

ANNA



You're braver than you believe, and stronger than you seem, and smarter than you think.

A. Mine

/ DinnerPlan

MAR 18 - 22

MENU

MEATLESS MONDAY

THE PANTRY VEGETARIAN BURGER WITH ALMOND
TOMATO MAYONNAISE

[RECIPE](#)

TUESDAY

EASY CHICKEN WINGS WITH CHILI RUB,
AND GRILLED VEGETABLES

[RECIPE](#)

WEDNESDAY

PAN SEARED TUNA, WITH MASHED POTATO AND
FRENCHED GREEN BEANS

[RECIPE](#)

THURSDAY

THE BEST MARGHERITA PIZZA, EVEN IF YOU
DON'T HAVE A PIZZA OVEN

[RECIPE](#)

FRIDAY

CLASSIC BEEF STEW
WITH CAROTS AND POTATO

[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 chuck roast or cross-rib	3 pounds	\$20.00
Chicken wings	2 pounds	\$18.00
Tuna steaks	2 8-ounce	\$18.00

PRODUCE	QUANTITY	EST COST
Arugula	2 cups	\$ 4.79
Baby greens	3 cups	\$ 1.99
Baby potatoes	1/2 pound	\$ 3.79
Carrots	3 cups medium	\$ 2.79
Cherry tomatoes	2 cups	\$ 4.29
Fresh basil leaves	10	\$ 2.79
Fresh flat-leaf parsley	1/4 cup	\$ 2.89
Green beans	1 bunch	\$ 4.79
Red bell peppers	2	\$ 5.79
Yukon gold potatoes	8	\$ 3.89
Zucchini	3	\$ 2.79

DAIRY	QUANTITY	EST COST
Buffalo mozzarella or fresh mozzarella balls	2 cups	\$ 5.79

BAKERY/MISC	QUANTITY	EST COST
Baguette	1	\$ 3.79
Black beans	1 (19-ounce) can	\$ 2.79
Store-bought pizza dough	1	\$ 4.79
Whole-wheat buns	6	\$ 3.79

EST GROCERY COST: \$117.54 | COST/DINNER: \$23.51 | COST/SERVING: \$5.88

MARI'S NOTES

Buy good-quality frozen tuna 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 bay leaf	1/2 cup tablespoons neutral oil
1 can (750 ml) whole San Marzano tomatoes	1/2 cup whole almonds
1 cup red wine	2 cups chicken stock
1 lemon	2 cups dry breadcrumbs
1 tablespoon brown sugar	2 heads garlic
1 tablespoon sweet Hungarian paprika	2 tablespoons butter
1 teaspoon cayenne pepper	2 tablespoons marjoram
1 teaspoon chili powder	2 tablespoons onion flakes
1 teaspoon ground coriander	2 tablespoons shallots
1 teaspoon red wine vinegar	2 tablespoons tomato paste
1 teaspoon thyme	2 teaspoons ground cumin
1/4 cup all-purpose flour	2 yellow onions
1/4 cup salted butter	3/4 cup extra-virgin olive oil
1/2 cup mayonnaise	4 eggs