

ANNA



Healthy eating is a way of life, so it's important to establish routines that are simple, realistically, and ultimately livable.

Horace

/ DinnerPlan

JAN 9 - 13

MENU

MEATLESS MONDAY

SWEET THAI NOODLE SALAD
WITH TOASTED CASHEWS

[RECIPE](#)

TUESDAY

EASY ROAST CHICKEN
WITH CHICKPEAS, LEMON AND CUMIN

[RECIPE](#)

WEDNESDAY

DRY-RUBBED SKIRT STEAK,
WITH BUTTERMILK BLUE CHEESE DRESSING

[RECIPE](#)

THURSDAY

PICKEREL WITH BABY POTATOES,
TOMATO AND PARSLEY

[RECIPE](#)

FRIDAY

GWYNETH PALTROW'S
TURKEY MEATBALLS WITH SPAGHETTI

[RECIPE](#)

NOTE: Our Classic Plan is easily adaptable. For Gluten Free use GF pasta and bread, ensure meat and poultry are gluten-free. For vegetarian use vegetable stock, and find meat substitutes.

CHECKLIST

SHOPPING LIST

MEAT/SEAFOOD	QUANTITY	EST COST
Ground turkey	1 pound (prefer dark meat)	\$ 15.00
Pickarel or tilapia	4 (5-ounce)	\$ 16.00
Skirt steak	1 pound	\$ 25.00
Whole organic chicken	1 (4-5 lb)	\$ 25.00

PRODUCE	QUANTITY	EST COST
Baby potatoes	10	\$ 3.50
Baby spinach	6 cups	\$ 6.00
Basil	1/4 cup	\$ 2.79
Cherry tomatoes	3 cups	\$ 6.79
Cilantro	1 bunch	\$ 2.79
Flat-leaf parsley	1/2 cup	\$ 2.79
Green onions	2	\$ 2.00
Lemons	3	\$ 3.00
Lime	1	\$ 0.79
Red chili	1	\$ 2.00
Red peppers	4	\$ 15.79
Rosemary	1 teaspoon	\$ 2.79
Snap peas	1 cup	\$ 4.00
Thyme	1 tablespoon	\$ 2.79

DAIRY	QUANTITY	EST COST
Blue cheese	3 ounces	\$ 4.50
Parmigiano-Reggiano	1/4 cup chunk	\$ 4.79

BAKERY/MISC	QUANTITY	EST COST
Cashews	2 cups	\$ 10.50
Chickpeas	1 (19-oz) can	\$ 1.79
Rice noodles (vermicelli)	1 package	\$ 1.79
Spaghetti	1 pound	\$ 6.50

EST GROCERY COST: \$156 | COST/DINNER: \$31 | COST/SERVING: \$7.80

MARI'S NOTES

NOTE: In every single case buy the best quality ingredients you can find. Unless we write dried in front of an herb, we mean fresh. For left over fresh herbs, create small portions, wrap in plastic then tin foil and freeze for future (basil is exception). Label.

PANTRY ITEMS

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|--|--------------------------------------|
| 1 egg | 2 tablespoons coriander seed |
| 1 large yellow onion | 2 tablespoons dry mustard |
| 1 tablespoon cayenne pepper | 2 tablespoons garlic powder |
| 1 tablespoon salted butter | 2 tablespoons onion powder |
| 1/2 cup mayonnaise | 2 tablespoons white wine vinegar |
| 1/2 cup panko breadcrumbs (or regular) | 2 teaspoons fennel seeds |
| 1/4 cup brown sugar | 3 tablespoons cumin |
| 1/4 cup buttermilk (1/4 cup milk with 1
tablespoon white vinegar) | 3 tablespoons sugar (or honey) |
| 1/4 cup paprika | 3/4 cup homemade chicken stock |
| 2 (28 oz) can whole San Marzano tomatoes | 6 tablespoons extra virgin olive oil |
| 2 heads garlic | 4 tablespoons sesame oil |
| 2 shallots | 5 tablespoons sambal oelek |
| | Sea salt and freshly ground pepper |