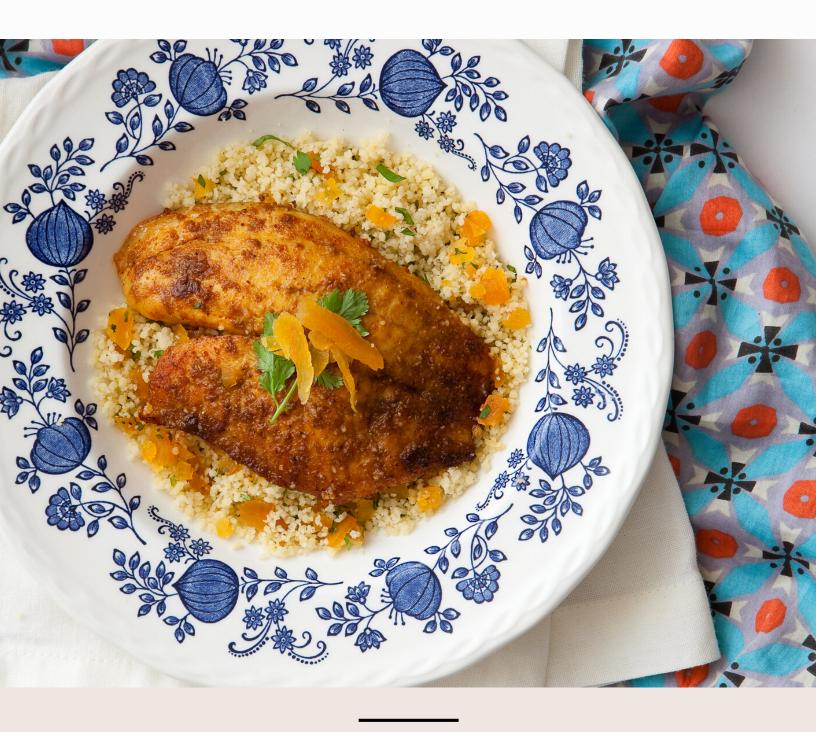
## ANNA



I know once people get connected to real food, they never change back.

Alice Waters

# / DinnerPlan

**MAR 6 - 10** 

## **MENU**

#### **MEATLESS MONDAY**

ANGEL HAIR PASTA WITH GOAT CHEESE,
AND SPICY EGGPLANT

RECIPE

#### **TUESDAY**

SEARED SALMON WITH BASIL BUTTER, AND PROSCIUTTO-WRAPPED ASPARAGUS

RECIPE

#### WEDNESDAY

EASY CHICKEN POT PIE, WITH STORE-BOUGHT PUFF PASTRY

RECIPE

#### **THURSDAY**

SPICE-RUBBED FISH WITH APRICOT COUSCOUS

RECIPE

#### **FRIDAY**

GREEK LAMB GYROS WITH TZATZIKI AND FETA SALAD

RECIPE

NOTE: Our Classic Plan is easily adaptable. For Gluten Free use GF pasta and bread, ensure meat and poultry are gluten-free and. For vegetarian use vegetable stock, and find meat substitutes.

### CHECKLIST

MEAT/SEAFOOD	QUANTITY	EST COST
Salmon fillets Prosciutto Chicken breasts Leg of lamb White fish	4 6-ounce fillets 12 slices 4 boneless skinless 4 pounds boneless 4 (5-ounce) fillets	\$18.00 \$ 6.00 \$20.00 \$30.00 \$18.00
PRODUCE	QUANTITY	EST COST
Baby spinach Basil Carrots Cilantro Dill English cucumber Flat-leaf parsley Green onions Leeks Lemons Peas Potatoes Rosemary	3 cups  1/2 cup  3 1 bunch 2 tablespoons 1 1/4 cup 8 1 cup 3 1 cup 2 Yukon Gold 2 tablespoons	\$ 4.55 \$ 2.79 \$ 0.79 \$ 2.79 \$ 1.79 \$ 2.79 \$ 1.79 \$ 0.79 \$ 2.55 \$ 0.79 \$ 2.39 \$ 2.79
DAIRY	QUANTITY	EST COST
35% cream Feta cheese Goat cheese Greek yogurt Gruyere Parmigiano Reggiano	½ cup 1 cup 1 (4-ounce) log 2 cups ½ cup ³4 cup	\$ 1.65 \$ 3.50 \$ 3.50 \$ 4.00 \$ 3.00 \$ 4.00
BAKERY/MISC	QUANTITY	EST COST
Capellini pasta Spicy eggplant Corn Peas Puff pastry Pitas	1 (½ pound) package 1 cup 1 cup canned or frozen 1 cup frozen 1 package store-bought 6 - 8 Greek-style	\$ 5.65 \$ 3.50 \$ 1.79 \$ 1.79 \$ 4.70 \$ 4.00

#### MARI'S **NOTES**

**NOTE:** Buy the best quality meats you can find. It's always best to go right to the source, if you are close to a Greek specialty market, look for Greek-style pita's which are thick and fluffy, and Greek-style yogurt which is thick and creamy.

EST GROCERY COST: \$158.47 | COST/DINNER: \$31.69 | COST/SERVING: \$7.92

# ITEMS PANTRY

1 egg

1 tablespoon curry paste

1/2 cup canola or neutral oil

1/2 cup dried apricots

1/2 cup milk

1/2 teaspoon ground cumin

1/4 cup all-purpose flour

1/4 cup extra-virgin olive oil

2 cups dried couscous

2 tablespoons dry sherry

2 tablespoons honey

3 heads garlic

<sup>3</sup>/<sub>4</sub> cup butter

4 cups chicken stock