

SAMPLE

****For tips from the kitchen, see below shopping list.**

Meal# <i>Side dishes in italics</i>	INGREDIENTS: <i>Side dish ingredients in italics</i>	INSTRUCTIONS: <i>Side dish instructions in italics</i>
Meal 1 Sweet & Sour Meatballs <i>Steamed Rice</i> <i>Seasoned Green Beans</i>	1 ½ cups brown sugar 2/3 cup white vinegar 1 1/3 cups water ½ cup soy sauce 2 tbsp. ketchup ¼ cup cornstarch 20-25 frozen meatballs <i>2 cups converted rice</i> <i>½ package frozen green beans</i> <i>(2 tbsp. butter, 1 tsp. seasoning salt)</i>	Place all ingredients except meatballs in a saucepan. Bring to a boil. When sauce becomes thick, add meatballs and simmer until meat warmed through. Serve over rice. <i>Cook rice according to package instructions.</i> <i>Cook green beans, season with butter and seasoning salt.</i>
Meal 2 Chicken Souvlaki <i>Greek Potatoes</i> <i>Sautéed Med-Veggies</i>	4 boneless, skinless chicken breasts, cubed 1 cup Italian dressing 1 container Tzatziki sauce <i>4 baking potatoes</i> <i>(1/4 cup olive oil, 2 tbsp lemon juice, salt & pepper)</i> <i>1 each zucchini, onion, cut in large chunks</i> <i>2 carrots, sliced in coins</i> <i>1 tsp minced garlic</i> <i>(2 tbsp butter, salt & pepper)</i>	Marinate chicken in Italian dressing while preparing side dishes. Divide chicken among 4-6 skewers. Bbq or bake in 350 oven until no longer pink inside, about 20 mins. Serve with Tzatziki. <i>Cut potatoes in wedges. Bake in 350 oven with oil, lemon juice and spices for 45 mins. Stir once halfway through.</i> <i>Sauté vegetables in butter and seasoning until tender.</i>
Meal 3 Lazy Lasagna Rolls <i>Garlic Bread</i>	1 box lasagna noodles 2 jars pasta sauce 1 lb ground beef 1 container ricotta cheese 1 bag shredded mixed cheese <i>1 loaf garlic bread</i>	Cook noodles according to box; set aside. Cook ground beef, mix with 1 jar sauce and ricotta. Divide meat mixture among lasagna noodles. Roll up each noodle and place in baking pan. Pour remaining jar of sauce over entire pan. Cover with cheese and bake in 350 oven for 45 mins or until heated through. <i>Heat garlic bread as directed.</i>

SAMPLE**SHOPPING LIST**

Meal #	X	GROCERY ITEM
	X	<i>DELI/BAKERY</i>
3		1 loaf prepared garlic bread
7		1 whole loaf French bread
6		1 pkg 6 hamburger buns
2		1 container Tzatziki sauce
5,7		1 container grated parmesan cheese
5		1 small bag bread crumbs

	X	<i>PRODUCE</i>
2,5		1 5lb bag russet potatoes
2		1 med-large zucchini
2,4,7		3 onions
2,5,7		1 bag carrots
4		1 bell pepper, any color
4,7		1 head celery
2,4		1 jar minced garlic
5		1 head garlic
4		1 bag tossed salad
6		1 head iceberg lettuce

	X	<i>DAIRY</i>
3		1 small container ricotta cheese
3		1 bag shredded mixed cheese
6		1 small pkg sliced cheddar cheese
5		1 small container sour cream

	X	<i>MEATS & FISH</i>
2		4 boneless, skinless chicken breasts
3,5		3 lbs lean ground beef
4		1 small pkg boneless, skinless chicken thighs
4		1 lb bacon
6		4 halibut steaks

	X	<i>FROZEN FOODS</i>
1		1 box meatballs (20-25 count)
1		1 bag green beans
6		1 bag French fries

	X	<i>PACKAGED/BOXED</i>
1,4		1 box converted rice

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3		1 box lasagna noodles
7		1 small box whole wheat macaroni

	X	CANNED/BOTTLED
3		2 jars pasta sauce
4,7		2-28 oz cans diced tomatoes
7		1-16/19 oz can cannellini beans
7		1-16/19 oz can black beans
7		1-16/19 oz can kidney beans
7		1 Tetra-pak beef stock
4		2-10 oz cans chicken stock
5		1 bottle BBQ sauce

	X	STAPLES
		Brown Sugar
		White vinegar
		Soy sauce
		Ketchup
		Cornstarch
		Butter
		Seasoning salt
		Italian dressing
		Olive oil
		Lemon Juice
		Salt
		Pepper
		Paprika
		Salad dressing of choice
		Egg
		BBQ sauce
		Garlic powder
		Dried dill
		Tartar sauce
		Bay leaf
		Italian spice

SAMPLE

STAPLES NEEDED FOR EACH MEAL

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	MEAL 7
Brown sugar	Italian dressing		Paprika	Egg	Lemon juice	Salt/pepper
White vinegar	Olive oil		Salt/pepper	BBQ sauce	Butter	Sugar
Soy sauce	Lemon juice		Salad dressing	Ketchup	Salt/pepper	Bay leaf
Ketchup	Salt/pepper			Garlic powder	Tartar sauce	Italian spice
Cornstarch	Butter			Salt/pepper	Seasoning salt	Garlic powder
Butter				Dried dill		Butter
Seasoning salt						

TIPS FROM THE KITCHEN