

# ANNA

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Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

*Marie Curie*

## / DinnerPlan

**FEB 6 - 10**

# MENU

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## MONDAY

CORN AND CHORIZO CHOWDER,  
WITH TABASCO AND TORTILLA

[RECIPE](#)

## TUESDAY

SWEET AND SOUR  
PINEAPPLE CHICKEN & RICE BOWL

[RECIPE](#)

## WEDNESDAY

LETTUCE WRAPS WITH SHRIMP  
AND HOMEMADE PEANUT SAUCE

[RECIPE](#)

## THURSDAY

CREAMY LINGUINE  
WITH BASIL PESTO AND BABY PEAS

[RECIPE](#)

## FRIDAY

SHEPHERD'S PIE  
WITH MASHED POTATO AND THYME

[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
chicken breasts, bnls, skls	4 (5-ounce)	\$25.00
Shrimp, large, peeled	8	\$ 8.00
Chorizo or Italian sausages	6	\$24.00
Ground beef, extra lean	1 pound	\$12.00
PRODUCE	QUANTITY	EST COST
Basil	1 bunch	\$ 2.79
Carrots	2 medium	\$ 1.79
Celery	4	\$ 1.49
Cilantro	2 bunches	\$ 2.79
Ginger	2 thumb lengths	\$ 1.29
Green onions	1 bunch	\$ 1.79
Bibb lettuce leaves	8 large leaves, or more	\$ 4.89
Red pepper	1	\$ 4.79
Red potatoes	2 pounds	\$ 4.09
Thyme	1 tablespoon	\$ 0.59
Yellow pepper	1	\$ 4.39
Bean sprouts	1 cup	\$ 3.79
Thai basil leaves (optional)	1 cup	\$3.79
Serrano or Fresno Peppers	2	\$ 1.29
Lime	1	\$ 0.79
DAIRY	QUANTITY	EST COST
2% milk	1 cup	\$ 0.79
35% whipping cream	1/4 cup	\$ 1.79
Eggs	2	\$ 2.39
Parmesan cheese	1/2 cup	\$ 3.79
Ricotta cheese	1/2 cup	\$ 3.29
Sour cream	1/4 cup	\$ 1.39
BAKERY/MISC	QUANTITY	EST COST
Linguine	1 (1/2 -pound) package	\$ 4.79
Tortilla chips	1 bag	\$ 3.79

**EST GROCERY COST: \$131.37 | COST/DINNER: \$26.07 | COST/SERVING: \$6.57**

## MARI'S NOTES

If you really want to save even more on your grocery bill, look for best quality ingredients and watch for special prices. Buy, portion and freeze for next use. This works well, with meat, poultry, and seafood.

## PANTRY ITEMS

1 cup good quality beef stock	2 tablespoons ketchup
1 cup Jasmine rice	3 cups chicken stock (Knorr gel pack)
1 small can corn	3 1/2 medium yellow onions
1 tablespoon cornstarch	5 tablespoons salted butter
1 tablespoon flour	6 medium potatoes
1 tablespoon honey	5 cloves garlic
1 tablespoon rice vinegar	Canola oil, for frying
1/3 cup coconut milk	1 tablespoon fish sauce
1 teaspoon sesame oil	3 teaspoons sugar
1/2 cup extra-virgin olive oil	Canned pineapple chunks
3 tablespoons Tamari soy sauce	Vermicelli rice noodles
1/3 cup red wine	Frozen baby peas
2 tablespoons cornstarch	Peanuts, 1 cup raw, 1 cup dry roasted