

ANNA



You learn a lot about someone when you
share a meal together.

Anthony Bordain

/ DinnerPlan

FEB 20 - 24

MENU

MONDAY

THAI-INSPIRED SWEET POTATO PUMPKIN SOUP
WITH COCONUT, AND ROASTED PEANUTS

[RECIPE](#)

TUESDAY

HERB ROASTED CHICKEN, HASSELBACK POTATO,
WITH ASPARAGUS GRATIN

[RECIPE](#)

WEDNESDAY

BEST CRISPY FISH TACOS WITH AVOCADO,
MANGO AND RED CABBAGE SLAW

[RECIPE](#)

THURSDAY

FAST & EASY SPAGHETTI CARBONARA
WITH PROSCIUTTO

[RECIPE](#)

FRIDAY

TERIYAKI BEEF STIR-FRY WITH SHITAKE,
SNOW PEAS AND BOK CHOY

[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 |
|---------------|---------------------|----------|
| Cod fillets | 2 (6-ounce) | \$14.00 |
| Prosciutto | 8 slices | \$12.00 |
| Sirloin Steak | 1 pound (16 ounces) | \$24.00 |
| Whole Chicken | 1 4-pound organic | \$22.00 |

| PRODUCE | QUANTITY | EST COST |
|---------------------------------|-----------------|----------|
| Asparagus | 1 bunch | \$ 4.79 |
| Avocado | 1 | \$ 1.99 |
| Baby bok choy | 1 cup | \$ 1.49 |
| Bean sprouts | 1/2 cup | \$ 2.79 |
| Carrot | 1 large | \$ 1.29 |
| Enoki mushrooms (or Shitake) | 1 cup | \$ 3.79 |
| Fresh ginger | 2 thumb lengths | \$ 0.89 |
| Green onions | 8 | \$ 1.79 |
| Lime | 1 | \$ 0.79 |
| Mango | 1 | \$ 3.59 |
| Parsley, sage, rosemary, thyme) | 1 bunch each | \$ 8.00 |
| Red chili | 2 | \$ 0.79 |
| Red or green cabbage | 2 cups | \$ 1.79 |
| Shitake chopped mushrooms | 1 cup | \$ 3.79 |
| Snow peas | 1 cup | \$ 3.79 |
| Sweet potato | 1 large | \$ 1.29 |

| DAIRY | QUANTITY | EST COST |
|---------------------|----------|----------|
| Goat cheese | 8 ounces | \$ 3.79 |
| Parmigiano Reggiano | 1 cup | \$ 4.79 |

| BAKERY/MISC | QUANTITY | EST COST |
|-----------------|----------|----------|
| Corn tortillas | 10 soft | \$ 4.79 |
| Spaghetti pasta | 1 pound | \$ 4.79 |

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

MARI'S NOTES

Buy fish frozen and thaw in fridge overnight before using, choose best quality fresh produce, poultry, and meats. Shop at farmer's markets, look for the best butcher.

PANTRY ITEMS

- 1 cup canned coconut milk
- 1 cup panko (Japanese breadcrumbs)
- 1 cup salted butter
- 1 medium onion
- 1 tablespoon cornstarch
- 1 tablespoon peanut oil
- 1 teaspoon sesame oil
- 1/2 cup canned pumpkin
- 1/2 cup peanut butter
- 1/2 cup breadcrumbs
- 1/2 cup mayonnaise
- 1 398 ml can whole tomatoes
- 2 cups good quality chicken stock
- 2 pkgs Vermicelli noodles
- 2 tablespoons honey
- 2 tablespoons mirin
- 24 baby Yukon gold or white potatoes
- 3 tablespoons Tamari soy sauce
- 3/4 cup extra-virgin olive oil
- 5 eggs
- 7 cloves garlic
- Roasted peanuts, to garnish
- Sea salt and cracked black pepper