

ANNA



Whatever you can do or dream you can, begin it,
boldness has genius, power, and magic in it.

Goethe

/ DinnerPlan

JAN 30 - FEB 3

MENU

MEATLESS MONDAY

PAD THAI WITH CRISPY TOFU,
PEANUTS AND CILANTRO

[RECIPE](#)

TUESDAY

ITALIAN LENTIL SOUP WITH CHICKEN,
SPINACH, AND PARMESAN

[RECIPE](#)

WEDNESDAY

PANKO-CRUSTED CHICKEN STUFFED
WITH CAPICOLA AND MOZZARELLA

[RECIPE](#)

THURSDAY

LEMON SPAGHETTI, WITH GARLIC SHRIMP,
FETA, AND HOT EGGPLANT

[RECIPE](#)

FRIDAY

FALL OFF THE BONE BABY BACK RIBS
WITH SWEET CHILI SAUCE

[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
Capicola ham	10 - 12 slices	\$12.00
Chicken breast	1 bone in	\$ 8.00
Chicken breasts	4 (5-ounce) bnls, sknls	\$18.00
Pork back ribs	2 full racks (3 pounds)	\$28.00
Shrimp, peeled, tail-on	1 pound	\$18.00
PRODUCE	QUANTITY	EST COST
Basil leaves	1 cup	\$ 2.79
Bean sprouts	1/2 cup	\$ 1.99
Carrots	2	\$ 0.79
Cilantro	1/2 cup	\$ 2.79
English cucumber	1 cup	\$ 1.29
Fresh cilantro	1 cup	\$ 3.79
Fresh ginger	6 tablespoons	\$ 1.89
Fresh parsley	1/2 cup	\$ 2.79
Lemongrass	1 large stalk	\$ 2.79
Red onion	1/2 cup	\$ 0.89
Roma tomatoes	4	\$ 2.79
Baby spinach	2 cups	\$ 4.89
Yellow pepper	1	\$ 4.89
DAIRY	QUANTITY	EST COST
Feta cheese	1 cup	\$ 3.79
Mozzarella cheese	4 (1-ounce) slices	\$ 4.79
Parmesan cheese	1-inch rind	\$ 3.79
Parmigiano Reggiano	1/2 cup	\$ 2.79
BAKERY/MISC	QUANTITY	EST COST
Ciabatta	1 small loaf	\$ 3.79
Firm tofu	1 (4-ounce) package	\$ 2.79
Good-quality spaghetti	1 package	\$ 4.79
Thick rice noodles	1 (12-ounce) package	\$ 3.79

EST GROCERY COST: \$148.69 | COST/DINNER: \$29.74 | COST/SERVING: \$7.43

MARI'S NOTES

Buy good-quality frozen shrimp and thaw in fridge overnight before using, you may wish to prepare the ribs in advance. choose best quality fresh produce, poultry, and meats.

PANTRY ITEMS

- 1 1/4 cup neutral oil
- 1 1/2 cups panko
- 1 bay leaf
- 1 cup hot marinated eggplant
- 1 small yellow onion
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dry mustard
- 1 teaspoon sambal olek or Sriracha sauce
- 1/2 cup salted peanuts
- 1/2 cup tamarind juice
- 1/3 cup cider vinegar
- 1/2 cup red wine
- 1/4 cup butter
- 1/4 cup sugar
- 2 (28-ounce) can whole San Marzano tomatoes
- 1/2 teaspoon ground cumin
- 2 cups brown lentils
- 2 eggs
- 2 heads garlic
- 2 lemons
- 2 tablespoons brown sugar
- 2 tablespoons red chili flakes
- 2 tablespoons red wine vinegar
- 3 tablespoons fish sauce
- 3 tablespoons hoisin
- 3 tablespoons rice vinegar
- 3 tablespoons Tamari soy sauce
- 3/4 cup extra-virgin olive oil
- 6 cups chicken stock
- Sea salt and cracked black pepper