

ANNA



Until I discovered cooking, I was never really interested in anything.

Julia Child

/ DinnerPlan

FEB 27 - MAR 3

MENU

MEATLESS MONDAY

CRAB CAKES WITH CHIPOTLE MAYO,
WITH KALE CAESAR SALAD

[RECIPE](#)

TUESDAY

RIGATONI PASTA WITH SAUSAGE AND RICOTTA
AND PECORINO ROMANO

[RECIPE](#)

WEDNESDAY

LETTUCE WRAPS WITH CHICKEN,
ROASTED PEANUTS AND CILANTRO

[RECIPE](#)

THURSDAY

TURKEY BURGER WITH HOISIN GLAZE,
AND SPICY SLAW

[RECIPE](#)

FRIDAY

TENDERLOIN MILANESE, WITH
GARLIC MASH AND FRESH GREENS

[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
Beef tenderloin fillets	4 (1/2-inch thick)	\$ 20.00
Chunk crabmeat	2 cans (120 g)	\$ 20.00
Ground chicken	2 pounds	\$ 21.00
Ground turkey	1 1/2 pounds	\$ 21.00
Italian pork sausage	1 pound	\$ 15.00
PRODUCE	QUANTITY	EST COST
Basil	1 bunch	\$ 2.79
Cilantro	1 bunch	\$ 2.79
Flat leaf parsley	1 bunch	\$ 2.79
Ginger	1 teaspoon	\$ 0.79
Green cabbage	3 cups	\$ 2.79
Green onions	1 bunch	\$ 1.79
Kale	1 bunch	\$ 5.79
Lime	1	\$ 0.79
Orange	1	\$ 0.69
Radicchio or butter/iceberg lettuce	2 heads radicchio or 1 lettuce	\$ 4.00
Red bell pepper	2 large	\$ 5.00
DAIRY	QUANTITY	EST COST
Parmigiano reggiano	1/4 cup	\$ 3.79
Pecorino Romano	1/4 cup	\$ 2.79
Ricotta	1/2 cup	\$ 2.79
BAKERY/MISC	QUANTITY	EST COST
Canned green chilies	2 tablespoons	\$ 0.79
Chipotle peppers w adobo sauce	1 tablespoon	\$ 0.50
Dry roasted peanuts	1/2 cup	\$ 2.79
Frozen or canned corn	1/3 cup	\$ 0.79
Hamburger buns	6 - 8	\$ 5.79
Loaf whole-grain bread	1/2 small	\$ 1.50
Rigatoni or penne pasta	1/2 package	\$ 3.79

EST GROCERY COST: \$152.33 | COST/DINNER: \$30.47 | COST/SERVING: \$7.624

MARI'S NOTES

As always shop as close to the source as possible, farmer's markets, Italian market for sausage, choose your poultry thoughtfully, fresh ricotta if you can find it. Enjoy!

PANTRY ITEMS

1 1/4 cups bread crumbs	2 anchovy fillets
1 can (28-ounce) San Marzano tomatoes	3/4 cup extra-virgin olive oil
1 cup all-purpose flour	2 cups mayonnaise
1 shallot	2 small yellow onion
1 tablespoon ketchup	2 tablespoon Dijon mustard
1 tablespoon malt vinegar, or white	2 teaspoons Dijon mustard
1 tablespoon pure maple syrup	2/3 cup Hoisin sauce
1 tablespoon rice vinegar	3 eggs
1 teaspoon Dijon mustard	3 lemons
1 teaspoon sweet chili sauce	4 tablespoons soy sauce
1/2 teaspoon ground coriander	Neutral oil for frying
10 garlic cloves	Sea salt and freshly ground pepper