

ANNA



People who love to eat, are always the best people.

Julia Child

/ DinnerPlan

MAR 13 - 17

MENU

MEATLESS MONDAY

LEMON SPAGHETTI
WITH BASIL AND FETA

[RECIPE](#)

TUESDAY

GRILLED CHICKEN SALAD WITH
LEMON PARMESAN DRESSING

[RECIPE](#)

WEDNESDAY

HEALTHY GREEK TURKEY BURGER WITH
FETA YOGURT DRESSING

[RECIPE](#)

THURSDAY

TRADITIONAL EGGPLANT LASAGNA WITH
SAN MARZANO TOMATO SAUCE

[RECIPE](#)

FRIDAY

FILET MIGNON WITH BLUE CHEESE BUTTER,
WITH FINGERLING POTATO & GREEN BEAN SALAD

[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	4 (5-ounce) boneless skinless	\$ 4.00
Filet mignon	4 (4-ounce), 2-inch thick	\$16.00
Turkey, ground	1 1/2 pounds	\$12.00

PRODUCE	QUANTITY	EST COST
Basil	1 cup	\$ 2.78
Eggplants	3 large	\$ 2.00
English cucumber	1/2	\$ 3.00
Fingerling potatoes	1 pound	\$ 2.78
Green beans	1/2 pound	\$ 4.00
Green onions	3	\$ 3.00
Lemons	2	\$ 2.78
Lettuce	1 head butter or ice burg	\$ 1.00
Parsley	1 cup flat leaf Italian	\$ 1.00
Red onion	1	\$ 0.79
Salad greens	3 cups mixed	\$ 2.79
Spinach	2 cups baby	\$ 2.79

DAIRY	QUANTITY	EST COST
Danish blue cheese	1/4 cup	\$ 2.00
Eggs	2	\$ 1.00
Greek Feta cheese	1 1/4 cup	\$ 1.19
Greek yogurt	1/2 cup	\$ 2.00
Mozzarella	2 cups	\$ 1.00
Parmigiano Reggiano	2 cups	\$ 1.19
Fresh Ricotta	2 cups	\$ 7.99

BAKERY/MISC	QUANTITY	EST COST
Tomatoes, sun dried	6	\$ 4.39
Spaghetti	1 package good-quality	\$ 2.69
Hamburger buns	6 Artisan	\$ 3.00

EST GROCERY COST: \$115.41 | COST/DINNER: \$23.08 | COST/SERVING: \$5.77

MARI'S NOTES

You can swap fingerling potatoes for baby, choose best quality fresh produce, poultry, and meats. Shop at farmer's markets, look for the best butcher.

PANTRY ITEMS

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|---|------------------------------------|
| 1 1/2 tablespoons Dijon mustard | 1/2 teaspoon dried oregano |
| 1 can (750 ml) whole San Marzano tomatoes | 2 1/4 cups extra-virgin olive oil |
| 1 cup butter | 2 cups dry breadcrumbs or panko |
| 1 teaspoon minced shallot | 3 anchovy fillets |
| 1/4 cup cider vinegar | 3 cloves garlic |
| 1/4 cup mayonnaise | Sea salt and freshly ground pepper |
| 1/2 teaspoon thyme, dried | |