

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

SHOPPING LIST

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

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

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.

PANTRY ITEMS

| | |
|--------------------------------|--------------------------|
| 1 egg | 2 cups dried couscous |
| 1 tablespoon curry paste | 2 tablespoons dry sherry |
| 1/2 cup canola or neutral oil | 2 tablespoons honey |
| 1/2 cup dried apricots | 3 heads garlic |
| 1/2 cup milk | 3/4 cup butter |
| 1/2 teaspoon ground cumin | 4 cups chicken stock |
| 1/4 cup all-purpose flour | |
| 1/4 cup extra-virgin olive oil | |