couscous, feta, cucumber salad, and homemade tzatziki sauce if I'm feeling ambitious!

Larkin Jones    Charleston, SC

# Mediterranean

03.

## Build-Your-Own Mediterranean-Inspired Turkey Meatball Bowls

I love these meatballs from Defined Dish! (I usually just make the meatballs.) I love that they are GF (allergy friendly) and the recipe makes lots meatballs so you can take dinner to a friend and still have enough for your own dinner. Serve with rice or another grain, a bagged salad. I love olives and feta, so I would put some in a bag to make it feel more Greek!

Sarah Edwards   Birmingham, AL



04.

## Whole Roasted Greek Chicken & Potatoes

I love it because it can feed a big family! It uses minimal ingredients and so simple to make once you get past spatchcocking the chicken (you can also find some grocers have pre-spatchcocked chicken or they can do it for you) and it feels like a super fancy meal! Kids love it too! Leftovers are great too the next day!

Gabi Grogan   Miami, FL





# Asian Inspired

01.

## Chicken Larb Bowls

The components can be made separately and keep really well. It's a good way to pack in veggies and protein!

Meredith Johnston   Raleigh, NC



02.

## Korean Ground Beef Bowls

It's SO SO easy. I like making something people can make later without much fuss. Most of our friends don't cook Asian for themselves so it's a fun way to encourage them to do so! I add red pepper when I add the garlic when cooking the ground beef.

Blair Covington   Raleigh, NC



03.

## Slow Cooker Thai-Inspired Beef Bowls

Nutritious and delicious, hits it all gluten-free, dairy-free, can adjust for kiddos, and little prep, usually including a baked good and kombucha!

Natalie Vonderhaar   Austin, TX



# Breakfast

01.

## Hash Brown Egg Casserole

Everyone forgets that people need to eat meals other than dinner! It reheats really well and all ages love it. Serve with yogurt & fruit!

Stephanie Schmid Marietta, GA



02.

## Baked Oatmeal



I love bringing a big pan of this baked oatmeal to new moms! So many people bring dinners, and the gift of an easy breakfast the next day is GOLD! This recipe is super flexible and adaptive, filling, nutritious, and absolutely delicious! It also freezes well (can cut into single serve portions, wrap in plastic wrap and freeze), and keeps in the fridge for a few days.

Rachel Toledo, OH

03.

## Freezer Friendly Breakfast

### Burritos

Squeeze Tube sour cream, chipotle tobasco and frozen cookie dough balls. Having one handed breakfast ready to heat in the freezer is so key for the early mom days.

Romana Murphy Atlanta, GA





# Pasta

01.

## Pasta Primavera

I roast all the seasonal veggies I can find and serve with a rotisserie chicken and just plain buttered pasta! As a new mom, my body always craves nutrient-dense veggies more than the often-given cheesy casseroles. By giving it all separately, little kids can just have butter noodles, and the chicken can be added to the pasta or saved for quesadillas, etc! .

Emmy      Fayetteville, AR



02.

## Date Night Rigatoni with Sausage and Kale

Everyone loves it. Always. No matter what. They hate kale? They love this. It's so good, makes a lot, and is an easy one pot meal for me.

Becca Sloan      Memphis, TN

03.

## Cheesy Chicken Spaghetti Casserole

This is a family favorite! Especially if you have kids. I am always asked for the recipe if I bring this to someone for dinner. I typically serve it with a salad or fresh green beans, bread, and some homemade chocolate chip cookies. Enjoy!

Pam Stuit      California



# Pasta



04

## Slow Cooker Chicken Cacciatore

This recipe is so easy (crockpot dump-it-all-in) but feels \*fancy\* and have heard it feels like a real treat! It's in our regular rotation too. We usually bring a box of uncooked noodles, a dessert/chocolate bar, a prefab salad, and a box of mac&cheese for any kiddos who don't want fancy food.

Anna Beth Rucker   Portland, OR

05

## Homemade Hamburger Helper

This homemade hamburger helper is a crowd pleaser! Adults and kids both love it and you can add/take out veggies as needed. This, a salad kit, and Ghirardelli brownies are my go to for meal trains!

Greyson Bockman   Winston-Salem, NC



# Casseroles

09

01.

## King Ranch Chicken Casserole

Yummy, healthy version of a crowd favorite! Very easy to double so you can bless your family, too! Send with a southwest salad, chips, small guacamole/sour cream, cheese quesadillas for picky kiddos, and a treat!

Molly L.      Dallas, TX



02.

## Chicken Parmesan Casserole

It's easy to double as a dinner for us and one to take to someone. It's also freezer friendly so if they don't need the meal right away, they can pop in the freezer. I serve with noodles, a bagged salad kit, and sometimes a loaf of homemade Italian bread.

Katie Strother   North Carolina

03.

## Poppy Seed Chicken Casserole

I make it for new moms because my friend made it for me after I had my baby, and a friend had made it for her when she was a new mom! I serve it with broccoli and prepare it per recommendations with rice on the bottom.

Beth Gesing      Atlanta, GA





# Casseroles

10



04.

## Simple Chicken Pot Pie

Quick, easy and delicious! Great recipe to double up and freeze one for your future self. I love to serve with a bagged salad and some Hawaiian rolls

Kristen Bariletti. Winter Haven, FL



05.

## Best In Class Shepherd's Pie

A great all-in-one meal! I love that this recipe is so easy to make allergen friendly — sub in plant butter and a DF milk (or mix in some DF herb Boursin instead 😊) , I can easily double this to feed one to our family and share the other.

Jen Indiana

# Indian

01.

## Indian-Inspired Shepherd's Pie

It's easily doubled so in caring for others I am also caring for future me!

Sarah Virginia



02.

## Instant Pot Butter Chicken

It's rich and comforting, but in a different way than the more common lasagna or enchiladas. You can adjust the spice (less cayenne) or make it dairy-free. I always send it with coconut rice, roasted broccoli or cauliflower, fresh fruit, and store-bought naan.

Caitlin Figura. Richmond, VA



# Mexican & Enchiladas

01.

## Sheet Pan Poblano Chicken Fajitas

It's so customizable! Can be gluten free, dairy free, all the things if needed to be. I always include: chicken fajitas with peppers & onions, white rice, black beans, corn, tortillas, guacamole or avocados, shredded cheese, salsa, chips, limes

Ali Smythe      Jacksonville Beach, FL



02.

## Healthy Taco Casserole

This recipe is easy to make and travels well, it's hearty and comforting, and who doesn't love a taco and casserole combo? Love pairing this with a fun bagged salad, some berries for the toddlers, and a yummy sparkling water and dessert.

Sydney Huffhines      Minnesota



03.

## Black Bean Sweet Potato Enchiladas

This dish has an excellent nutrition profile and is very flexible. It is also great because it is a one dish complete meal and a vegetarian option. The level of spice, cheese or anything can be customized easily. It freezes very well if someone does not want to eat it right away. I always make it as casserole with a layer of tortillas on the bottom, then filling and another layer of tortillas on top. Every single person I have made this for asks for the recipe, so I know it is a winner!

Jessica      Pittsburgh, PA



# Mexican & Enchiladas

04.

## Green Chile Chicken Enchiladas

Green Chicken Enchiladas, chips, salsa, bag of salad, something sweet. I love it because I can put it together in 10 minutes (once the chicken is done in the crockpot). I no longer roll enchiladas either - I just lay the tortillas flat and layer the ingredients like a lasagna. GAME CHANGER!

Alyssa Palensky    Omaha, NE



05.

## Slow Cooker Sweet Pork Tacos

Easy gluten free, dairy free, basically candied meat so kids eat it, add a bagged salad and done!

Allie Smith    Houston, TX





# Chili & Soup

01.

## The Best Healthy Turkey Chili

It's super easy to make, can be done with turkey or beef, easy to double and freeze one or cook for your family and another family. I serve it with either mini saltine cracker or corn chips, shredded cheese, an avocado and a small sour cream with a side of brownies.

Lindsay Pastor    Raleigh, NC



03.

## Cozy Stuffed Pepper Soup

This is so easy to make and to double. I will make a double batch and keep one for my family and one for another family. The ingredients are affordable. It freezes great (I just leave the rice separate if planning to freeze so it doesn't absorb all the liquid). I usually serve with a salad and some frozen garlic bread.

Brittany    Pittsburgh, PA



02.

## Creamy White Chicken Chili

A friend actually brought this to me after we had our 3rd baby and it was delicious, filling & flavorful! She also brought half baked harvest Beer Bread and it was such a treat to have something fresh baked!

Alex    Chicago, IL



04.

## Quick and Easy Taco Soup

It's gluten and dairy-free so I don't have to worry about allergies. I send Juanita chips, cheese, sour cream, avocado, and a southwestern salad. This can also be turned into a freezer meal if the person doesn't want to eat it right away. It is easily doubled or tripled so I make it for our family at the same time. Can be transported in a gallon zip lock bag if not hot. So no dishes to return.

Heather Roof    Vancouver, WA



# Salad

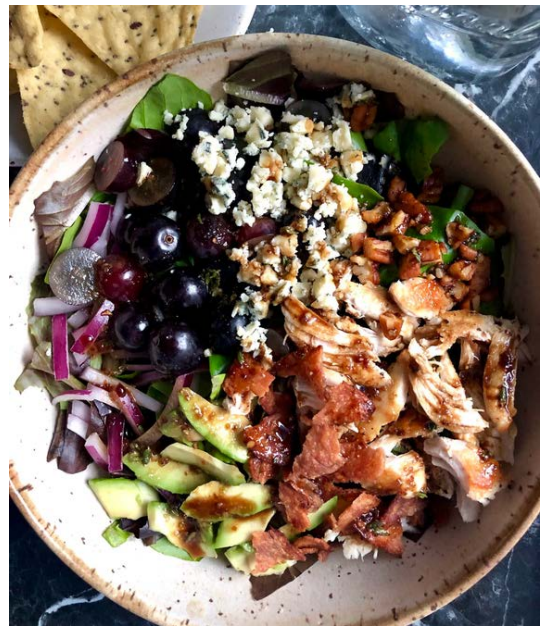
01.

## Deconstructed Salad

Kate's friend Lucy brought her a deconstructed salad after Kate had Alberta and it was a hit. The beauty of this is the adults get to enjoy a hearty salad, but if they have kids they can just feed them the toppings (avocado, chicken, grapes, cheese, etc.). A loaf of bread or carrots to dip in ranch would pair great with this.

Here are two recipes that would be good for this idea: [Chicken & Grape Salad with Maple Balsamic Dressing](#) and [Lightened-Up Cobb Salad With Buttermilk Ranch Dressing](#).

Lucy Sanders      Charleston, SC



03.

## Berry Avocado Quinoa and Kale Salad with Honey-Lime Poppy Seed Dressing

I feel like people get a lot of casseroles, so I like to change it up. I will put all the ingredients on the top and tell them to toss it. That way if you have a picky kid you can plate what they will eat. I also add chicken on the side. I sub Avocado oil for Canola and usually do a 50/50 mix that I chop (for bite-sized pieces). Serve with bread and a sweet treat. It makes a lot so only dress what you will eat.

Ashlee Henney      Mt. Pleasant, SC





# Sandwiches

01.

## Hawaiian Ham & Cheese Sliders

This is my go-to when the request is for kid friendly. Serve with fries, fruit salad or green salad and brownies.

Stephanie Strick      Chico, CA



02.

## French Onion Beef Sliders

These are always a hit with friends we take meals to. You can easily assemble the sliders in a foil pan with a lid for easy transport/cleanup. I usually take a bagged salad and pan of brownies or cookies baked from dough in our freezer as a treat!

Courtney Gallagher      Georgia





# Baked Goods

01.

## Maple Sweetened Banana Muffins

I love to take these healthier muffins alongside a breakfast casserole. Who doesn't love Brinner— and I feel good about my kids eating these muffins without refined sugar and so many people bring lots of sugary desserts. Bonus is if they are overloaded with leftovers, they can save this meal for breakfast the next morning if they would rather!

Meredith Johnston      Newnan, GA



03.

## Energy Bites

It's a quick bite of energy, something sweet but not yucky sweet, nursing (or not) mommas love to grab a couple of these in the middle of the night when they're feeding baby. It's so easy to make, I always double or triple the recipe so they have lots. I use collagen in place of brewers yeast because I have no clue what that is or where to get it!

Jen Winter      Texas



02.

## My Favorite Chocolate Chip Cookies

I always make a batch of these with meals I bring people! It's nice to bring some baked, but also nice to send a bag of frozen dough balls so they have an easy treat later, too!

Jenna      Wisconsin





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# But wait, there's more!

Check out this NTK Classic- [Barbecue Chicken Quinoa Casserole](#). It makes two casseroles, one for your family and a second to share.

See The Full Take Them A Meal List  
[CLICK HERE](#)

Send any questions you have at:



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