

ANNA



If you want others to be happy, practice kindness.
If you want to be happy practice kindness.

The Dalai Lama

/ DinnerPlan

FEB 13 - 17

MENU

MEATLESS MONDAY

SPICY VEGGIE BURGER,
WITH SWEET POTATO FRIES

[RECIPE](#)

TUESDAY

COBB SANDWICH WITH CHICKEN AND BACON,
WITH POTATO CHIPS

[RECIPE](#)

WEDNESDAY

CRISPY TERIYAKI BEEF WITH
HOT CHILIES, AND JASMINE RICE

[RECIPE](#)

THURSDAY

SPICY CHICKEN WITH NOODLES,
OYSTER SAUCE AND BOK CHOY

[RECIPE](#)

FRIDAY

PULL-APART PORK STEW
WITH ROASTED VEGETABLES

[RECIPE](#)

NOTE: This plan is easily adaptable. For Gluten Free use GF pasta & soy sauce, ensure meat & poultry are gluten-free. For vegetarian use vegetable stock, & swap meat substitutes. For more info refer to our recipes.

CHECKLIST

SHOPPING LIST

| MEAT/SEAFOOD | QUANTITY | EST COST |
|-----------------------------|--------------------|----------|
| Bacon slices | 8 thick | \$ 7.00 |
| Pork shoulder or butt roast | 2 pounds, boneless | \$12.00 |
| Chicken breast, bnls, skls | 4 (5-ounce) | \$18.00 |
| Rib-eye or sirloin steaks | 2 (6-ounce) | \$38.00 |

| PRODUCE | QUANTITY | EST COST |
|------------------------------|---------------|----------|
| Avocado | 1 | \$ 1.79 |
| Baby potatoes | 12 | \$ 2.79 |
| Baby spinach leaves | 2 cups | \$ 3.49 |
| Beets | 4 | \$ 1.79 |
| Bok choy cabbage | 2 cups | \$ 2.79 |
| Butter lettuce leaves | 4 | \$ 4.09 |
| Carrots, greens on | 8 | \$ 3.79 |
| Ginger | 2 tablespoons | \$ 0.79 |
| Green onion | 1 | \$ 2.79 |
| Hot red chili | 1 | \$ 1.09 |
| Orange (for juice) | 2 tablespoons | \$ 0.29 |
| Thai (or other) basil leaves | 1/2 cup | \$ 1.39 |
| Tomato | 1 large | \$ 1.29 |
| Turnips | 4 | \$ 1.79 |
| Sweet potatoes | 2 | \$ 2.79 |

| DAIRY | QUANTITY | EST COST |
|-------------|----------|----------|
| Blue cheese | 1 ounce | \$ 4.79 |
| Egg | 1 | \$ 0.79 |

| | | |
|--------------------------|---------------------|---------|
| Artisan burger buns | 6 | \$ 6.29 |
| Buttermilk bread | 8 slices | \$ 4.39 |
| Cashews, unsalted | 1/2 cup | \$ 3.29 |
| Dry wheat or egg noodles | 1 (4-ounce) package | \$ 1.79 |
| Potato chips | 1 bag | \$ 4.79 |

EST GROCERY COST: \$132.81 | COST/DINNER: \$26.56 | COST/SERVING: \$6.64

MARI'S NOTES

This week's plan has an extensive Asian pantry list, so it's a perfect time to detox your pantry if you haven't lately, and replace your sauces with new and fresh, and buy the best quality, it makes such a big difference.

PANTRY ITEMS

| | | |
|----------------------------------|----------------------------------|---------------------------|
| 1 1/2 cups chicken stock (Knorr) | 1 teaspoon sesame seeds | 3 tablespoons flour |
| 1 bay leaf | 1/2 (19-ounce) can chickpeas | 3 tablespoons cornstarch |
| 1 cup bread crumbs | 1/2 cup Tamari soy sauce | Sun-dried tomatoes |
| 1 cup red lentils | 1/4 cup brown sugar | Vegetable oil, for frying |
| 1 head garlic | 1/2 cup mayonnaise | |
| 1 small yellow onion | 1/4 cup white sugar | |
| 1 tablespoon curry powder | 2 cups Jasmine rice | |
| 1 tablespoon fresh thyme | 2 tablespoons brandy | |
| 1 tablespoon oyster sauce | 2 tablespoons garlic chili sauce | |
| 1 tablespoon Sriracha | 2 tablespoons oyster sauce | |
| 1 tablespoon tomato paste | 2 tablespoons red wine vinegar | |
| 1 teaspoon baking powder | 2 tablespoons rice vinegar | |
| 1 teaspoon sesame oil | 2 tablespoons shallots | |