30-Day

READY MENU

BUNDLE

CLASSIC

by SAVORING TODAY

MEAL & PREP SUMMARY

Use this summary to pick and choose what to prep at the beginning of the week so weeknight meals are easier.

MENU

- KUNG PAO CHICKEN & VEGETABLES
  STEAMED BROWN RICE
- CHILE LIME SKIRT STEAK TACOS
  BLACK BEAN SALSA
- CREAMY MEATBALL SOUP
  FOCACCIA BREAD
- BLACKENED SALMON & SPINACH
  ROASTED FINGERLING POTATOES
- BONUS SIDES*
  4 ALT RECIPES INCLUDED IN BUNDLE
  (Not included in the prep or shopping list)

GF See recipes for gluten-free substitutions

NOTES

PREP AHEAD (MINUTES)

KUNG PAO CHICKEN AND VEGETABLES & STEAMED RICE:

1. Cut chicken into 1/2-inch cubes (5)
2. Combine the sauce ingredients in a container (5)
3. Prep green onions and stir-fry veggies (10)
4. Make rice, cool, and store in fridge up to 7 days (30)
   (**TIP:** double the rice & freeze; buy prepped veggies)

FINISH & SERVE: 10 MIN

CHILE-LIME SKIRT STEAK TACOS & BLACK BEAN SALSA:

1. Combine marinade ingredients in a zip-type bag (5)
   refrigerate until ready to add meat—2-8 hours
2. Slice the cabbage and refrigerate up to 5 days (5)
3. Mix the black bean salsa, except for the avocado; refrigerate (eat within 3 days for best results) (15)

FINISH & SERVE: 20 MIN

CREAMY MEATBALL SOUP & FOCACCIA BREAD

1. Prep and bake focaccia; cool, store, reheat under broiler 5-min when ready to serve (90)
   TIP: This recipe makes a large pan (12 servings); freeze half for sausage-split pea stew; week 3 menu.
2. Chop the onion and parsley for the meatballs; mix and broil so meatballs are prepped and cooked (45)
   (**TIP:** double; freeze half for other meals)
3. Chop the soup onion, mushrooms, and carrots (10)

FINISH & SERVE: 35 MIN

BLACKENED SALMON & ROASTED FINGERLING POTATOES

PREP, COOK & SERVE: 35 MIN

Store prepped items in the fridge < 7 days unless otherwise noted.

ADDITIONAL PREP TIPS:

- Use a food processor to chop the onions and slice mushrooms, if available.
- Pulse garlic cloves (for all recipes that include minced garlic) in a food processor with a little olive oil until minced; stir in enough olive oil to coat; refrigerate or freeze
  1 teaspoon = 1 clove

Get our substitutions guide here: https://monthlycooking.com/wp-content/uploads/2020/05/Common-Substitutions.pdf

KUNG PAO CHICKEN & VEGETABLES

steamed brown rice

KUNG PAO CHICKEN

Servings: 4 | Preparation Time: 30 minutes | Start to Finish Time: 45 minutes

CHICKEN & MARINADE:
4 boneless-skinless chicken breasts, cut into 1-inch cubes
2 tablespoons soy sauce
2 tablespoons dry sherry
2 teaspoons cornstarch

FOR THE SAUCE:
1/3 cup chicken stock
1/3 cup honey
1/4 cup soy sauce
2 tablespoons chilies in adobo sauce, chopped
2 teaspoons dry sherry
2 teaspoons rice vinegar
2 teaspoons sesame oil
2 teaspoons minced garlic
2 teaspoons grated fresh ginger
2 teaspoons cornstarch

TO COMPLETE THE KUNG PAO:
2 tablespoons oil
1 bunch green onions, white bulbs chopped; green tops chopped separately
1/2 cup roasted peanuts, to garnish

FOR THE STIR-FRY VEGETABLES:
(OPTIONAL SIDE DISH)
2 tablespoons oil
1 cup coarsely chopped celery
1 medium red bell pepper, coarsely chopped
1 cup thinly sliced bok choy
2 teaspoons grated fresh ginger

GF Sub Tamari (or tamari shoyu) for soy sauce

FOR THE CHICKEN:
In a medium bowl, mix the soy sauce, sherry, and cornstarch. Toss the chicken with marinade ingredients; set aside.

FOR THE SAUCE:
1) In a saucepan, combine all the sauce ingredients (start with 1 tablespoon of chipotle peppers), except the cornstarch, and mix well over med-low heat.
2) Bring to a low simmer and allow flavors to meld, 8-10 minutes. Taste and adjust any of the ingredients (add more of the chipotle peppers), as desired.
3) Dissolve cornstarch in a bit of water or chicken broth and add to the sauce. Cook over med heat until sauce bubbles and thickens, then remove from heat.

TO COMPLETE THE KUNG PAO:
4) Heat oil in a large skillet or wok; add the white part of the onions to the pan and cook, stirring, until softened.
5) Add the chicken with its marinade and cook, stirring, until almost done, 3-4 minutes.
6) Add the sauce and stir to coat the chicken; cook 1-2 minutes to finish cooking chicken.
7) Stir in the peanuts and chopped scallions. Serve over stir-fry vegetables.

FOR THE STIR FRY VEGETABLES: (OPTIONAL SIDE DISH)
8) Heat oil in a large skillet or wok, add ginger and cook until fragrant.
9) Add prepared vegetables, and cook until crisp-tender. Salt and pepper to taste and serve with the Kung Pao Chicken.

STEAMED BROWN RICE

Servings: 4 | Preparation Time: 5 minutes | Start to Finish Time: 45 minutes

1 cup brown short grain rice, uncooked
1 1/2 cups filtered water
1/2 teaspoon sea salt

1) Rinse rice in a colander.
2) Place cold water, rice and salt in a 3-quart saucepan and bring to a boil.
3) Reduce heat to low, cover with a lid and simmer for 35 minutes.
4) Keep the lid on (don't peek) and slide off heat to let steam 10 minutes.
5) Fluff with a fork and serve.

TIPS & VARIATIONS

- Double the rice recipe and freeze half for other meals.
- If substituting white rice for the brown, follow the cooking directions on the package for step 3.
- The chicken and sauce (without the cornstarch) can be made and frozen at the point before adding the peanuts and scallions in step 4 of finishing the Kung Pao.

CHILE-LIME SKIRT STEAK TACOS

black bean salsa with avocado and corn

CHILE-LIME SKIRT STEAK TACOS

Servings: 4 Prep Time: 20 minutes Marinade Time: 2-4 hours Cook Time: 8 minutes Start to Finish Time: 3-5 hours

FOR THE MARINADE:
3 rounded tablespoons coconut palm sugar, or brown sugar (level, not packed)
2 teaspoons smoked paprika
1 teaspoon granulated onion
1 teaspoon ancho chile powder
1/2 teaspoon chipotle chile powder
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1 teaspoon sea salt
1/2 teaspoon freshly ground pepper
1/3 cup fresh lime juice
2 tablespoons minced garlic (about 6 cloves)
2 tablespoons extra-virgin olive oil
2 teaspoons liquid smoke flavoring

FOR THE STEAK & GARNISHES
1 1/2 pounds skirt steak, or sirloin
2 cups cabbage, shaved or thinly sliced
2 whole avocado, sliced for garnish
1 whole lime, sliced into wedges for garnish
Pico De Gallo, or favorite salsa
Corn or flour Tortillas

(GF) Corn tortillas and liquid smoke flavoring are generally gluten-free; check the label as brands vary

FOR THE MARINADE:
1) In a gallon-sized zip-type bag combine all the marinade ingredients and shake or massage the bag with your hands until well blended.
2) Add the steak to the bag making sure the marinade covers all sides. Seal the bag and let the steak marinate in the refrigerator for 2-4 hours.
3) 20 minutes before grilling, remove the steak from the fridge and allow to come to room temp.

GRILLING THE STEAK:
4) Light a grill or preheat a cast iron skillet. Grill the steak over med-high heat until seared on the outside and medium-rare, about 3 minutes on each side (thinner steak takes less time). Internal temp should be about 130°F.
5) Transfer the steak to a cutting board, tent with foil, and let rest for 8-10 minutes.
6) Thinly slice the steak, cutting across the grain and on a bias (tilt your knife at a 45° angle)—you may need to rotate the steak and cut from another edge.
7) Warm flour tortillas in a microwave for 20-30 seconds covered with a damp paper towel; warm corn tortillas a hot skillet 30 seconds each side.
8) Serve in warm tortillas and garnish with cabbage, fresh avocado, Pico de Gallo, sour cream, and fresh lime wedges.

BLACK BEAN SALSA

Servings: 6 Preparation Time: 15 minutes Start to Finish Time: 20 minutes

1 (14 ounce) can black beans, drained and rinsed
1 1/2 cups frozen corn kernels, defrosted, or drained canned corn
1 (14 ounce) can fire roasted diced tomatoes, Ro*Tel brand preferred
1 small bell pepper, green or red, diced
1/2 cup chopped green onions, white and green parts
1/2 cup chopped roasted green chilies, like 505 Southwestern brand
1/3 cup chopped cilantro leaves
2 tablespoons freshly squeezed lime juice (2-3 small limes)
3 cloves garlic, minced
1/2 teaspoon ground cumin
1/2 teaspoon ancho chile powder, or chipotle powder for a spicier flavor
1 1/2 teaspoons sea salt
1 teaspoon ground black pepper
1/2 teaspoon crushed red pepper, optional, for a spicier flavor
3 large avocado (not too soft), peeled, seeded, and cubed

1) Mix all ingredients together in a medium bowl, except the avocado. Taste and adjust seasoning, as desired.
2) Gently fold in the avocado just before serving.

TIPS & VARIATIONS

- Substitute chili powder for the paprika, ancho, chipotle, onion & garlic powder, cumin, and coriander (marinade)
- Expect a medium-spiced steak. Adjust the spice by omitting or adding more of the chipotle powder.
- Skirt steak is quick-cooking and can be grilled, broiled, or pan seared; may have to cut in half to fit a skillet.
- The avocado can make the salsa look muddy if it is added too soon or is too ripe. It is best folded in just before serving. Salsa can be stored in the refrigerator up to 72 hours in advance without the avocado.

CREAMY MEATBALL SOUP

focaccia bread

CREAMY MEATBALL SOUP

Servings: 12 Preparation Time: 30 minutes Cook Time: 45 minutes Start to Finish Time: 1 hours 15 minutes

FOR THE MEATBALLS:
2 tablespoons olive oil
1/2 large onion, minced, (about 3/4 cup)
3 cloves garlic, minced (1 tablespoon)
1 lb ground pork
1 lb ground Italian sausage, mild or hot
1 large egg
1/2 cup Parmesan cheese
1/2 cup plain bread crumbs, panko
1/3 cup whole milk
2 tablespoons finely chopped parsley
1 rounded teaspoon dry Italian herb blend
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

FOR THE SOUP:
2 tablespoons olive oil
1 large onion, diced (about 1 1/2 cups)
9 cloves garlic, minced (3 tablespoons)
16 ounces cremini mushrooms, cleaned and sliced
3 large carrots, peeled, sliced into rounds (about 3 cups)
4 large ribs celery, sliced thin
48 ounces beef stock, as needed
2 teaspoons dry Italian herb blend
1/4 teaspoon crushed red pepper flakes
2 cups heavy whipping cream
1 cup grated Parmesan cheese
2 tablespoons chopped parsley
12 ounces fresh spinach

(GF) Use gluten-free bread crumbs and beef stock

FOR THE MEATBALLS
1) Saute the onion for the meatballs in a medium skillet with olive oil to soften, about 5 minutes. Stir in the garlic and set aside to cool slightly.
2) In a small bowl, mix the egg, Parmesan cheese, bread crumbs, milk, parsley, Italian herbs, salt, and pepper until well blended and set aside to allow bread crumbs to absorb the liquid.
3) In a separate large bowl, mix the pork and Italian sausage to combine and then mix in the onions and egg mixture until well incorporated.
4) Roll into bite-size meatballs (or use a small meatball scoop) and place on a parchment-lined rimmed baking sheet about an inch apart.
5) Broil on high for 8 minutes or until cooked through.

FOR THE SOUP:
6) In a soup pot, saute the onion for the soup in olive oil for 8 minutes to soften and caramelize (brown edges).
7) Stir in the garlic, carrots, celery, mushrooms and continue to cook another 6-8 minutes until vegetables release liquid and begin to brown (add oil if pan is dry).
8) Stir in the beef stock, dry herbs, red pepper flakes, and meatballs to the pot with the vegetables and simmer 10 minutes to meld flavors. (Broth should just cover.)
9) Stir in spinach, cream, Parmesan cheese, and parsley. Allow to simmer 5 minutes to meld flavors. Taste and season with salt and pepper, as needed.

Time-saver TIP: substitute store-bought meatballs (may need to cut into smaller pieces)

FOCACCIA BREAD

Servings: 12 Preparation Time: 1 hour Start to Finish Time: 1 hour 30 minutes

4 cups all-purpose flour
1 (1/4 oz) package instant yeast
1/2 teaspoon sea salt
1 1/2 cups water
1/2 cup olive oil
1 cup grated Parmesan cheese
1 1/2 tablespoons dry Italian herb blend
1/4 teaspoon crushed red pepper
1 teaspoon flaked Kosher salt

1) In large bowl combine 3 cups flour, yeast, and salt. Heat water and 2 tablespoons oil until very warm (120º to 130ºF). Stir hot liquids into dry ingredients. Mix in enough remaining flour to make a soft, manageable dough.
2) Turn dough out onto a lightly floured counter and knead until smooth and elastic, about 5 minutes. Cover with a bowl or towel and rest 10 min.
3) Line a 18x13-inch rimmed baking sheet with parchment and drizzle 2 to 3 tablespoons of olive oil over parchment. Use your fingertips to spread a little of this oil on the sides of the pan too.
4) Transfer the dough to the pan. With some oil on your fingers, stretch and dimple the dough to fill the pan—this may take 2 or three passes, allowing a brief rest in between to allow the dough to relax and spread.
5) Drizzle with another tablespoons of olive oil. Cover the pan loosely with plastic wrap or invert another rimmed baking sheet to cover and let the dough rise until doubled, about 40 minutes, until it comes to the top of the pan. **TIP:** An oven with just the oven light on is ideal to proof dough.
6) Heat oven to 450°F. Sprinkle the dry herbs, crushed red pepper, and Parmesan over the bread and drizzle with additional 2 tablespoons of olive oil. Bake 25 to 30 minutes until golden brown on top and bottom.
7) Remove the focaccia from the oven and slide it out of the pan onto a cutting board. If any oil remains in the pan, drizzle over the focaccia and let cool for 5 minutes. Sprinkle with a flaked Kosher salt (optional), slice and serve.

(GF) For a gluten-free version: https://www.kingarthurbaking.com/recipes/tall-and-tender-gluten-free-focaccia-recipe

BLACKENED SALMON & SPINACH

roasted fingerling potatoes

BLACKENED SALMON & BABY SPINACH

Servings: 4 | Preparation Time: 5 minutes | Cook Time: 10 minutes | Start to Finish Time: 15 minutes

4 fillets wild salmon
3 tablespoons melted butter, or olive oil
4 teaspoons Paul Prudhomme Blackened Redfish Magic
4 cloves garlic, sliced
10 ounces baby spinach

TIPS & VARIATIONS

- Other skillets can be used, however the seasoning may not brown exactly the same way in different pans.

Substitute Spice Mix for Redfish Magic:
- 1 tablespoon paprika (try smoked)
- 1 ½ teaspoons salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ¾ teaspoon black pepper
- ¾ teaspoon white pepper
- ½ teaspoon thyme leaves
- ½ teaspoon dried oregano leaves
- 1/4-1/2 teaspoon cayenne pepper

1) Heat a cast iron skillet over medium heat until hot. Brush melted butter over skin side of salmon and place skin side down on hot skillet. Reduce heat to medium-low and cook for 2-3 minutes. While that side is cooking, brush butter on flesh side and evenly sprinkle with about 1 teaspoon seasoning on each fillet to form a thin coating. (This may need to be done in two batches depending on the size of the skillet and fillets.)
2) While that side is cooking, brush butter on flesh side and evenly sprinkle with about 1 teaspoon seasoning on each fillet to form a thin coating.
3) Flip the salmon, now seasoned-side down, and cook the other side for 2-3 minutes. While cooking, gently remove the skin with a spatula, it should peel off easily. (You can also leave the skin on, if desired.) Butter and season this side of the salmon as well.
4) Just before the fish is cooked through, flip once more and add the sliced garlic to the skillet in between the fillets with the remaining bit of melted of butter.
5) Add the spinach right on top of the fish and garlic and stirring it around the fish and mix with the garlic. Once the spinach begins to wilt, remove from heat. Serve salmon fillet over a bed of spinach.

ROASTED FINGERLING POTATOES

Servings: 4 | Preparation Time: 5 minutes | Cook Time: 25 minutes | Start to Finish Time: 30 minutes

1 pound fingerling potatoes, sliced in half (larger potatoes quartered lengthwise)
2 tablespoons avocado oil
1 heaping teaspoon dried rosemary, crushed
1/2 heaping teaspoon dried thyme
1/2 teaspoon sea salt
1/2 teaspoon freshly ground pepper

1) Heat oven to 400°F. (Or use an air fryer at 400°F)
2) In a large bowl, toss the halved potatoes with enough oil to thinly coat.
3) Sprinkle the herbs, salt and pepper over the potatoes and toss again to evenly cover. Arrange on a cast iron pizza stone or rimmed baking sheet and bake 20 to 30 minutes, until golden brown.
4) For more even browning, stir or turn the potatoes over on the pan halfway through the roasting process.
5) Remove from the oven and season again with sea salt, to taste.

Shopping List

WEEKLY MENU 1 • CLASSIC

Savoring TODAY
WHOLESOME • HEALTHY • HOMEMADE

Item	Amount/Unit	Location	Recipe
☐ rice vinegar	2 teaspoons	vinegars, or Asian food products	Kung Pao Chicken with Stir Fry Vegetables
☐ soy sauce	3/8 cup	Asian food products	Kung Pao Chicken with Stir Fry Vegetables
☐ instant yeast	1 (1/4 ounce) package	baking products	Focaccia Bread
☐ panko bread crumbs	1/2 cup	baking products	Creamy Meatball Soup
☐ all-purpose flour	4 cups	baking, flours	Focaccia Bread
☐ cornstarch	1 1/3 tablespoons	baking, flours	Kung Pao Chicken with Stir Fry Vegetables
☐ coconut palm sugar	3 tablespoons	baking, sugars	Chile-Lime Skirt Steak Tacos
☐ dry sherry (not cooking wine)	2 2/3 tablespoons	beer and wine	Kung Pao Chicken with Stir Fry Vegetables
☐ honey	1/3 cup	breakfast foods	Kung Pao Chicken with Stir Fry Vegetables
☐ brown rice (or white)	1 cup	dried beans and rice	Steamed Brown Rice
☐ black beans	1 (14 ounce) can	canned beans, or dried beans	Black Bean Salsa with Avocado and Corn
☐ chipotle chile canned in adobo	2 tablespoons	canned chiles	Kung Pao Chicken with Stir Fry Vegetables
☐ chopped roasted green chilies	1/2 cup	canned chiles	Black Bean Salsa with Avocado and Corn
☐ diced canned tomatoes (like Ro*tels)	1 (14 ounce) can	canned tomatoes	Black Bean Salsa with Avocado and Corn
☐ frozen corn kernels (or canned)	1 1/2 cups	frozen vegetables	Black Bean Salsa with Avocado and Corn
☐ liquid smoke flavoring (hickory)	2 teaspoons	condiments	Chile-Lime Skirt Steak Tacos
☐ avocado oil	3/8 cup	cooking oils/shortening	Kung Pao Chicken with Stir Fry Vegetables, Roasted Fingerling Potatoes
☐ extra-virgin olive oil	7/8 cup	cooking oils/shortening	Chile-Lime Skirt Steak Tacos, Creamy Meatball Soup, Creamy Meatball Soup, Focaccia Bread
☐ sesame oil (toasted will have more flavor)	2 teaspoons	cooking oils/shortening, Asian foods	Kung Pao Chicken with Stir Fry Vegetables
☐ butter	4 tablespoons	dairy products	Blackened Salmon over Spinach
☐ eggs	1 large	dairy products	Creamy Meatball Soup
☐ heavy whipping cream	2 cups	dairy products	Creamy Meatball Soup
☐ whole milk	1/3 cup	dairy products	Creamy Meatball Soup
☐ corn tortillas (or flour)	8 6-inch	end cap or Mexican food products	Chile-Lime Skirt Steak Tacos
☐ boneless skinless chicken breasts	4	meat and poultry	Kung Pao Chicken with Stir Fry Vegetables
☐ ground pork	1 lb	meat and poultry	Creamy Meatball Soup
☐ Italian sausage (ground)	1 lb	meat and poultry	Creamy Meatball Soup
☐ skirt steak	1 1/2 pounds	meat and poultry	Chile-Lime Skirt Steak Tacos
☐ salmon	4 filets	fresh seafood	Blackened Salmon over Spinach

☐	Parmesan cheese	2 1/2 cups	deli cheese	Creamy Meatball Soup, Focaccia Bread
☐	avocados	5 large	produce	Chile-Lime Skirt Steak Tacos, Black Bean Salsa with Avocado and Corn
☐	baby bok choy	1 cup	produce	Kung Pao Chicken with Stir Fry Vegetables
☐	baby spinach	1 3/8 pounds	produce	Blackened Salmon over Spinach, Creamy Meatball Soup
☐	red bell peppers	1 medium	produce	Kung Pao Chicken with Stir Fry Vegetables
☐	bell peppers	1 small	produce	Black Bean Salsa with Avocado and Corn
☐	cabbage (shredded)	2 cups	produce	Chile-Lime Skirt Steak Tacos
☐	carrots	3 large	produce	Creamy Meatball Soup
☐	celery	6 ribs	produce	Kung Pao Chicken with Stir Fry Vegetables, Creamy Meatball Soup
☐	cremini mushrooms (sliced)	16 ounces	produce	Creamy Meatball Soup
☐	fresh ginger (or jarred)	1 1/3 tablespoons	produce	Kung Pao Chicken with Stir Fry Vegetables
☐	cilantro leaves	1/3 cup	produce	Black Bean Salsa with Avocado and Corn
☐	fresh parsley	1/4 cup	produce	Creamy Meatball Soup
☐	limes (8 large or 10 small)	8 whole	produce	Chile-Lime Skirt Steak Tacos, Black Bean Salsa with Avocado and Corn
☐	garlic	19 cloves	produce	Kung Pao Chicken with Stir Fry Vegetables, Chile-Lime Skirt Steak Tacos, Creamy Meatball Soup, Creamy Meatball Soup, Black Bean Salsa with Avocado and Corn, Blackened Salmon over Spinach
☐	green onions	2 bunches	produce	Kung Pao Chicken with Stir Fry Vegetables, Black Bean Salsa with Avocado and Corn
☐	fingerling potatoes (or other petite potatoes)	1 pound	produce	Roasted Fingerling Potatoes
☐	sweet yellow onions	1 1/2 large	produce	Creamy Meatball Soup
☐	peanuts, roasted	1/2 cup	snack foods, nuts and seeds	Kung Pao Chicken with Stir Fry Vegetables
☐	beef stock	48 ounces	soups and gravies	Creamy Meatball Soup
☐	chicken stock	1/3 cup	soups and gravies	Kung Pao Chicken with Stir Fry Vegetables
☐	Paul Prudhomme Blackened Redfish Magic	4 teaspoons	spices and seasonings	Blackened Salmon over Spinach
☐	ancho chile powder	1 1/2 teaspoons	spices and seasonings	Chile-Lime Skirt Steak Tacos, Black Bean Salsa with Avocado and Corn
☐	chipotle chile powder	1/2 teaspoon	spices and seasonings	Chile-Lime Skirt Steak Tacos
☐	smoked paprika	2 teaspoons	spices and seasonings	Chile-Lime Skirt Steak Tacos
☐	crushed red pepper flakes	1 teaspoon	spices and seasonings	Black Bean Salsa with Avocado and Corn, Focaccia Bread, Creamy Meatball Soup
☐	dried rosemary	1 heaping teaspoon	spices and seasonings	Roasted Fingerling Potatoes
☐	dried thyme	1/2 heaping teapoon	spices and seasonings	Roasted Fingerling Potatoes

☐	dry italian herb blend	2 1/2 tablespoons	spices and seasonings	Creamy Meatball Soup, Creamy Meatball Soup, Focaccia Bread
☐	granulated garlic	1/2 teaspoon	spices and seasonings	Chile-Lime Skirt Steak Tacos
☐	granulated onion	1 teaspoon	spices and seasonings	Chile-Lime Skirt Steak Tacos
☐	ground coriander	1/2 teaspoon	spices and seasonings	Chile-Lime Skirt Steak Tacos
☐	ground cumin	1 teaspoon	spices and seasonings	Chile-Lime Skirt Steak Tacos, Black Bean Salsa with Avocado and Corn
☐	kosher salt (or other coarse salt)	1 teaspoon	spices and seasonings	Focaccia Bread
☐	sea salt	1 7/8 tablespoons	spices and seasonings	Steamed Brown Rice, Chile-Lime Skirt Steak Tacos, Black Bean Salsa with Avocado and Corn, Creamy Meatball Soup, Focaccia Bread, Roasted Fingerling Potatoes
☐	freshly ground black pepper	1 1/2 teaspoons	spices and seasonings	Creamy Meatball Soup, Chile-Lime Skirt Steak Tacos, Roasted Fingerling Potatoes

Common pantry items like oil, flour, and spices are included on the shopping list because every pantry is different. Including these items can make the list look quite long, but it is easy to check off what you already have.

MENU 1 NUTRITION FACTS • CLASSIC

Kung Pao Chicken with Stir Fry Vegetables

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	651	Calories from Fat: 255
		% Daily Values*
Total Fat	28g	43%
Saturated Fat	4g	20%
Cholesterol	137mg	46%
Sodium	2089mg	87%
Total Carbohydrates	37g	12%
Dietary Fiber	3g	14%
Protein	62g	
Vitamin A		47%
Vitamin C		118%
Calcium		8%
Iron		19%

** Percent Daily Values are based on a 2000 calorie diet.*

Steamed Brown Rice

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	172	Calories from Fat: 12
		% Daily Values*
Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	237mg	10%
Total Carbohydrates	36g	12%
Dietary Fiber	1g	3%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		5%

** Percent Daily Values are based on a 2000 calorie diet.*

Chile-Lime Skirt Steak Tacos

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	691	Calories from Fat: 352
		% Daily Values*
Total Fat	42g	64%
Saturated Fat	11g	56%
Cholesterol	87mg	29%
Sodium	1182mg	49%
Total Carbohydrates	51g	17%
Dietary Fiber	7g	27%
Protein	39g	
Vitamin A		28%
Vitamin C		60%
Calcium		15%
Iron		34%

** Percent Daily Values are based on a 2000 calorie diet.*

Black Bean Salsa with Avocado and Corn

Servings: 12

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	161	Calories from Fat: 70
		% Daily Values*
Total Fat	8g	13%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	435mg	18%
Total Carbohydrates	19g	6%
Dietary Fiber	6g	22%
Protein	5g	
Vitamin A		11%
Vitamin C		30%
Calcium		2%
Iron		18%

** Percent Daily Values are based on a 2000 calorie diet.*

Creamy Meatball Soup

Servings: 12

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	528	Calories from Fat: 404
		% Daily Values*
Total Fat	45g	69%
Saturated Fat	19g	97%
Cholesterol	119mg	40%
Sodium	1643mg	68%
Total Carbohydrates	12g	4%
Dietary Fiber	2g	8%
Protein	19g	
Vitamin A		154%
Vitamin C		25%
Calcium		23%
Iron		15%

** Percent Daily Values are based on a 2000 calorie diet.*

Focaccia Bread

Servings: 12

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	268	Calories from Fat: 110
		% Daily Values*
Total Fat	12g	19%
Saturated Fat	3g	15%
Cholesterol	8mg	3%
Sodium	274mg	11%
Total Carbohydrates	32g	11%
Dietary Fiber	1g	6%
Protein	7g	
Vitamin A		2%
Vitamin C		0%
Calcium		8%
Iron		13%

** Percent Daily Values are based on a 2000 calorie diet.*

Blackened Salmon over Spinach

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	205	Calories from Fat: 131
		% Daily Values*
Total Fat	14g	22%
Saturated Fat	8g	38%
Cholesterol	75mg	25%
Sodium	175mg	7%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	17g	
Vitamin A		11%
Vitamin C		2%
Calcium		2%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*

Roasted Fingerling Potatoes

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	155	Calories from Fat: 62
		% Daily Values*
Total Fat	7g	11%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	243mg	10%
Total Carbohydrates	21g	7%
Dietary Fiber	2g	10%
Protein	2g	
Vitamin A		1%
Vitamin C		39%
Calcium		3%
Iron		10%

** Percent Daily Values are based on a 2000 calorie diet.*

The nutrition information provided here is calculated through MasterCook recipe software and is intended to provide general information. It is not intended for those following a strict medical diet.

MEAL & PREP SUMMARY

Use this summary to pick and choose what to prep at the beginning of the week so weeknight meals are easier.

MENU

- CHICKEN w/ GARLIC-MUSTARD SAUCE
  ROASTED VEGETABLE MEDLEY
- SKILLET BEEF FAJITAS
  GUACAMOLE
- BBQ PULLED PORK SANDWICHES
  CRUNCHY FENNEL-APPLE SLAW
- RED CURRY COCONUT SHRIMP STEW
  STEAMED BROWN RICE
- BONUS SIDES*
  4 ALT RECIPES INCLUDED IN BUNDLE
  (Not included in the prep or shopping list)

GF See recipes for gluten-free substitutions

NOTES

PREP AHEAD (MINUTES)

CHICKEN w/ GARLIC-MUSTARD SAUCE & ROASTED VEG

1. Prep and cook the cream sauce (20)
2. Chop and store the roasting vegetables (5)

FINISH & SERVE: 25 MIN

SKILLET BEEF FAJITAS & GUACAMOLE

1. Mix spices (5)
2. Slice beef (5)
3. Prep onions, bell pepper, and mushrooms (10)
5. Chop onions for guacamole; store in fridge until ready to mix the guacamole OR make the guacamole recipe as directed and store for up to 2 days. (10) Refrigerate sliced meat and vegetables separately.

FINISH & SERVE: 10-20 MIN

TIP for making guacamole ahead:
Store premade guacamole in an airtight dish and press plastic wrap directly on the surface and smooth out over the guacamole to remove any air pockets. Place the lid on the dish over the wrap and refrigerate for up to two days.

BBQ PULLED PORK SANDWICHES & FENNEL-APPLE SLAW

1. Prep and grill/bake ribs completely (4-8 hrs, 30 min active time) (**TIP:** double the recipe & freeze)
2. Slice the fennel, apple, and celery; Soak in a saltwater solution (1/2 teaspoon kosher salt per 1 cup water) for 10 minutes; Drain thoroughly, refrigerate until ready to toss with parsley and dress. Mix dressing and store in jar with lid (15)

FINISH & SERVE: 15 MIN

RED CURRY COCONUT SHRIMP & STEAMED RICE

1. Make rice, cool, and store (30)
2. Prep onion, garlic, ginger, lemongrass, bell pepper, mushrooms, carrot, bok choy, and cauliflower (20) (TIP: buy chopped vegetables and prepared ginger)

FINISH & SERVE: 30 MIN

Store prepped items in the fridge < 7 days unless otherwise noted.

Get our substitutions guide here: https://monthlycooking.com/wp-content/uploads/2020/05/Common-Substitutions.pdf

CHICKEN W/ TOASTED GARLIC & MUSTARD CREAM SAUCE

roasted vegetable medley

CHICKEN w/ TOASTED GARLIC & MUSTARD CREAM SAUCE

Servings: 4 | Preparation Time: 10 minutes | Cook Time: 20 minutes | Start to Finish Time: 30 minutes

TOASTED GARLIC:
1/4 cup avocado oil
6 cloves garlic, chopped

MUSTARD CREAM SAUCE:
2 tablespoons butter
1 small sweet yellow onions, minced (about 1 cup)
1 tablespoon all-purpose flour
1 3/4 cups chicken broth
4 teaspoons coarse mustard
1/3 cup heavy whipping cream
3 tablespoons chopped fresh parsley
2 tablespoons chives, minced

FOR THE CHICKEN:
4 boneless skinless chicken breast
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 tablespoons avocado oil

(GF) Sub sweet rice flour for the all-purpose

1) **For the Toasted Garlic**, heat the oil in a small skillet. Add the garlic; cook over medium-low heat until light golden brown, about 2 minutes. Remove the garlic with a slotted spoon and drain on paper towels; set aside.
2) **For the sauce**, heat butter in a medium saucepan. Add the onions; cover and cook over low heat until softened, about 8 minutes. Add flour; cook over low heat, stirring constantly until flour is incorporated into the butter, 1-2 minutes. Continuing to stir constantly, gradually add the chicken stock. Bring to a simmer and cook to reduce; stirring occasionally until sauce thickens, about 10 minutes.
3) **For the chicken**, meanwhile, sprinkle chicken breasts with 1 teaspoon salt and 1/2 teaspoon pepper. Heat oil in a large skillet over medium heat. Add the chicken and cook, turning once, until lightly browned and cook through, about 8 minutes. Cover and keep chicken warm, reserving juices that accumulate.
4) **To finish the dish**, stir mustards, toasted garlic, and cream into the simmering sauce along with the fresh herbs. Add the chicken to the sauce with any accumulated juices from the platter, let simmer 1 minute to meld flavors. Serve the chicken with sauce spooned over it.

ROASTED VEGETABLE MEDLEY

Servings: 4 | Preparation Time: 15 minutes | Start to Finish Time: 40 minutes

5 cups (total) rough cut cauliflower, broccoli, beets, radishes, carrots, or Brussels sprouts, cut to 1/4" thickness
3 cloves garlic, sliced thin
3 tablespoons extra virgin olive oil
1 1/2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1 teaspoon dried rosemary, crushed
1 teaspoon dried thyme

1) Heat oven to 400°F. Toss prepped vegetables and garlic in the oil to coat. Arrange on a rimmed baking sheet and sprinkle with salt, pepper, and dry herbs. Note: Root vegetables like radishes or carrots will take longer to cook, so it's best to cut these smaller.
2) Roast for 20-25 minutes or until vegetables and garlic are crisp-tender and lightly browned in spots.
3) Remove from oven, transfer vegetables to a serving bowl. Taste and season with salt and pepper, as needed.

TIPS & VARIATIONS

- Grill vegetables on high heat for 10-15 minutes instead of roasting in the oven.
- Parmesan or feta cheese, chopped nuts, or lemon zest are also good tossed with roasted vegetables just before serving.

SKILLET BEEF FAJITAS

guacamole

SKILLET BEEF FAJITAS

Servings: 6 | Preparation Time: 15 minutes | Start to Finish Time: 45 minutes

2 tablespoons oil
1 medium sweet yellow onion, sliced pole to pole
2 cloves garlic, minced
1 1/4 pounds tri-tip or sirloin steak, cut across the grain in 1/2-inch x 2-inch strips
8 ounces mushrooms, quartered
1 bell pepper, thinly sliced
1 tablespoon lime juice
2 tablespoons Mesquite Fajita Mix
12 (6 inch) corn or flour tortillas

Guacamole (recipe below)
Salsa (any favorite), for garnish
Sour cream, for garnish

1) Mix the Mesquite Fajita Seasoning in a small bowl. (See separate recipe)
2) Heat the oil in a large skillet over medium heat. Add the onions and cook until tender, 7-8 minutes. Add the garlic and cook until fragrant, 1-2 minutes. Add the steak and cook until browned, but still rare, 4-5 minutes.
3) Stir-in the mushrooms and cook for 3 minutes, until mushroom wilt and release moisture. Stir in the bell pepper and sprinkle the lime over everything. Simmer uncovered for 2-3 minutes, stirring occasionally.
4) Sprinkle evenly with 1 tablespoon of Fajita Mix Seasoning and cook another minute. Taste and add more seasoning. If pan seems dry, add a little water.
5) WARM FLOUR TORTILLAS: Microwave for 1-2 minutes in a tortilla warmer to soften or in a dry skillet over medium-high heat for 30 seconds each side. WARM CORN TORTILLAS: Place directly on a hot dry skillet over medium-high heat for 30 seconds on each side to soften.
6) Fill the warmed tortillas with the meat and vegetables; garnish with sour cream, guacamole, and salsa.

Mesquite Fajita Mix

Yields: 4.5 ounces | Preparation Time: 5 minutes | Start to Finish Time: 5 minutes

4 teaspoons mesquite smoked sea salt (see recipe note for smoke flavor substitute)
1 tablespoon coconut palm sugar
1 1/2 tablespoons ancho chile powder, or chili powder (see note)
1 tablespoon smoked paprika
2 teaspoons ground cumin
2 teaspoons granulated onion
2 teaspoons granulated garlic
2 teaspoon dried oregano
1 teaspoons chipotle chile powder
1 teaspoon freshly ground black pepper
1 teaspoons cornstarch, or arrowroot powder

1) Mix all ingredients in a small bowl or shake in a small jar until well combined. Store in an air tight container. Use 1 to 2 tablespoons per 1 pound of meat, to taste.
2) Store the spice mix in a cool, dry place for up to 6 months.

GUACAMOLE

Yields: 2 1/2 cups | Preparation Time: 15 minutes | Start to Finish Time: 15 minutes

4 large Hass avocados
3/4 teaspoon sea salt
1/2 teaspoon ground black pepper
8 single green onions (from a bunch), white and light green part, chopped fine
1/3 cup chopped cilantro
1 clove garlic, minced
1 teaspoon fresh lime juice
1 (10 oz. can) RO*TEL tomatoes
1/4 teaspoon crushed red pepper, optional

1) Peel avocados, remove the large seed in the center and place in a mixing bowl. Sprinkle salt and pepper over avocados then add onions, cilantro, garlic, and lime juice. Stir to combine while gently mashing the avocados, leaving some chunks.
2) Drain tomatoes and lightly press to remove excess liquid. Gently stir the tomatoes into the guacamole. Taste and adjust seasoning for salt, pepper, lime juice, and spice. Add crushed red pepper for added spice, as desired. Allow to sit at room temperature for 10 minutes to meld flavors.

TIPS & VARIATIONS

- FAJITA MIX: If the mesquite smoked salt is not available, substitute 2 teaspoons liquid smoke by adding to the wet ingredients of a recipe. Chili powder can sub for combination of Ancho and Chipotle chile powders.
- If Ro*Tel brand tomatoes are not available, add 3/4 cup chopped fresh tomatoes and 2 tablespoons chopped (canned) green chile.
- Stir-in 1 cup halved cherry or grape tomatoes just before serving for a pop of color.
- Use sliced avocados in place of guacamole.

PULLED PORK SANDWICHES

crunchy fennel-apple slaw

PULLED PORK SANDWICHES

Servings: 12 | Preparation Time: 10 minutes | Resting Time: 4-24 hours | Cook Time: 3 hours

2 1/2 tablespoons coconut palm sugar, or brown sugar
1 1/2 tablespoons smoked sea salt, or flaked Kosher salt
1 tablespoon smoked paprika
1 tablespoon ground cumin
2 teaspoons ground mustard
2 teaspoons granulated onion
2 teaspoons granulated garlic
2 teaspoons black pepper
1/2 teaspoon chipotle chile powder
4 pounds country-style pork ribs (4-5 lbs)
12 ounces beer, or 1/2 cup each of apple juice, apple cider vinegar, and water
4 sandwich buns, toasted
2 tablespoons butter, for toasting buns
BBQ sauce for serving (any favorite)

GF Use gluten-free buns, beer, & BBQ sauce

1) In a small bowl, combine the first nine ingredients for the seasoning mix (store any leftover in an airtight container).
2) Arrange the pork ribs on a rimmed baking sheet and rub seasoning evenly over the pork to coat. Place the seasoned pork in a zip-type bag and refrigerate 4 hours or overnight.
3) Remove pork from refrigerator about 30-minutes before baking and heat oven to 325°F.
4) Arrange pork in a roasting pan and pour liquid over the pork. (If using the apple-vinegar-water solution, taste it to adjust flavor as desired before adding.)
5) Cover and cook in the oven or 3 hours or until pork is tender and easily breaks apart with a fork. Once tender, spread the pork out on a rimmed baking sheet to cool enough to handle.
6) Using your hands, pick up the pork and rub it between your thumb and fingers to shred, removing bone, connective tissue and fat as you go. (I like to wear surgical gloves for this.)
7) Toast the buns by lightly buttering each slice and place under the broiler on HI for 3-4 minutes until golden brown. (Optional, but super-tasty!)
8) When ready to serve, heat the pork with barbecue sauce in a small skillet 2-3 minutes, and serve 1/2 to 2/3 cup per serving on each toasted bun, or serve plain with sauce on the side.

CRUNCHY FENNEL-APPLE SLAW

Servings: 4 | Preparation Time: 20 minutes | Start to Finish Time: 20 minutes

2 tablespoons extra-virgin olive oil
2 tablespoons apple cider vinegar
2 teaspoons lemon juice, or orange juice
1 tablespoon honey, or sweetener of choice
1 tablespoon chopped parsley, or mint, or cilantro
1 large fennel bulb, or 2 small, sliced very thin
1 large Honeycrisp apple, cut into matchsticks
2 large celery stalks, sliced thin on the bias
Sea salt and freshly ground pepper, to taste

1) Whisk olive oil, apple cider vinegar, lemon juice, and honey in a small bowl.
2) Taste dressing and adjust for sweet or tangy preference by adding more lemon or sweetener.
3) Pour dressing over celery, fennel, apple, and parsley; toss to coat. Season to taste with salt and pepper.

TIPS & VARIATIONS

- For more smoky flavor: grill the pork for 30 to 40 minutes over medium-low heat on a gas or charcoal grill before finishing in the oven.
- Pulled pork can be prepared in advance and refrigerated for up to 5 days or frozen for up to 6 months. When prepared ahead of time, omit barbecue sauce until reheating.
- Double the pork rub mix so it's always on hand to season pork, chicken, vegetables, or seafood.
- Optional: Strain and skim fat from juices in pan. Taste to determine if the juices are suitable to pour over the shredded pork (if you like the flavor, it's a yes)—adding a small amount of water can help mellow the flavor if too concentrated. This will add flavor and moisture to the pork, or you can wait and add a small amount of water or broth when reheating.
- Substitute other crunchy vegetables like jicama, carrot, radishes, bok choy, or raw yellow beets for any part of the fennel, apple, or celery.

RED CURRY COCONUT SHRIMP

steamed brown rice

RED CURRY COCONUT SHRIMP

Servings: 4 | Preparation Time: 30 minutes | Cook Time: 30 minutes | Start to Finish Time: 1 hour

2 tablespoons avocado oil, or coconut oil
1 small sweet onion, coarsely chopped
4 cloves garlic, minced
2 teaspoons minced fresh ginger, peeled and minced
1/2 teaspoon sea salt
1/2 teaspoon freshly ground pepper
3 tablespoons Red Curry Paste, to taste (Thai Kitchen)
2 cups chicken stock, or fish stock
15 ounces coconut milk
1 1/2 tablespoons soy sauce
1 tablespoon fish sauce
2 teaspoons honey, or brown sugar
1 tablespoon micro-planed lemongrass, (freezing first makes it easy to grate)
1 small bell pepper, coarsely chopped
8 ounces mushrooms, sliced
1 large carrot, peeled, thinly sliced
1 cluster baby bok choy, coarsely chopped
1 cup chopped cauliflower
1/2 pound shrimp, peeled, deveined, tails removed
1 large lime, cut into 8 wedges
Chopped basil or cilantro, to garnish
Brown rice, for serving

GF Sub Tamari (or tamari shoyu) for soy sauce; check fish sauce and broth labels as brands vary

1) In a saute pan over medium-high heat, melt coconut oil to cover the bottom of the pan.
2) Add onion and cook for 6-8 minutes until translucent and browning at the edges. Add garlic and ginger to the skillet and cook 2 more minutes.
3) Add a good sprinkle of salt and pepper and the red curry paste, stir to integrate and cook until fragrant about 1 minute.
4) Add the stock, coconut milk, soy sauce, fish sauce, honey, and lemongrass. Give everything a good stir and bring the broth to a low boil. Let it simmer for 5 minutes to reduce slightly and thicken the broth.
5) Add all the chopped vegetables and bring back up to a boil; simmer for 5 minutes. Add the shrimp and simmer 5 minutes. Taste and adjust seasoning (salt, sweet, spice) as desired.
6) Serve in shallow bowls with rice and a lime wedge to squeeze over the top. Garnish with fresh basil.

STEAMED BROWN RICE

Servings: 4 | Preparation Time: 5 minutes | Start to Finish Time: 45 minutes

1 cup brown rice, uncooked
1 1/2 cups filtered water
1/2 teaspoon sea salt

1) Rinse rice in a colander.
2) Place cold water, rice and salt in a 3-quart saucepan and bring to a boil.
3) Reduce heat to low, cover with a lid and simmer for 35 minutes.
4) Keep the lid on (don't peek) and slide off heat to let steam 10 minutes.
5) Fluff with a fork and serve.

TIPS & VARIATIONS

- Lemongrass will last for months in the freezer; when frozen it is much easier to grate.
- If substituting white rice for the brown, follow the cooking directions on the package for step 3.
- Double the rice recipe and freeze half for other meals.
- Vegetarian: Use vegetable stock and no shrimp.
- Save prep time and buy shrimp already peeled and deveined and prepped vegetables.

Shopping List

WEEKLY MENU 2 • CLASSIC

Savoring TODAY
WHOLESOME • HEALTHY • HOMEMADE

Item	Amount/Unit	Location	Recipe
☐ fish sauce	1 tablespoon	Asian food products	Red Curry Coconut Shrimp Stew
☐ soy sauce	1 1/2 tablespoons	Asian food products	Red Curry Coconut Shrimp Stew
☐ coconut milk	15 ounces	Asian food products	Red Curry Coconut Shrimp Stew
☐ Red Curry Paste (Thai Kitchen brand)	3 tablespoons	Asian foods	Red Curry Coconut Shrimp Stew
☐ all-purpose flour	1 tablespoon	baking, flours	Chicken and Mustard Cream Sauce
☐ arrowroot powder	1 teaspoon	baking, flours, or health food	Mesquite Fajita Mix
☐ coconut palm sugar	3 1/2 tablespoons	baking, sugars	Mesquite Fajita Mix, BBQ Pulled-Pork
☐ beer	12 ounces	beer and wine	BBQ Pulled-Pork
☐ hamburger buns		bread products	BBQ Pulled-Pork
☐ honey	1 2/3 tablespoons	breakfast foods	Crunchy Fennel Apple Slaw, Red Curry Coconut Shrimp Stew
☐ Rotel tomatoes	1 (10 oz. can)	canned tomatoes	Guacamole
☐ coarse mustard (like stoneground)	4 teaspoons	condiments	Chicken and Mustard Cream Sauce
☐ avocado oil or extra-virgin olive oil	3/4 cup	cooking oils/shortening	Several recipes
☐ butter	2 tablespoons	dairy products	Chicken and Mustard Cream Sauce
☐ heavy whipping cream	1/3 cup	dairy products	Chicken and Mustard Cream Sauce
☐ brown rice	1 cup	dried beans and rice	Steamed Brown Rice
☐ 6 inch corn or flour tortillas	12	end cap, Mexican foods	Skillet Beef Fajitas
☐ boneless skinless chicken breasts	4	meat and poultry	Chicken and Mustard Cream Sauce
☐ pork country-style ribs	4 pounds	meat and poultry	BBQ Pulled-Pork Sandwiches
☐ tri-tip roast or steak (or sirloin)	1 1/4 pounds	meat and poultry	Skillet Beef Fajitas
☐ shrimp (21/35 count)	1/2 pound	meat, fresh seafood	Red Curry Coconut Shrimp Stew
☐ Any combination of: cauliflower, broccoli, beets, radishes, carrots, Brussels sprouts	5 cups	produce	Roasted Vegetable Medley
☐ avocados	4 large	produce	Guacamole
☐ baby bok choy	1 cluster	produce	Red Curry Coconut Shrimp Stew
☐ bell peppers	2 whole	produce	Skillet Beef Fajitas, Red Curry Coconut Shrimp Stew
☐ carrots	1 large	produce	Red Curry Coconut Shrimp Stew
☐ cauliflower	1 cup	produce	Red Curry Coconut Shrimp Stew
☐ celery	2 ribs	produce	Crunchy Fennel Apple Slaw
☐ green onions	8 single	produce	Guacamole

☐	basil leaves (for garnish)	1/4 cup	produce	Red Curry Coconut Shrimp Stew
☐	chives	2 tablespoons	produce	Chicken and Mustard Cream Sauce
☐	fresh parsley	1/4 cup	produce	Chicken and Mustard Cream Sauce, Crunchy Fennel Apple Slaw
☐	cilantro	1/3 cup	produce	Guacamole
☐	lemon grass	1 tablespoon	produce	Red Curry Coconut Shrimp Stew
☐	fresh ginger (jarred or 2-3 inch knob)	2 teaspoons	produce	Red Curry Coconut Shrimp Stew
☐	cremini mushrooms	8 ounces	produce	Red Curry Coconut Shrimp Stew
☐	fennel bulb	1 large	produce	Crunchy Fennel Apple Slaw
☐	garlic	16 cloves	produce	Chicken and Mustard Cream Sauce, Roasted Vegetable Medley, Skillet Beef Fajitas, Guacamole, Red Curry Coconut Shrimp Stew
☐	Honeycrisp apple	1 large	produce	Crunchy Fennel Apple Slaw
☐	lemon	1 whole	produce	Crunchy Fennel Apple Slaw
☐	limes	3 large	produce	Guacamole, Skillet Beef Fajitas, Red Curry Coconut Shrimp Stew
☐	mushrooms	8 ounces	produce	Skillet Beef Fajitas
☐	sweet yellow onions	3 small	produce	Chicken and Mustard Cream Sauce, Red Curry Coconut Shrimp Stew, Skillet Beef Fajitas
☐	chicken broth	1 7/8 pints	soups and gravies	Chicken and Mustard Cream Sauce, Red Curry Coconut Shrimp Stew
☐	ancho chile powder	1 1/2 tablespoons	spices and seasonings	Mesquite Fajita Mix
☐	chipotle chile powder	1 teaspoon	spices and seasonings	Mesquite Fajita Mix, BBQ Pulled-Pork
☐	crushed red pepper	1/4 teaspoon	spices and seasonings	Guacamole
☐	dried oregano	2 teaspoons	spices and seasonings	Mesquite Fajita Mix
☐	dried rosemary	1 teaspoon	spices and seasonings	Roasted Vegetable Medley
☐	dried thyme	1 teaspoon	spices and seasonings	Roasted Vegetable Medley
☐	granulated garlic	1 1/3 tablespoons	spices and seasonings	Mesquite Fajita Mix, BBQ Pulled-Pork
☐	granulated onion	1 1/3 tablespoons	spices and seasonings	Mesquite Fajita Mix, BBQ Pulled-Pork
☐	ground cumin	1 2/3 tablespoons	spices and seasonings	Mesquite Fajita Mix, BBQ Pulled-Pork
☐	ground mustard	2 teaspoons	spices and seasonings	BBQ Pulled-Pork Sandwiches
☐	smoked paprika	2 tablespoons	spices and seasonings	Mesquite Fajita Mix, BBQ Pulled-Pork
☐	smoked sea salt	2 7/8 tablespoons	spices and seasonings	Mesquite Fajita Mix, BBQ Pulled-Pork
☐	apple cider vinegar	2 tablespoons	vinegars	Crunchy Fennel Apple Slaw
☐	freshly ground black pepper	1 2/3 tablespoons	spices and seasonings	All recipes
☐	sea salt	1 3/8 tablespoons	spices and seasonings	All recipes

Common pantry items like oil, flour, and spices are included on the shopping list because every pantry is different. Including these items can make the list look quite long, but it is easy to check off what you already have.

Chicken With Toasted Garlic and Mustard Cream Sauce

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	839	Calories from Fat: 557
		% Daily Values*
Total Fat	61g	94%
Saturated Fat	18g	91%
Cholesterol	228mg	76%
Sodium	1730mg	72%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	4%
Protein	63g	
Vitamin A		19%
Vitamin C		18%
Calcium		7%
Iron		19%

** Percent Daily Values are based on a 2000 calorie diet.*

Roasted Vegetable Medley

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	96	Calories from Fat: 89
		% Daily Values*
Total Fat	10g	16%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	706mg	29%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	2%
Protein	trace	
Vitamin A		0%
Vitamin C		2%
Calcium		2%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*

Skillet Beef Fajitas

Servings: 6

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	109	Calories from Fat: 41
		% Daily Values*
Total Fat	5g	8%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	1263mg	53%
Total Carbohydrates	16g	5%
Dietary Fiber	2g	8%
Protein	3g	
Vitamin A		17%
Vitamin C		39%
Calcium		3%
Iron		10%

** Percent Daily Values are based on a 2000 calorie diet.*

Mesquite Fajita Mix

Servings: 10

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	28	Calories from Fat: 2
		% Daily Values*
Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	756mg	32%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	2%
Protein	1g	
Vitamin A		9%
Vitamin C		3%
Calcium		2%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*

Guacamole

Servings: 8

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	168	Calories from Fat: 127
		% Daily Values*
Total Fat	15g	24%
Saturated Fat	2g	12%
Cholesterol	0mg	0%
Sodium	189mg	8%
Total Carbohydrates	9g	3%
Dietary Fiber	3g	12%
Protein	2g	
Vitamin A		14%
Vitamin C		19%
Calcium		2%
Iron		7%

** Percent Daily Values are based on a 2000 calorie diet.*

BBQ Pulled-Pork Sandwiches

Servings: 16

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories	204	Calories from Fat: 134
		% Daily Values*
Total Fat	15g	23%
Saturated Fat	5g	25%
Cholesterol	53mg	18%
Sodium	578mg	24%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	13g	
Vitamin A		5%
Vitamin C		2%
Calcium		3%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Red Curry Coconut Shrimp Stew

Servings: 8

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	317	Calories from Fat: 154
		% Daily Values*
Total Fat	18g	27%
Saturated Fat	12g	60%
Cholesterol	43mg	14%
Sodium	567mg	24%
Total Carbohydrates	31g	10%
Dietary Fiber	3g	11%
Protein	11g	
Vitamin A		59%
Vitamin C		51%
Calcium		6%
Iron		13%

** Percent Daily Values are based on a 2000 calorie diet.*

Steamed Brown Rice

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	172	Calories from Fat: 12
		% Daily Values*
Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	237mg	10%
Total Carbohydrates	36g	12%
Dietary Fiber	1g	3%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		5%

** Percent Daily Values are based on a 2000 calorie diet.*

Crunchy Fennel Apple Slaw

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	99	Calories from Fat: 58
		% Daily Values*
Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	49mg	2%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	9%
Protein	1g	
Vitamin A		3%
Vitamin C		18%
Calcium		4%
Iron		4%

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MEAL & PREP SUMMARY

Use this summary to pick and choose what to prep at the beginning of the week so weeknight meals are easier.

MENU

- SAVORY SALMON DILL CHOWDER
  CHIVE DROP BISCUITS
- CHICKEN PARMESAN
  STEAMED BROCCOLI
- MONGOLIAN BEEF & VEGETABLES
  STEAMED BROWN RICE
- SAUSAGE & SPLIT PEA STEW
- BONUS SIDES*
  4 ALT RECIPES INCLUDED IN BUNDLE
  (Not included in the prep or shopping list)

GF See recipes for gluten-free substitutions

NOTES

PREP AHEAD (MINUTES)

SAVORY SALMON DILL CHOWDER & CHIVE DROP BISCUITS

1. Prep onion and celery for soup (5)
2. Mix dry ingredients for the biscuits (5)

(**TIP:** double the biscuits to enjoy with the stew too)
FINISH & SERVE: 30 MIN

CHICKEN PARMESAN & STEAMED BROCCOLI

1. Make marinara if not using jarred sauce; (40)
2. Prep chicken breasts to make cutlets (5)
3. Chop broccoli (5)

FINISH & SERVE: 30 MIN

MONGOLIAN BEEF & STEAMED RICE

1. Make rice and cool before storing. (30)
2. Chop green onions and stir-fry veggies (10)
   (**TIP:** purchase prepped stir-fry vegetables)
3. Slice beef into thin strips (5)
4. Combine the sauce ingredients (5)

FINISH & SERVE: 15 MIN

SAUSAGE & SPLIT PEA STEW

1. Soak split peas (8-12 hours)
   If using lentils instead of split peas, no need to soak
2. Chop onion, celery, bell pepper, carrots, zucchini (15)
3. Brown sausage (8)

TIP: Serve with leftover biscuits or the focaccia from week 1 menu.
FINISH & SERVE: (1 hour)

Get our substitutions guide here: https://monthlycooking.com/wp-content/uploads/2020/05/Common-Substitutions.pdf

SAVORY SALMON DILL CHOWDER

SAVORY SALMON DILL CHOWDER

Servings: 4 | Preparation Time: 20 minutes | Cook Time: 30 minutes | Start to Finish Time: 45 minutes

1 pound salmon fillets
2 tablespoons avocado oil
1 tablespoon Paul Prudhomme Blackened Redfish Magic
3/4 cup onion, chopped fine, (about 1/2 large onion)
2 cloves garlic, minced
3 ribs celery, diced, (about 1 1/2 cup)
4-5 medium red potatoes, washed, unpeeled, cut into 1/4-inch cubes, (about 3 cups)
2 cups chicken stock
2 teaspoons hickory liquid smoke flavoring
3/4 teaspoon sea salt
2 cups whole milk
2 tablespoons fresh dill, chopped
1/2 teaspoon white pepper

(GF) Check chicken stock label as brands vary

1) Heat 1 tablespoon oil in a soup pot over medium heat. Brush skin-side of the salmon with oil and place skin-side down in the pot. Brush the salmon flesh with oil and sprinkle with blackened seasoning. Cook on each side for 3-4 minutes, then transfer to a platter and set aside. While the fish is cooking, prep the vegetables.
2) In the same pot, add enough oil to just coat the bottom of the skillet. Add the onion and cook over medium heat until just beginning to brown at the edges, 5-7 minutes. Add the garlic, celery, potatoes, and cook 5 minutes, stirring occasionally, until vegetables soften.
3) Stir-in stock (more can be added so the vegetables are covered in stock), liquid smoke, and salt; bring to a boil. Reduce heat and simmer, covered, until potatoes are almost tender, about 10 minutes. Add milk, bring the soup back to a simmer, cover and cook until potatoes are tender, about 8 minutes.
4) Break up salmon into bite-size pieces and add to the soup with any accumulated juices from the plate. Add the dill and white pepper; simmer gently 3-4 minutes to meld flavors. Adjust dill, salt, and pepper, to taste.

CHIVE DROP BISCUITS

Servings: 4 | Preparation Time: 10 minutes | Cook Time: 15 minutes | Start to Finish Time: 25 minutes

1 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1 teaspoon coconut palm sugar, or regular brown sugar
1/4 rounded teaspoon sea salt
4 tablespoons butter, softened
1/4 cup chopped fresh chives
1/2 cup buttermilk, or oat milk

1) Heat oven to 450°. Whisk flour, baking powder, baking soda, sugar, and salt into a bowl. Add butter to bowl and rub butter into flour with your fingers or a fork. Stir in chopped chives.
2) Add half the buttermilk and stir a few times; then and just enough of the remaining buttermilk until the flour is incorporated and batter pulls away from sides of bowl.
3) Using a greased 1/4-cup scoop or spoon, drop a level amount of batter onto parchment-lined rimmed baking sheet about 2-inches apart.
4) Bake until tops are golden brown and crisp, 12 to 14 minutes. Transfer to a wire rack and cool 5 minutes.

(GF) For a gluten-free biscuit version: https://glutenfreeonashoestring.com/easy-20-minute-gluten-free-drop-biscuits/

TIPS & VARIATIONS

- Soup can be thickened by pureeing 1-2 cups of the soup in a blender then added back in, if desired.
- Sweet potatoes or celery root can be substituted for half the red potatoes.
- To thin the soup, add equal amounts of chicken stock and milk.
- Substitute 1-2 teaspoons dried dill for the fresh; adding 1 at a time, to taste.
- Substitute other fresh herbs like thyme or basil for the chives in the biscuits

CHICKEN PARMESAN

steamed broccoli

CHICKEN PARMESAN

Servings: 4 | Preparation Time: 10 minutes | Cook Time: 15 minutes | Start to Finish Time: 25 minutes

Marinara Sauce (recipe below), or jar sauce
2 large boneless, skinless chicken breast (or 4 small), about 1 1/2 lbs
1/2 teaspoon sea salt
1/2 teaspoon freshly ground pepper
1 cup panko bread crumbs
1/2 cup grated Parmesan cheese, plus more for serving
1 tablespoon chopped parsley, or 2 teaspoons dried
1/2 teaspoon granulated garlic
1 large egg
2 tablespoons milk or water
1/4 cup extra-virgin olive oil
4 slices provolone cheese
1 pound angel hair pasta

(GF) Use gluten-free pasta and panko

To serve, place a chicken cutlet over angel hair pasta, top with marinara, and garnish with Parmesan cheese.

1) Prepare homemade marinara or heat jarred marinara in a saucepan until bubbly. Keep warm until ready to use.
2) Heat water for pasta so it's ready when the chicken is nearly done and set oven to warm between 170°-200°F.
3) Cut each chicken breast (if large) to make two thinner cutlets: Place your hand firmly on top of a single chicken breast laying flat on a cutting board. With a sharp knife parallel to the counter, slice chicken (between your hand and the board) into two (mostly equal) cutlets. Season cutlets with salt and pepper.
4) In a wide shallow bowl, combine bread crumbs, Parmesan, parsley, and garlic powder.
5) In another shallow bowl, mix egg and milk together.
6) Heat 2-3 tablespoons of oil in a large skillet over medium heat. Prepare chicken for the skillet: dip each cutlet into the egg and then gently pressing it into the breadcrumbs to completely coat.
7) Cook the cutlets in the hot oil until golden brown on both sides, about 2 minutes per side. (Stir the breadcrumbs between coatings to keep it well mixed). Add more oil, as needed, to keep a coating of oil over the bottom of the skillet.
8) Place the browned chicken on a rack set inside a rimmed baking sheet, top with a slice of provolone cheese, and place in the oven to keep warm until ready to serve.
9) Cook the pasta a few minutes before the chicken is done *according to package directions*.

MARINARA SAUCE

Serves: 6 | Preparation Time: 10 minutes | Cook Time: 40 minutes | Start to Finish Time: 50 minutes

3 tablespoons olive oil
1 small sweet yellow onion, chopped
2 cloves garlic, minced
1/2 cup dry red wine
28 ounces Italian crushed tomatoes
1 tablespoon tomato paste
2 teaspoons coconut palm sugar, or (less) brown sugar
1 1/2 teaspoons Italian dry herb blend
1/2 teaspoon dried thyme
1/4 teaspoon crushed red pepper
2 tablespoons chopped fresh parsley
3 tablespoons chopped fresh basil
Sea salt and freshly ground pepper

1) In a 3-quart saucepan, heat oil over medium heat and cook onion until translucent and lightly browned around the edges, 6-8 minutes.
2) Add garlic and cook until fragrant, about 1 minute.
3) Add the wine to the onions and garlic and cook for 1-2 minutes.
4) Add the tomatoes and tomato paste, sugar, dried herbs, and crushed red pepper. Reduce heat to medium-low and allow to simmer, stirring occasionally, for about 30 minutes. Taste to adjust seasoning, adding salt and pepper, or sugar, as needed.
5) Stir in fresh parsley and basil and cook for another 2-3 minutes to meld flavors.

STEAMED BROCCOLI

Serves: 4 | Preparation Time: 5 minutes | Cook Time: 5 minutes | Start to Finish Time: 10 minutes

4 cups broccoli florets
1 teaspoon salt
1 teaspoon lemon pepper
1/4 cup water

1) In a shallow skillet, bring broccoli and water to a simmer over medium heat. Sprinkle with salt and lemon pepper.
2) Cover with a lid, turn heat down to med-low, and continue to cook 3 to 4 minutes or until broccoli is fork tender.

TIPS & VARIATIONS

- Sub jarred marinara for homemade to save prep time; freeze leftover marinara for up to 3 months
- Roast broccoli in oven or air fryer at 400°F for 10 minutes instead of steaming

MONGOLIAN BEEF & VEGETABLES

steamed brown rice

MONGOLIAN BEEF & VEGETABLES

Servings: 4 | Preparation Time: 20 minutes | Start to Finish Time: 30 minutes

FOR THE VEGETABLES:
2 tablespoons oil
5 cups vegetables (any combination of carrots, celery, squash, cauliflower, green beans, bell peppers, snow peas mushrooms etc.), sliced into bite-size pieces
1/2 teaspoon sea salt
1/2 teaspoon freshly ground pepper

FOR THE SAUCE:
3 tablespoons soy sauce
1 1/2 tablespoons Hoisin sauce
1 1/2 tablespoons Mirin
1 1/2 tablespoons coconut palm sugar
1 1/2 tablespoons chili garlic sauce
2 teaspoons cornstarch
1 1/2 teaspoons rice vinegar

FOR THE BEEF:
2 tablespoons oil
1 1/4 pounds tri-tip (or sirloin), thinly sliced across grain
1 tablespoon fresh ginger
1 tablespoon minced garlic
1/2 cup coarsely chopped green onions, about 1/2 bunch

GF Sub Tamari (or tamari shoyu) for soy sauce; check hoisin, mirin, and chili garlic sauce labels as brands vary

FOR THE VEGETABLES:
1) Heat oil in a large skillet over med-high heat. Add vegetables, season with salt and pepper, and stir-fry until lightly browned in spots, 8-10 minutes.
2) Transfer to a platter and set aside.

FOR THE SAUCE:
3) Mix the sauce ingredients in a bowl until well combined and set aside.

FOR THE BEEF:
4) Heat oil in the same skillet used for the vegetable; add the beef, ginger, garlic, and onions. Cook over med-high heat until browned, yet not cooked through, about 5 minutes.
5) Reduce heat to medium-low, add the vegetables and sauce mixture to the skillet with the beef, and cook bout 3 minutes, while stirring, until sauce thickens. Serve over rice.

STEAMED BROWN RICE

Servings: 4 | Preparation Time: 5 minutes | Start to Finish Time: 45 minutes

1 cup brown rice, uncooked
1 1/2 cups filtered water
1/2 teaspoon sea salt

1) Rinse rice in a colander.
2) Place cold water, rice and salt in a 3-quart saucepan and bring to a boil.
3) Reduce heat to low, cover with a lid and simmer for 35 minutes.
4) Keep the lid on (don't peek) and slide off heat to let steam 10 minutes.
5) Fluff with a fork and serve.

TIPS & VARIATIONS

- Double the rice recipe and freeze half for other meals.
- If substituting white rice for the brown, follow the cooking directions on the package for step 3.
- The sliced beef and sauce (without the cornstarch) can be frozen separately for a quick stir-fry with fresh vegetables.

SAUSAGE AND SPLIT PEA STEW

SAUSAGE AND SPLIT PEA STEW

Servings: 10 | Preparation Time: 15 minutes | Cook Time: 1hour 30 minutes | Start to Finish Time: 1 hour 45 minutes

1 tablespoon extra-virgin olive oil
1 pound Italian sausage
1 medium onion, diced (about 1 cup)
2 ribs celery, diced (about 2/3 cup)
1 red bell pepper, diced (about 1 cup)
4 cloves garlic, minced
1 teaspoon sea salt
1 teaspoon lemon pepper
1/2 teaspoon crushed red pepper flakes
1 teaspoon dried basil, or 1/3 cup fresh basil
1 teaspoon dried oregano
1/2 teaspoon dried thyme, or 2 tablespoons fresh
3 medium carrots, diced (about 1 1/4 cup)
1 medium zucchini, chopped, about 2 cups
2 cups split peas, rinsed and soaked 8 hours (or lentils, no soaking needed)
8 cups chicken broth
1 piece Parmesan rind, optional
28 ounces diced canned tomatoes, undrained
3 tablespoons fresh parsley
1/2 cup Parmesan cheese, for garnish

GF Check chicken broth labels as brands vary

1) *Soak split peas in enough water to cover by 2 inches with 1 tablespoon salt for 8 to 12 hours in advance. This reduces cooking time and ensures they will soften if they've been stored a long time.
2) In a large pot, brown sausage in olive oil over medium heat until cooked through 7-8 minutes. Remove sausage from pan and drain on a paper towel lined plate.
3) In the same pot, saute the onion, celery, and bell pepper in the rendered fat from the sausage until vegetables are softened and beginning to caramelize, 7-8 minutes (add more oil as needed). Add the garlic, salt and spices, cook another 2 minutes until the garlic is fragrant and the herbs release a pleasant aroma.
4) Add the carrots, zucchini, and split peas to the pot and pour in some of the chicken stock and stir to loosen any browned bits at the bottom to incorporate into the stew. Add the cooked sausage, remaining stock and Parmesan rind; bring to a boil. Reduce heat, cover and simmer for 45 minutes to 1 hour (if using lentils, simmer for 20 minutes), or until peas are tender. Add the tomatoes and cook uncovered for 30 minutes to meld flavors.
5) Stir in parsley just before serving. Remove Parmesan rind and serve with freshly grated Parmesan.

TIPS & VARIATIONS

- Lentils can be substituted for the split peas and do not require soaking. 1 1/2 hours cooking time can be reduced to about 1 hour if using lentils.
- Substitute any favorite sausage for the Italian, like andouille, or other pre-cooked links.
- Parmesan rind is simply the hard rind of the cheese when sold as blocks or wedges. So if you buy Parmesan in blocks, cut the rind off and freeze it. Throw it in soups, stews, or broth for added flavor.
- This stew freezes very well and I often make a double batch in the stock pot to freeze for quick, satisfying meals.

Shopping List

WEEKLY MENU 3 • CLASSIC

Savoring TODAY
WHOLESOME • HEALTHY • HOMEMADE

Item	Amount/Unit	Location	Recipe
☐ dry red wine	1/2 cup	beer and wine	Marinara Sauce
☐ chili garlic sauce (like Panda brand)	1 1/2 tablespoons	Asian food products	Mongolian Beef & Vegetables
☐ hoisin sauce	1 1/2 tablespoons	Asian food products	Mongolian Beef & Vegetables
☐ Mirin	1 1/2 tablespoons	Asian food products	Mongolian Beef & Vegetables
☐ soy sauce	3 tablespoons	Asian food products	Mongolian Beef & Vegetables
☐ rice vinegar	1 1/2 teaspoons	Asian food products, or vinegars	Mongolian Beef & Vegetables
☐ baking powder	1 teaspoon	baking products	Chive Drop Biscuits
☐ baking soda	1/4 teaspoon	baking products	Chive Drop Biscuits
☐ panko bread crumbs	1 cup	baking products	Chicken Parmesan
☐ all-purpose flour	1 cup	baking, flours	Chive Drop Biscuits
☐ cornstarch	2 teaspoons	baking, flours	Mongolian Beef & Vegetables
☐ coconut palm sugar	2 1/2 tablespoons	baking, sugars	Chive Drop Biscuits, Marinara Sauce, Mongolian Beef & Vegetables
☐ tomato paste	1 tablespoon	canned tomato sauces	Marinara Sauce
☐ stewed tomatoes	28 ounces	canned tomatoes	Marinara Sauce
☐ canned diced tomatoes	28 ounces	canned tomatoes	Sausage & Split Pea Stew
☐ liquid smoke flavoring	2 teaspoons	condiments	Salmon Chowder
☐ avocado oil or extra-virgin olive oil	1 cup	cooking oils/shortening	Several Recipes
☐ butter	4 tablespoons	dairy products	Chive Drop Biscuits
☐ buttermilk	1/2 cup	dairy products	Chive Drop Biscuits
☐ eggs	1 large	dairy products	Chicken Parmesan
☐ whole milk	2 1/8 cups	dairy products	Chicken Parmesan, Salmon Chowder
☐ provolone cheese	4 slices	deli or dairy products	Chicken Parmesan
☐ Parmesan cheese	1 cup	deli cheese	Chicken Parmesan, Sausage & Split Pea Stew
☐ Parmesan rind	1 piece	deli	Sausage & Split Pea Stew
☐ brown rice	1 cup	dried beans and rice	Steamed Brown Rice
☐ split peas	2 cups	dried beans and rice	Sausage & Split Pea Stew
☐ boneless skinless chicken breasts	2 large	meat and poultry	Chicken Parmesan
☐ Italian sausage	1 pound	meat and poultry	Sausage & Split Pea Stew
☐ tri-tip steak	1 1/4 pounds	meat and poultry	Mongolian Beef & Vegetables
☐ salmon	1 pound	meat, fresh seafood	Salmon Chowder

☐	angel hair pasta	1 pound	pasta	Chicken Parmesan
☐	broccoli	4 cups	produce	Steamed Broccoli
☐	carrots	3 large	produce	Sausage & Split Pea Stew
☐	celery	5 ribs	produce	Salmon Chowder, Sausage & Split Pea Stew
☐	fresh basil	1/4 cup	produce	Marinara Sauce
☐	fresh chives	1/4 cup	produce	Chive Drop Biscuits
☐	fresh dill	2 tablespoons	produce	Salmon Chowder
☐	fresh ginger (jarred or 3-inch knob)	1 tablespoon	produce	Mongolian Beef & Vegetables
☐	fresh parsley	3/8 cup	produce	Chicken Parmesan, Marinara Sauce, Sausage & Split Pea Stew
☐	garlic	11 cloves	produce	Salmon Chowder, Marinara Sauce, Sausage & Split Pea Stew, Mongolian Beef & Vegetables
☐	green onions	1/2 cup	produce	Mongolian Beef & Vegetables
☐	red bell peppers	1 whole	produce	Sausage & Split Pea Stew
☐	red potatoes	4 medium	produce	Salmon Chowder
☐	sweet yellow onions	3 small	produce	Salmon Chowder, Marinara Sauce, Sausage & Split Pea Stew
☐	vegetables (any combination of carrots, celery, squash, cauliflower, green beans, bell peppers, snow peas mushrooms etc.)	5 cups	produce	Mongolian Beef & Vegetables
☐	zucchini	1 medium	produce	Sausage & Split Pea Stew
☐	chicken broth or stock	2 1/2 quarts	soups and gravies	Sausage & Split Pea Stew Recipe, Salmon Chowder
☐	Paul Prudhomme Blackened Redfish Magic	1 tablespoon	spices and seasonings	Salmon Chowder
☐	crushed red pepper flakes	3/4 teaspoon	spices and seasonings	Marinara Sauce, Sausage & Split Pea Stew
☐	dried basil	1 teaspoon	spices and seasonings	Sausage & Split Pea Stew
☐	dried oregano	1 teaspoon	spices and seasonings	Sausage & Split Pea Stew
☐	dried thyme	1 teaspoon	spices and seasonings	Marinara Sauce, Sausage & Split Pea Stew
☐	dry italian herb blend	2 teaspoons	spices and seasonings	Marinara Sauce
☐	granulated garlic	1/2 teaspoon	spices and seasonings	Chicken Parmesan
☐	lemon pepper	2 teaspoons	spices and seasonings	Steamed Broccoli, Sausage & Split Pea Stew
☐	white pepper	1/2 teaspoon	spices and seasonings	Salmon Chowder
☐	freshly ground black pepper	1/4 teaspoon	spices and seasonings	All Recipes
☐	sea salt	1 3/8 tablespoons	spices and seasonings	All Recipes

Common pantry items like oil, flour, and spices are included on the shopping list because every pantry is different. Including these items can make the list look quite long, but it is easy to check off what you already have.

Savory Salmon and Dill Chowder

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	357	Calories from Fat: 139
		% Daily Values*
Total Fat	15g	23%
Saturated Fat	4g	20%
Cholesterol	76mg	25%
Sodium	1602mg	67%
Total Carbohydrates	24g	8%
Dietary Fiber	2g	10%
Protein	29g	
Vitamin A		7%
Vitamin C		35%
Calcium		19%
Iron		14%

** Percent Daily Values are based on a 2000 calorie diet.*

Chive Drop Biscuits

Servings: 6

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	159	Calories from Fat: 76
		% Daily Values*
Total Fat	9g	13%
Saturated Fat	5g	26%
Cholesterol	23mg	8%
Sodium	302mg	13%
Total Carbohydrates	18g	6%
Dietary Fiber	1g	2%
Protein	3g	
Vitamin A		8%
Vitamin C		2%
Calcium		8%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Chicken Parmesan

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	1449	Calories from Fat: 614
		% Daily Values*
Total Fat	67g	104%
Saturated Fat	29g	144%
Cholesterol	221mg	74%
Sodium	1717mg	72%
Total Carbohydrates	120g	40%
Dietary Fiber	6g	25%
Protein	86g	
Vitamin A		55%
Vitamin C		55%
Calcium		128%
Iron		48%

** Percent Daily Values are based on a 2000 calorie diet.*

Steamed Broccoli

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	23	Calories from Fat: 2
		% Daily Values*
Total Fat	trace	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	638mg	27%
Total Carbohydrates	4g	1%
Dietary Fiber	2g	9%
Protein	2g	
Vitamin A		44%
Vitamin C		114%
Calcium		4%
Iron		3%

** Percent Daily Values are based on a 2000 calorie diet.*

Mongolian Beef & Vegetables

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	165	Calories from Fat: 114
		% Daily Values*
Total Fat	14g	21%
Saturated Fat	2g	8%
Cholesterol	trace	0%
Sodium	1113mg	46%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	3%
Protein	1g	
Vitamin A		1%
Vitamin C		5%
Calcium		2%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*

Marinara Sauce

Servings: 6

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	85	Calories from Fat: 70
		% Daily Values*
Total Fat	7g	10%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	36mg	1%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	2%
Protein	trace	
Vitamin A		4%
Vitamin C		8%
Calcium		1%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*

Easy Sausage & Split Pea Stew

Servings: 10

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	397	Calories from Fat: 165
		% Daily Values*
Total Fat	18g	28%
Saturated Fat	6g	32%
Cholesterol	38mg	13%
Sodium	1533mg	64%
Total Carbohydrates	35g	12%
Dietary Fiber	13g	52%
Protein	24g	
Vitamin A		147%
Vitamin C		59%
Calcium		12%
Iron		41%

** Percent Daily Values are based on a 2000 calorie diet.*

Steamed Brown Rice

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	172	Calories from Fat: 12
		% Daily Values*
Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	237mg	10%
Total Carbohydrates	36g	12%
Dietary Fiber	1g	3%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		5%

** Percent Daily Values are based on a 2000 calorie diet.*

The nutrition information provided here is calculated through MasterCook recipe software and is intended to provide general information. It is not intended for those following a strict medical diet.

MEAL & PREP SUMMARY

Use this summary to pick and choose what to prep at the beginning of the week so weeknight meals are easier.

MENU

- BABY BACK RIBS
  COLESLAW
- CHICKEN PICCATA & ANGEL HAIR
  ROASTED ASPARAGUS
- BRAISED CHICKEN THIGHS
  MASHED POTATOES
- BEEF STROGANOFF & EGG NOODLES
  ARUGULA BLUEBERRY SALAD
- BONUS SIDES*
  4 ALT RECIPES INCLUDED IN BUNDLE
  (Not included in the prep or shopping list)

GF See recipes for gluten-free substitutions

NOTES

PREP AHEAD (MINUTES)

BABY BACK RIBS & COLESLAW

1. Prep and grill/bake ribs completely (4-8 hrs, 30 min active time) **TIP:** double the ribs to freeze.
2. Mix the coleslaw dressing; store in the fridge until ready to serve (5)
3. Slice cabbage, chop green bell pepper, grate carrot and onion, mince the fresh parsley; combine in a bowl and refrigerate. Use within 3 days (mixed), up to 1 week (separate) (10)
   TIP: purchase cabbage already shredded
4. Potatoes can be peeled and submerged in water in the fridge up to 24 hours, but no longer (5)

FINISH & SERVE: 30 MIN

CHICKEN PICCATA & ROASTED ASPARAGUS

1. Halve chicken breasts; season with salt and pepper; store until ready to cook (5)
2. Dice onion; store in fridge until ready to cook (5)
3. Trim ends of asparagus 1-inch; store in a jar with 1-inch of water to keep asparagus fresher (2)

FINISH & SERVE: 20 MIN

BRAISED CHICKEN THIGHS & MASHED POTATOES

1. Chop the shallots/onion and parsley (5)
2. Potatoes can be peeled and submerged in water in the fridge up to 24 hours, but no longer (5)

FINISH & SERVE: 40 MIN

BEEF STROGANOFF W/ EGG NOODLES & ARUGULA SALAD

1. Slice onion and prep beef (10)
2. Mix dressing (5)

FINISH & SERVE: 30 MIN

Store prepped items in the fridge < 7 days unless otherwise noted.

Get our substitutions guide here: https://monthlycooking.com/wp-content/uploads/2020/05/Common-Substitutions.pdf

BABY BACK RIBS

coleslaw

BABY BACK RIBS

Servings: 6 | Preparation Time: 15 minutes | Resting Time: 4-24 hours | Start to Finish Time: 4-8 hours

2 1/2 tablespoons coconut palm sugar, or brown sugar
1 1/2 tablespoons smoked sea salt, or kosher salt
1 tablespoon smoked paprika
1 tablespoon ground cumin
2 teaspoons ground mustard
2 teaspoons granulated onion
2 teaspoons granulated garlic
2 teaspoons black pepper
1/2 teaspoon chipotle chile powder
4 1/2 pounds baby back pork ribs, 2 large racks
24 ounces beer, 1-2 bottles
BBQ sauce for serving

GF Use gluten-free beer and barbecue sauce

1) (OPTIONAL) Remove the silverskin from the ribs by slipping a butter knife under it enough to lift it off to get your finger under it. Peel it off the ribs by pulling it away from the rack in the opposite direction it is laying, like peeling the back off a sticker.
2) Mix sugar, salt, paprika, cumin, onion, garlic, and pepper in a small dish until well combined. If the ribs are larger than your pan or grill, cut each rack of ribs into thirds so it's easier to handle. Sprinkle the seasoning over the meaty side of the ribs and rub with your fingertips to evenly cover the meat in a thin layer. (You may not use all the seasoning.)
3) Set the ribs on a rimmed baking sheet, cover with plastic wrap and refrigerate for 4-24 hours (optional).
4) Heat oven to 325°F. Place ribs in roasting pan so the ribs form a natural rack holding the meat out of the liquid. Pour beer in the bottom of the pan and cover with a tent of aluminum foil. **Bake at 325° for 3-4 hours** until meat is tender and loosens from bone.
5) Transfer ribs to a cutting board and allow to cool slightly so you can cut ribs between the bones with a sharp knife for individual servings. At this point, brush with sauce and place under the broiler for 5-6 minutes to caramelize the sauce and serve.

COLESLAW

Servings: 4 | Preparation Time: 20 minutes | Start to Finish Time: 20 minutes

FOR THE DRESSING:
1/2 cup mayonnaise
2 tablespoons Dijon mustard
2 tablespoons coconut palm sugar, or brown sugar
1 1/2 tablespoons apple cider vinegar
1 tablespoon buttermilk
1/2 teaspoon celery seeds
1/2 teaspoon salt
1/8 teaspoon black pepper

FOR THE SLAW:
1 1/2 cups shredded green cabbage
1 1/2 cups shredded red cabbage
1/2 cup shredded carrot
1/4 cup finely diced green bell pepper
1/4 cup finely chopped sweet yellow onion
2 tablespoons finely chopped fresh parsley

1) Whisk the mayonnaise, mustard, sugar, vinegar, buttermilk, celery seeds, salt and pepper in a small bowl until well combined. Taste and adjust seasoning for sweet, salt, vinegar, as desired.
2) Combine the cabbages, carrot, bell pepper, onion, and parsley in a large mixing bowl. Toss with enough dressing to evenly coat the slaw. Cover and refrigerate for 1 hour to chill and meld flavors.

TIPS & VARIATIONS

- If using brown sugar instead of coconut palm sugar, to not pack and use a little less than recipe calls for.
- Ribs can be prepared in advance and refrigerated for up to 7 days or frozen for up to 6 months. When prepared ahead of time, omit barbecue sauce until ribs are reheated.
- Purchase bagged shredded cabbage to save prep time on the cabbage.
- Substitute broccoli slaw for the cabbage.
- Double the pork rub mix so it's always on hand to season pork, chicken, vegetables, or seafood.

CHICKEN PICCATA W/ ANGEL HAIR PASTA

roasted asparagus

CHICKEN PICCATA

Servings: 4 | Preparation Time: 15 minutes | Start to Finish Time: 30 minutes

4 small boneless-skinless chicken breasts, or 2 large chicken breasts halved lengthwise
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1/4 cup flour, for dusting chicken
4 tablespoons extra virgin olive oil, divided
1/2 cup sweet onion, finely chopped
1/3 cup dry white wine
2 cloves garlic, minced
1/2 cup chicken broth
2 tablespoons lemon juice
1 tablespoon capers, drained
2 tablespoons butter
1 tablespoon fresh parsley, minced
1/4 cup Parmesan cheese, for garnish
16 ounces angel hair pasta

GF Use gluten-free pasta and chicken broth; sub sweet rice flour for regular flour

1) Cook pasta according to package directions.
2) Place chicken in a zip-type bag and pound the thicker part of the chicken breast with a mallet or rolling pin to create a more even thickness.
3) Season chicken with salt and pepper then dust with enough flour to leave a fine coating. Add 2 tablespoons of olive oil to a skillet over med heat. Cook cutlets 2 minutes on each side until lightly browned. Transfer cutlets to a plate and reduce heat to medium-low.
4) Add 2 tablespoons of olive oil to the skillet with the onion, season with salt and pepper, and cook until onion translucent and begins to brown at the edges.
5) Add wine and garlic to the pan and stir while simmering, until garlic is fragrant, about 2 minutes.
6) Add broth, lemon juice, and capers and bring to a steady simmer. Return cutlets to pan for 1-2 minutes. Add the butter and once the butter melts, serve immediately.
7) Serve cutlets with sauce over pasta, and garnished with fresh parsley and grated Parmesan.

ROASTED ASPARAGUS

Servings: 4 | Preparation Time: 5 minutes | Start to Finish Time: 15 minutes

16 ounces asparagus
2 tablespoons olive oil
1 teaspoon sea salt
1 teaspoon freshly ground pepper

1) Set oven to BROIL. Prepare the asparagus by trimming fibrous ends. Either cut or snap off the bottoms at the natural bend or breaking point of the stalk (where the color changes from white to green), 1-2 inches from the base.
2) Arrange asparagus on a rimmed baking sheet side by side in an even layer. Drizzle with olive oil and roll asparagus to coat well. Season with salt and pepper.
3) Place pan on the top rack in the oven and broil for 6-8 minutes, until browned in spots and crisp-tender. (A fork should slide into the asparagus with slight resistance.) Cook 1-2 minutes longer if a softer texture is preferred.

TIPS & VARIATIONS

- Grill asparagus on high for 6-8 minutes instead of roasting in the oven.
- Substitute more chicken broth for the wine.
- Capers have a bright, pickle-vinegar flavor and are a classic ingredient to this dish. However, they might seem expensive for something you aren't familiar with using. It's fine to substitute chopped green olives (without pimentos). More ways to use capers: egg salad, deviled eggs, macaroni salad, Caesar dressing instead of anchovies, or chop and mix with mayo for a zippy sandwich spread.

BRAISED CHICKEN THIGHS IN MUSTARD CREAM SAUCE

mashed potatoes

BRAISED CHICKEN THIGHS IN MUSTARD CREAM SAUCE

Servings: 4 | Preparation Time: 5 minutes | Cook Time: 40 minutes | Start to Finish Time: 45 minutes

2 pounds bone-in chicken thighs, skin-on
1 teaspoon sea salt
1/2 teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil
1/2 cup finely chopped onion
4 cloves garlic, minced
1/2 cup dry white wine
1 cup chicken stock
1/4 cup stone ground mustard
8 sprigs fresh thyme
2 tablespoons heavy whipping cream
1 tablespoon chopped fresh parsley, for garnish

GF Check chicken stock label as brands vary

1) Heat oven to 375°F. Season both sides of chicken with salt and pepper.
2) Heat oil in a large (oven-safe) pot, or 12-inch skillet with a lid, over medium heat. Sear chicken skin side down until golden brown, about 5 minutes, without moving so the fat renders and skin crisps. Once nicely browned, turn and sear the other side for 3 to 4 minutes. Transfer to a platter and set aside.
3) In the same pot, cook the onion over medium-low heat until softened, about 5 minutes. Add the garlic and cook another minute until fragrant.
4) Add the wine, stock, mustard and thyme to the pan and bring to a rapid simmer. Return the chicken to the pan with any juices, cover with lid, and transfer to the oven.
5) Bake for 30 minutes or until chicken is cooked through and reaches 165°F internal temperature.
6) (OPTIONAL) Turn the oven broiler on High. Transfer chicken to a rimmed baking sheet, skin-side up.
7) Return the pan to the stove top. Add the cream to the sauce and simmer for 5 minutes or until sauce thickens.
8) While simmering the sauce, place chicken under the broiler to crisp skin, 3 to 4 minutes (broiling the chicken is to only to crisp the skin, so it is optional).
9) Serve chicken with the sauce and garnish with parsley.

MASHED POTATOES

Servings: 4 | Preparation Time: 10 minutes | Cook Time: 20 minutes | Start to Finish Time: 30 minutes

4 large Yukon Gold potato (about 1 1/2 lbs.) peeled and cut into 2-inch cubes
4 tablespoons butter, plus more for serving
1/4 cup half and half, heated
1/2 teaspoon ground white pepper
Sea salt

1) Place the cubed potatoes in a pot with 1 tablespoon salt and enough water to cover the potatoes by an inch. Boil the potatoes for 15 to 20 minutes until a fork slips easily into the cooked potato.
2) While the potatoes are cooking, heat the half and half with the butter until hot, but not boiling (it's okay if the butter isn't completely melted).
3) When the potatoes are done, drain off the water and return the potatoes to the pot.
4) Sprinkle with the pepper and pour in the half and half and butter. Mash potatoes to desired consistency with a potato masher. Taste and add more salt and black pepper, as needed.
5) Serve with an addition pat of butter in the center of the potatoes.

TIPS & VARIATIONS

- Substitute boneless, skinless chicken breasts for the thighs: Skip the step of continued cooking in the oven. Instead, brown the chicken breasts until the internal temperature reaches 160 degrees or until no longer translucent inside. Remove from the pan to make the sauce, then return with collected juices to warm and serve.
- Make it without alcohol—substitute 2 tablespoons apple cider vinegar for the wine and increase the chicken stock to 1 1/2 cups total.

BEEF STROGANOFF AND EGG NOODLES

ARUGULA WITH BLUEBERRIES, WALNUTS & FETA

BEEF STROGANOFF & EGG NOODLES

Servings: 4 | Preparation Time: 10 minutes | Cook Time: 20 minutes | Start to Finish Time: 30 minutes

2 tablespoons extra-virgin olive oil
1 1/4 pounds tri-tip roast (or sirloin) sliced across the grain into 1/4 inch-by-2 inch strips
4 tablespoons butter
1/2 large sweet onion, sliced thin
8 ounces cremini mushrooms, sliced
1 clove garlic, minced
2 tablespoons Cognac, or other brandy (optional)
1 tablespoon tomato paste
1 cup beef broth or stock
1/2 cup crème fraîche, or sour cream
1/4 cup Parmesan cheese, grated for garnish
2 tablespoons fresh parsley, chopped for garnish (optional)
Sea salt and freshly ground pepper
16 ounces egg noodles, cooked to package directions

(GF) Use gluten-free egg noodles and check broth labels as brands vary

1) Cook egg noodles according to package directions in salted water.
2) In a large skillet, heat the oil until hot over medium heat, then add the meat to skillet. Season with salt and pepper and cook over med heat, stirring occasionally, until lightly browned in spots but still rare, 3-4 minutes. Transfer meat to a platter, tent with foil, and set aside.
3) In the same skillet, melt 2 tablespoons of the butter. Add the onion to the skillet, season with salt and pepper, and cook over medium heat until the onions begin to brown at the edges, 5-8 minutes. Once the onions are translucent and beginning to brown, add the mushrooms and garlic to the skillet with the remaining 2 tablespoons of butter. Season with salt and pepper and cook over medium heat until the mushrooms are tender and the garlic is fragrant, about 5 minutes.
4) Slide the skillet off the heat and add the Cognac to the mushrooms and onions; stir-in as it evaporates. Return the skillet to medium heat and add the tomato paste and stock; bring to a rapid simmer and cook to reduce for 5 minutes. Stir in the crème fraîche and gently simmer until thickened, about 5 minutes. Taste the sauce and season with additional salt and pepper, as desired.
5) Add the meat, including any accumulated juices, to the mushroom sauce and simmer just until heated through, about 2 minutes. Serve right away garnished with parsley and Parmesan cheese.

ARUGULA W/ BLUEBERRIES, WALNUTS, & FETA

Servings: 4 | Preparation Time: 5 minutes | Start to Finish Time: 15 minutes

6 cups baby arugula, lightly packed
1/4 cup feta cheese
2/3 cup walnuts
1 cup blueberries
1/2 cup Orange-Dijon Dressing, as desired

FOR THE DRESSING:
1/3 cup extra-virgin olive oil
2 tablespoons apple cider vinegar
2 tablespoons orange juice
2 teaspoons fresh parsley, minced
1 tablespoon honey
1 teaspoon Dijon mustard
1 teaspoon orange zest
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 dash hot sauce

1) Prepare dressing by mixing the ingredients in a cruet or jar with a lid and shake. Refrigerate for 15-20 minutes before serving.
2) Arrange greens on a small plate, sprinkle with walnuts, blueberries, and feta as desired. Dress with Orange-Dijon dressing and serve.

TIPS & VARIATIONS

- The cut of meat in stroganoff is important here because the cooking time is brief, these cuts work best: beef tenderloin, tri-tip steak, Teres major a.k.a. petite tender or shoulder tender, bavette or flap meat.

Shopping List

WEEKLY MENU 4 • CLASSIC

Savoring TODAY
WHOLESOME • HEALTHY • HOMEMADE

Item	Amount/Unit	Location	Recipe
☐ beer	24 ounces	beer and wine	Baby Back Ribs [Oven Method]
☐ dry white wine	7/8 cup	beer and wine	Chicken Piccata with Angel Hair Pasta, Braised Chicken Thighs in Mustard Cream Sauce
☐ Cognac (or other brandy)	2 tablespoons	beer and wine	Beef Stroganoff
☐ all-purpose flour	1/4 cup	baking, flours	Chicken Piccata with Angel Hair Pasta
☐ coconut palm sugar	1/4 cup	baking, sugars	Baby Back Ribs [Oven Method], Coleslaw
☐ apple cider vinegar	2 7/8 tablespoons	vinegars	Coleslaw, Orange-Dijon Dressing
☐ honey	2/3 tablespoon	breakfast foods	Orange-Dijon Dressing
☐ tomato paste	1 tablespoon	canned tomato sauces	Beef Stroganoff
☐ BBQ sauce for ribs (any favorite)		condiments	Baby Back Ribs [Oven Method]
☐ Dijon mustard	2 1/4 tablespoons	condiments	Coleslaw, Orange-Dijon Dressing
☐ stone ground mustard	1/4 cup	condiments	Braised Chicken Thighs in Mustard Cream Sauce
☐ extra-virgin olive oil	7/8 cup	cooking oils/shortening	Several Recipes
☐ butter	5/8 cup	dairy products	Chicken Piccata with Angel Hair Pasta, Mashed Potatoes, Beef Stroganoff
☐ buttermilk	1 tablespoon	dairy products	Coleslaw
☐ half and half	1/4 cup	dairy products	Mashed Potatoes
☐ heavy whipping cream	2 tablespoons	dairy products	Braised Chicken Thighs in Mustard Cream Sauce
☐ Parmesan cheese	1/2 cup	deli or dairy products	Chicken Piccata with Angel Hair Pasta, Beef Stroganoff
☐ Creme Fraiche (or sour cream)	1/2 cup	deli or dairy products	Beef Stroganoff
☐ feta cheese	4 tablespoons	deli or dairy products	Baby Arugula with Blueberries, Walnuts & Feta
☐ boneless skinless chicken breasts	4 small	meat and poultry	Chicken Piccata with Angel Hair Pasta
☐ pork baby back ribs	4 1/2 pounds	meat and poultry	Baby Back Ribs [Oven Method]
☐ tri-tip roast or steak (or sirloin)	1 1/4 pounds	meat and poultry	Beef Stroganoff
☐ chicken thighs, bone-in (or boneless)	2 pounds	meat and poultry	Braised Chicken Thighs in Mustard Cream Sauce
☐ hot sauce	2/3 dash	Mexican food products	Orange-Dijon Dressing
☐ walnuts	2/3 cup	nuts and seeds or baking	Baby Arugula with Blueberries, Walnuts & Feta
☐ angel hair pasta	16 ounces	pasta	Chicken Piccata with Angel Hair Pasta
☐ egg noodles	16 ounces	pasta	Beef Stroganoff
☐ capers	1 tablespoon	pickles, or Italian foods, or deli	Chicken Piccata with Angel Hair Pasta
☐ arugula	6 cups	produce	Baby Arugula with Blueberries, Walnuts & Feta

☐	asparagus	16 ounces	produce	Roasted Asparagus
☐	blueberries	1 cup	produce	Baby Arugula with Blueberries, Walnuts & Feta
☐	carrots	1/2 cup	produce	Coleslaw
☐	cremini mushrooms	8 ounces	produce	Beef Stroganoff
☐	fresh parsley	3/8 cup	produce	Coleslaw, Chicken Piccata with Angel Hair Pasta, Braised Chicken Thighs in Mustard Cream Sauce, Beef Stroganoff, Orange-Dijon Dressing
☐	fresh thyme	8 sprigs	produce	Braised Chicken Thighs in Mustard Cream Sauce
☐	garlic	7 cloves	produce	Chicken Piccata with Angel Hair Pasta, Braised Chicken Thighs in Mustard Cream Sauce, Beef Stroganoff
☐	green bell peppers	1/4 cup	produce	Coleslaw
☐	green cabbage (shredded)	1 1/2 cups	produce	Coleslaw
☐	purple cabbage (shredded)	1 1/2 cups	produce	Coleslaw
☐	lemons	2 whole	produce	Chicken Piccata with Angel Hair Pasta
☐	orange	1 whole	produce	Orange-Dijon Dressing
☐	sweet yellow onions	1 1/2 large	produce	Coleslaw, Chicken Piccata with Angel Hair Pasta, Braised Chicken Thighs in Mustard Cream Sauce, Beef Stroganoff
☐	Yukon Gold potatoes	4 large	produce	Mashed Potatoes
☐	mayonnaise	1/2 cup	salad dressings	Coleslaw
☐	beef broth or stock	1 cup	soups and gravies	Beef Stroganoff
☐	chicken broth or stock	1 1/2 cups	soups and gravies	Chicken Piccata with Angel Hair Pasta, Braised Chicken Thighs in Mustard Cream Sauce
☐	chipotle chile powder	1/2 teaspoon	spices and seasonings	Baby Back Ribs [Oven Method]
☐	dried celery seeds	1/2 teaspoon	spices and seasonings	Coleslaw
☐	granulated garlic	2 teaspoons	spices and seasonings	Baby Back Ribs [Oven Method]
☐	granulated onion	2 teaspoons	spices and seasonings	Baby Back Ribs [Oven Method]
☐	ground cumin	1 tablespoon	spices and seasonings	Baby Back Ribs [Oven Method]
☐	ground mustard	2 teaspoons	spices and seasonings	Baby Back Ribs [Oven Method]
☐	ground white pepper	1/2 teaspoon	spices and seasonings	Mashed Potatoes
☐	smoked paprika	1 tablespoon	spices and seasonings	Baby Back Ribs [Oven Method]
☐	smoked sea salt	1 1/2 tablespoons	spices and seasonings	Baby Back Ribs [Oven Method]
☐	sea salt	2 1/3 teaspoons	spices and seasonings	All Recipes
☐	freshly ground black pepper	1 1/8 teaspoons	spices and seasonings	All Recipes

Common pantry items like oil, flour, and spices are included on the shopping list because every pantry is different. Including these items can make the list look quite long, but it is easy to check off what you already have.

MENU 4 NUTRITION FACTS • CLASSIC

Baby Back Ribs [Oven Method]

Servings: 6

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	667	Calories from Fat: 469
		% Daily Values*
Total Fat	50g	77%
Saturated Fat	18g	92%
Cholesterol	171mg	57%
Sodium	1584mg	66%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	3%
Protein	35g	
Vitamin A		15%
Vitamin C		3%
Calcium		9%
Iron		17%

** Percent Daily Values are based on a 2000 calorie diet.*

Coleslaw

Servings: 6

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	162	Calories from Fat: 126
		% Daily Values*
Total Fat	16g	25%
Saturated Fat	2g	11%
Cholesterol	7mg	2%
Sodium	342mg	14%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	5%
Protein	1g	
Vitamin A		64%
Vitamin C		27%
Calcium		3%
Iron		3%

** Percent Daily Values are based on a 2000 calorie diet.*

Baby Arugula with Blueberries, Walnuts & Feta

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	300	Calories from Fat: 222
		% Daily Values*
Total Fat	26g	40%
Saturated Fat	4g	20%
Cholesterol	8mg	3%
Sodium	285mg	12%
Total Carbohydrates	13g	4%
Dietary Fiber	3g	10%
Protein	7g	
Vitamin A		17%
Vitamin C		23%
Calcium		11%
Iron		7%

** Percent Daily Values are based on a 2000 calorie diet.*

Orange-Dijon Dressing

Nutrition Facts

Amount Per Serving

Calories	727	Calories from Fat: 632
		% Daily Values*
Total Fat	72g	111%
Saturated Fat	10g	49%
Cholesterol	0mg	0%
Sodium	1021mg	43%
Total Carbohydrates	24g	8%
Dietary Fiber	1g	2%
Protein	1g	
Vitamin A		4%
Vitamin C		37%
Calcium		2%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Beef Stroganoff

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	730	Calories from Fat: 305
		% Daily Values*
Total Fat	33g	51%
Saturated Fat	15g	77%
Cholesterol	169mg	56%
Sodium	812mg	34%
Total Carbohydrates	84g	28%
Dietary Fiber	4g	14%
Protein	19g	
Vitamin A		21%
Vitamin C		9%
Calcium		14%
Iron		33%

** Percent Daily Values are based on a 2000 calorie diet.*

Braised Chicken Thighs in Mustard Cream Sauce

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	151	Calories from Fat: 119
		% Daily Values*
Total Fat	10g	15%
Saturated Fat	3g	14%
Cholesterol	10mg	3%
Sodium	877mg	37%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	2g	
Vitamin A		11%
Vitamin C		16%
Calcium		9%
Iron		10%

** Percent Daily Values are based on a 2000 calorie diet.*

Mashed Potatoes

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	192	Calories from Fat: 119
		% Daily Values*
Total Fat	13g	20%
Saturated Fat	8g	41%
Cholesterol	37mg	12%
Sodium	128mg	5%
Total Carbohydrates	16g	5%
Dietary Fiber	1g	4%
Protein	3g	
Vitamin A		10%
Vitamin C		30%
Calcium		2%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*

Chicken Piccata with Angel Hair Pasta

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	934	Calories from Fat: 240
		% Daily Values*
Total Fat	26g	40%
Saturated Fat	7g	37%
Cholesterol	156mg	52%
Sodium	901mg	38%
Total Carbohydrates	94g	31%
Dietary Fiber	4g	14%
Protein	73g	
Vitamin A		7%
Vitamin C		16%
Calcium		13%
Iron		39%

** Percent Daily Values are based on a 2000 calorie diet.*

Roasted Asparagus

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	73	Calories from Fat: 58
		% Daily Values*
Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	5%
Protein	1g	
Vitamin A		7%
Vitamin C		13%
Calcium		1%
Iron		3%

** Percent Daily Values are based on a 2000 calorie diet.*

The nutrition information provided here is calculated through MasterCook recipe software and is intended to provide general information. It is not intended for those following a strict medical diet.

30-Day

READY MENU

BUNDLE

CLASSIC

BONUS

SIDE DISHES & MONTHLY SHOPPING LIST

by SAVORING TODAY

BONUS OPTIONAL SIDE DISHES

not included in shopping list

CAESAR SALAD

Serves: 6 Yield: 1 cup Preparation Time: 10 minutes Start to Finish Time: 15 minutes

2 heads romaine lettuce
1 clove garlic
1 tablespoon fresh squeezed lemon juice
5 (4-inch) anchovy fillets, (or 1 tablespoon paste)
1 large egg*
1 large egg yolk*
1/3 cup Parmesan cheese, shredded
1 1/2 tablespoons Dijon mustard
2 teaspoons Worcestershire sauce
1/4 teaspoon freshly ground black pepper
1/2 cup avocado oil
Sea salt, as needed
1 cup croutons

GF Use gluten-free croutons; check Worcestershire label as brands vary

1) Wash, dry, and chop lettuce into bite-size pieces. Set aside.

MIX THE DRESSING IN A FOOD PROCESSOR:

2) Add the garlic into lemon juice to the bowl of a food processor. Add the anchovies, egg, egg yolk, Parmesan, mustard, Worcestershire sauce, and pepper in and blend until anchovy is chopped fine and well incorporated.
3) While the processor running, pour in the oil in a slow, steady stream until emulsified and incorporated.

(OR)

MIX THE DRESSING WITH A HAND (IMMERSION) BLENDER:

4) Place the garlic and lemon juice, anchovies, egg, egg yolk, 1/3 cup Parmesan, 1 1/2 tablespoons mustard, 2 teaspoons Worcestershire, 1/4 tsp. pepper, and half cup avocado oil in a quart-size jar. Blend on high for about 30 seconds until well blended and emulsified. (Serve immediately or store in the refrigerator for up to 5 days.)
5) Toss with romaine lettuce and croutons just before serving. Sprinkle with additional Parmesan and freshly cracked pepper. Top with croutons.

TIPS & VARIATIONS

- Use a regular blender in place of the food processor or hand blender to make the dressing, it will just take a little more work to get all the dressing out.
- Anchovies can be quite salty so wait to add salt until the very end.
- *Raw egg is not recommended for infants, the elderly, pregnant women, and people with weakened immune systems. To minimize the risk of salmonella, use pasteurized eggs available in some supermarkets or easily pasteurize eggs at home.
- => To pasteurize large eggs, place them in a saucepan filled with enough water to cover by 2-inches. (Monitor the temperature of the water with a digital thermometer.) Turn on the heat and bring the water up to 140F. Keep the water temperature at 140F for 3 minutes (and no more than 142F), reducing the heat or sliding off the burner if necessary. Carefully remove eggs from the hot water and rinse thoroughly with cold water. Store in the refrigerator until needed or use right away.

GRILLED BROCCOLI

Serves: 4 Preparation Time: 10 minutes Cook Time: 10 minutes Start to Finish Time: 20 minutes

1 pound broccoli florets (5-6 cups)
2 tablespoons avocado oil , or coconut oil
1/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
Pinch crushed red pepper flakes, optional
1 teaspoon lemon zest, about 1/2 lemon
3 tablespoons Parmesan cheese, shaved or grated
Equipment: Vegetable Grill Pan

1. In a large mixing bowl, toss broccoli with oil to coat. Season with salt, pepper, and a pinch of crushed red pepper; toss again.
2. Heat grill to at least 400 degrees with vegetable grill pan in place during pre-heat. When ready, spread the broccoli over the grill pan and grill over high heat (med-high if grill runs hot) for 6-8 minutes, stirring and turning after a couple of minutes, until well browned in spots and fork tender. Save the mixing bowl for the broccoli to go back into after being grilled.
3. Remove from grill and transfer back to the mixing bowl and season with additional salt and pepper, to taste. Toss with lemon zest and Parmesan. Serve immediately.

BONUS OPTIONAL SIDE DISHES

not included in shopping list

ROASTED GARLIC MASHED SWEET POTATOES

Servings: 4 | Preparation Time: 10 minutes | Cook Time: 25 minutes | Start to Finish Time: 35 minutes

3 medium sweet potatoes
4 tablespoons butter
2 tablespoons heavy cream
1/2 teaspoon salt, to taste
8 cloves roasted garlic
2 tablespoons olive oil
Freshly ground black pepper, to taste

1) Roast garlic by cutting the top of the bulb off, exposing the tops of the garlic cloves; place in a small oven safe dish, drizzle oil over garlic bulb and roast in oven at 375° for 30 minutes until garlic is fragrant, lightly browned, and soft. Allow to cool until easy to handle. To remove the roasted garlic from the bulb, squeeze the bulb at the bottom releasing the cloves out the cut end. Cloves should pop right out.

TIP: A shortcut for roasted garlic is buy it already roasted from the deli

2) Peel and cut sweet potatoes into equal pieces approximately 1/4" thick. Combine sweet potatoes, cream, butter, and salt in a saucepan. Cover and cook on low heat for 30 minutes or until potatoes are soft and tender.
3) Toss the roasted garlic cloves in with the potatoes the last 5 minutes of cooking time.
4) Once the potatoes are fork tender (no need to drain), mash with a potato masher right in the pan or use a hand mixer to whip to desired consistency. Season with salt and pepper as desired and serve in a warmed bowl.

ROASTED BRUSSELS SPROUTS

Serves: 4 | Preparation Time: 5 minutes | Cook Time: 25 minutes | Start to Finish Time: 30 minutes

3 cups Brussels sprouts, halved or quartered
2 tablespoons olive oil
3/4 teaspoon sea salt
1/2 teaspoon ground black pepper
Aged balsamic (Condimento)

1) Heat oven to 400°F. Toss sprouts in a mixing bowl with the oil, salt, and pepper.
2) Spread them out on a rimmed baking sheet leaving space for better browning.
3) Bake at 400°F for 20-30 minutes, or until the sprouts are deep golden brown and crisp.
4) Once the Brussels sprouts are roasted, taste and add more salt and pepper as desired (adequate salt helps balance any bitterness).
5) Drizzle with aged balsamic and serve immediately.

FRESH FRUIT

Even though you can find most fruit varieties year-round in the store, the best tasting fruits will be those in season. Create a simple side dish or salad from the following list to best complement fruit in any season.

ITEMS THAT GO WELL WITH FRESH FRUIT

- salty cheese like feta, Blue, aged Gouda
- dried cranberries
- raisins
- nuts
- yogurt
- granola
- coconut flakes
- fresh mint
- basil leaves
- creamy dressings
- poppy seeds
- citrus glaze

Savoring TODAY

Make menu planning and meal prep even easier!
With our Monthly Cooking Meal Prep System, menus like this one are easily downloaded into the software so it's simple to create and save favorite recipes and meal plans —you can even insert your own recipes.

Learn more about how we save time and money with this proven system here:
https://monthlycooking.com/monthly-meal-prep/

Caesar Salad

Servings: 6

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	273	Calories from Fat: 194
		% Daily Values*
Total Fat	23g	35%
Saturated Fat	4g	18%
Cholesterol	77mg	26%
Sodium	337mg	14%
Total Carbohydrates	11g	4%
Dietary Fiber	5g	20%
Protein	9g	
Vitamin A		140%
Vitamin C		112%
Calcium		18%
Iron		21%

** Percent Daily Values are based on a 2000 calorie diet.*

Grilled Broccoli with Lemon and Parmesan

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	111	Calories from Fat: 69
		% Daily Values*
Total Fat	8g	13%
Saturated Fat	2g	8%
Cholesterol	3mg	1%
Sodium	218mg	9%
Total Carbohydrates	6g	2%
Dietary Fiber	3g	14%
Protein	5g	
Vitamin A		69%
Vitamin C		177%
Calcium		11%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Roasted Brussels Sprouts

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	88	Calories from Fat: 58
		% Daily Values*
Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	369mg	15%
Total Carbohydrates	6g	2%
Dietary Fiber	3g	10%
Protein	2g	
Vitamin A		12%
Vitamin C		92%
Calcium		3%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Roasted Garlic Mashed Sweet Potatoes

Servings: 4

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	289	Calories from Fat: 188
		% Daily Values*
Total Fat	21g	33%
Saturated Fat	10g	49%
Cholesterol	41mg	14%
Sodium	399mg	17%
Total Carbohydrates	24g	8%
Dietary Fiber	3g	12%
Protein	2g	
Vitamin A		402%
Vitamin C		37%
Calcium		3%
Iron		3%

** Percent Daily Values are based on a 2000 calorie diet.*

The nutrition information provided here is calculated through MasterCook recipe software and is intended to provide general information. It is not intended for those following a strict medical diet.

Shopping List

MONTHLY SHOPPING LIST • CLASSIC

Savoring TODAY
WHOLESOME • HEALTHY • HOMEMADE

Item	Amount/Unit	Location	Recipe
☐ chili garlic sauce (like Panda Brand)	1 1/2 tablespoons	Asian food products	Mongolian Beef & Vegetables
☐ Red Curry Paste (like Thai Kitchen Brand)	3 tablespoons	Asian foods	Red Curry Coconut Shrimp Stew
☐ coconut milk	15 ounces	Asian food products	Red Curry Coconut Shrimp Stew
☐ fish sauce	1 tablespoon	Asian food products	Red Curry Coconut Shrimp Stew
☐ hoisin sauce	1 1/2 tablespoons	Asian food products	Mongolian Beef & Vegetables
☐ Mirin	1 1/2 tablespoons	Asian food products	Mongolian Beef & Vegetables
☐ soy sauce	2/3 cup	Asian food products	Kung Pao Chicken with Stir Fry Vegetables, Red Curry Coconut Shrimp Stew, Mongolian Beef & Vegetables
☐ rice vinegar	1 1/8 tablespoons	Asian food products, or vinegars	Kung Pao Chicken with Stir Fry Vegetables, Mongolian Beef & Vegetables
☐ sesame oil (toasted)	2 teaspoons	Asian foods, or cooking oils/shortening	Kung Pao Chicken with Stir Fry Vegetables
☐ baking powder	1 teaspoon	baking products	Chive Drop Biscuits
☐ baking soda	1/4 teaspoon	baking products	Chive Drop Biscuits
☐ instant yeast	1 (1/4 ounce) package	baking products	Focaccia Bread
☐ panko bread crumbs	1 1/2 cups	baking products	Creamy Meatball Soup, Chicken Parmesan
☐ all-purpose flour	1 3/8 quarts	baking, flours	Focaccia Bread, Chicken With Toasted Garlic and Mustard Cream Sauce, Chive Drop Biscuits, Chicken Piccata with Angel Hair Pasta
☐ cornstarch	2 tablespoons	baking, flours	Kung Pao Chicken with Stir Fry Vegetables, Mongolian Beef & Vegetables
☐ arrowroot powder	1 teaspoon	baking, flours, or health food	Mesquite Fajita Mix
☐ coconut palm sugar	3/4 cup	baking, sugars	Chile-Lime Skirt Steak Tacos, Mesquite Fajita Mix, BBQ Pulled-Pork Sandwiches, Chive Drop Biscuits, Marinara Sauce, Mongolian Beef & Vegetables, Baby Back Ribs [Oven Method], Coleslaw
☐ apple cider vinegar	1/3 cup	vinegars	Crunchy Fennel Apple Slaw, Coleslaw, Orange-Dijon Dressing
☐ beer	20 ounces	beer and wine	BBQ Pulled-Pork Sandwiches, Baby Back Ribs [Oven Method]
☐ dry red wine (not cooking wine)	1/2 cup	beer and wine	Marinara Sauce
☐ dry sherry (not cooking sherry)	2 2/3 tablespoons	beer and wine, liquor	Kung Pao Chicken with Stir Fry Vegetables
☐ dry white wine (not cooking wine)	7/8 cup	beer and wine	Chicken Piccata with Angel Hair Pasta, Braised Chicken Thighs in Mustard Cream Sauce
☐ Cognac (or other brandy)	2 tablespoons	beer and wine, liquor	Beef Stroganoff
☐ hamburger buns		bread products	BBQ Pulled-Pork Sandwiches

☐	honey	3/8 cup	breakfast foods	Kung Pao Chicken with Stir Fry Vegetables, Crunchy Fennel Apple Slaw, Red Curry Coconut Shrimp Stew, Orange-Dijon Dressing
☐	black beans	1 (14 ounce) can	canned beans, or dried beans	Black Bean Salsa with Avocado and Corn
☐	chipotle chile canned in adobo	2 tablespoons	canned chiles	Kung Pao Chicken with Stir Fry Vegetables
☐	roasted green chiles (like 505 Southwestern brand)	1/2 cup	canned chiles	Black Bean Salsa with Avocado and Corn
☐	tomato paste	2 tablespoons	canned tomato sauces	Marinara Sauce, Beef Stroganoff
☐	canned diced tomatoes	2 5/8 pounds	canned tomatoes	Black Bean Salsa with Avocado and Corn, Easy Sausage & Split Pea Stew
☐	Rotel tomatoes	1 (10 oz. can)	canned tomatoes	Guacamole
☐	stewed tomatoes (or crushed)	28 ounces	canned tomatoes	Marinara Sauce
☐	stone ground mustard	1/3 cup	condiments	Chicken With Toasted Garlic and Mustard Cream Sauce, Braised Chicken Thighs in Mustard Cream Sauce
☐	Dijon mustard	2 1/4 tablespoons	condiments	Coleslaw, Orange-Dijon Dressing
☐	liquid smoke flavoring (hickory)	1 1/3 tablespoons	condiments	Chile-Lime Skirt Steak Tacos, Savory Salmon and Dill Chowder
☐	BBQ sauce for serving (any favorite)		condiments	Baby Back Ribs [Oven Method]
☐	avocado oil	1 3/8 cups	cooking oils/shortening	Various Recipes
☐	extra-virgin olive oil	2 5/8 cups	cooking oils/shortening	Various Recipes
☐	butter	1 1/4 cups	dairy products	Blackened Salmon over Spinach, Chicken With Toasted Garlic and Mustard Cream Sauce, Chive Drop Biscuits, Chicken Piccata with Angel Hair Pasta, Mashed Potatoes, Beef Stroganoff
☐	buttermilk	5/8 cup	dairy products	Chive Drop Biscuits, Coleslaw
☐	eggs	2 large	dairy products	Creamy Meatball Soup, Chicken Parmesan
☐	half and half (or mix heavy cream and whole milk)	1/4 cup	dairy products	Mashed Potatoes
☐	heavy whipping cream	2 1/2 cups	dairy products	Creamy Meatball Soup, Chicken With Toasted Garlic and Mustard Cream Sauce, Braised Chicken Thighs in Mustard Cream Sauce
☐	whole milk	2 1/2 cups	dairy products	Creamy Meatball Soup, Savory Salmon and Dill Chowder, Chicken Parmesan
☐	Creme Fraiche	1/2 cup	deli or dairy products	Beef Stroganoff
☐	feta cheese	4 tablespoons	deli or dairy products	Baby Arugula with Blueberries, Walnuts & Feta
☐	Parmesan cheese	4 1/2 cups	deli or dairy products	Creamy Meatball Soup, Focaccia Bread, Chicken Parmesan, Easy Sausage & Split Pea Stew, Chicken Piccata with Angel Hair Pasta, Beef Stroganoff
☐	Parmesan rind	1 piece	deli or dairy products	Easy Sausage & Split Pea Stew
☐	provolone cheese	4 slices	deli or dairy products	Chicken Parmesan
☐	split peas (or red lentils)	2 cups	dried beans and rice	Easy Sausage & Split Pea Stew

☐	brown rice (or white)	2 cups	dried beans and rice	Steamed Brown Rice, Red Curry Coconut Shrimp Stew
☐	corn or flour tortillas	20 taco size	end cap, Mexican food products	Skillet Beef Fajitas, Chile-Lime Skirt Steak Tacos
☐	hot sauce	2/3 dash	Mexican food products	Orange-Dijon Dressing
☐	frozen corn kernels	1 1/2 cups	frozen vegetables	Black Bean Salsa with Avocado and Corn
☐	boneless skinless chicken breasts	12 large	meat and poultry	Kung Pao Chicken with Stir Fry Vegetables, Chicken With Toasted Garlic and Mustard Cream Sauce, Chicken Parmesan, Chicken Piccata with Angel Hair Pasta
☐	chicken thighs, bone-in	2 pounds	meat and poultry	Braised Chicken Thighs in Mustard Cream Sauce
☐	ground pork	1 pound	meat and poultry	Creamy Meatball Soup
☐	Italian sausage	2 pounds	meat and poultry	Creamy Meatball Soup, Easy Sausage & Split Pea Stew
☐	pork baby back ribs	4 1/2 pounds	meat and poultry	Baby Back Ribs [Oven Method]
☐	pork country-style ribs	4 pounds	meat and poultry	BBQ Pulled-Pork Sandwiches
☐	skirt steak	1 1/2 pounds	meat and poultry	Chile-Lime Skirt Steak Tacos
☐	tri-tip roaste or steak (or sirloin)	4 pounds	meat and poultry	Skillet Beef Fajitas, Beef Stroganoff, Mongolian Beef & Vegetables
☐	salmon	4 filets	meat, fresh seafood	Blackened Salmon over Spinach
☐	salmon	1 pound	meat, fresh seafood	Savory Salmon and Dill Chowder
☐	shrimp (21/35 count)	1/2 pound	meat, fresh seafood	Red Curry Coconut Shrimp Stew
☐	walnuts (or pecans, or sliced almonds)	2/3 cup	nuts and seeds	Baby Arugula with Blueberries, Walnuts & Feta
☐	angel hair pasta	2 pounds	pasta	Chicken Parmesan, Chicken Piccata with Angel Hair Pasta
☐	egg noodles	16 ounces	pasta	Beef Stroganoff
☐	capers	1 tablespoon	pickles, Italian foods	Chicken Piccata with Angel Hair Pasta
☐	blueberries	1 cup	produce	Baby Arugula with Blueberries, Walnuts & Feta
☐	Honeycrisp apple	1 large	produce	Crunchy Fennel Apple Slaw
☐	avocados	9 large	produce	Chile-Lime Skirt Steak Tacos, Black Bean Salsa with Avocado and Corn, Guacamole
☐	arugula (or mixed greens)	6 cups	produce	Baby Arugula with Blueberries, Walnuts & Feta
☐	baby spinach	24 ounces	produce	Blackened Salmon over Spinach, Creamy Meatball Soup
☐	bell peppers	3 small	produce	Black Bean Salsa with Avocado and Corn, Skillet Beef Fajitas, Red Curry Coconut Shrimp Stew
☐	green bell peppers	1/4 cup	produce	Coleslaw
☐	red bell peppers	2 medium	produce	Kung Pao Chicken with Stir Fry Vegetables, Easy Sausage & Split Pea Stew

☐ asparagus	16 ounces	produce	Roasted Asparagus
☐ broccoli	4 cups	produce	Steamed Broccoli
☐ vegetables (any combination of cauliflower, broccoli, beets, radishes, carrots, Brussels sprouts	5 cups	produce	Roasted Vegetable Medley
☐ vegetables (any combination of carrots, celery, squash, cauliflower, green beans, bell peppers, snow peas mushrooms etc.)	5 cups	produce	Mongolian Beef & Vegetables
☐ carrots	8 large	produce	Creamy Meatball Soup, Red Curry Coconut Shrimp Stew, Easy Sausage & Split Pea Stew, Coleslaw
☐ cauliflower	1 cup	produce	Red Curry Coconut Shrimp Stew
☐ celery	13 ribs	produce	Kung Pao Chicken with Stir Fry Vegetables, Creamy Meatball Soup, Crunchy Fennel Apple Slaw, Savory Salmon and Dill Chowder, Easy Sausage & Split Pea Stew
☐ chives	2 tablespoons	produce	Chicken With Toasted Garlic and Mustard Cream Sauce
☐ cilantro	2/3 cup	produce	Black Bean Salsa with Avocado and Corn, Guacamole
☐ fresh Italian parsley	1 1/2 cups	produce	Creamy Meatball Soup, Chicken With Toasted Garlic and Mustard Cream Sauce, Crunchy Fennel Apple Slaw, Chicken Parmesan, Marinara Sauce, Easy Sausage & Split Pea Stew, Coleslaw, Chicken Piccata with Angel Hair Pasta, Braised Chicken Thighs in Mustard Cream
☐ cremini mushrooms (or white button)	40 ounces	produce	Creamy Meatball Soup, Red Curry Coconut Shrimp Stew, Beef Stroganoff, Skillet Beef Fajitas
☐ baby bok choy	2 clusters	produce	Kung Pao Chicken with Stir Fry Vegetables, Red Curry Coconut Shrimp Stew
☐ fennel bulb	1 large	produce	Crunchy Fennel Apple Slaw
☐ fresh basil	1/2 cup	produce	Marinara Sauce, Red Curry Coconut Shrimp Stew
☐ fresh thyme	8 sprigs	produce	Braised Chicken Thighs in Mustard Cream Sauce
☐ fresh chives	1/4 cup	produce	Chive Drop Biscuits
☐ fresh dill	2 tablespoons	produce	Savory Salmon and Dill Chowder
☐ lemon grass	1 tablespoon	produce	Red Curry Coconut Shrimp Stew
☐ fresh ginger (jarred or 6-inch knob microplaned)	3 tablespoons	produce	Kung Pao Chicken with Stir Fry Veg, Red Curry Shrimp Stew, Mongolian Beef & Vegetables
☐ garlic (58 cloves=58 teaspoons=1 1/4 cup minced)	58 cloves	produce	Kung Pao Chicken with Stir Fry Vegetables, Chile-Lime Skirt Steak Tacos, Creamy Meatball Soup, Creamy Meatball Soup, Mongolian Beef & Vegetables, Black Bean Salsa with Avocado and Corn, Blackened Salmon over Spinach, Chicken With Toasted Garlic and Mustar

☐	orange	1 large	produce	Orange-Dijon Dressing
☐	fresh squeezed lime juice (8-10 limes, not bottled juice)	1/2 cup	produce	Skillet Beef Fajitas, Chile-Lime Skirt Steak Tacos, Guacamole, Black Bean Salsa with Avocado and Corn
☐	limes, for garnish (optional)	2 large	produce	Chile-Lime Skirt Steak Tacos, Red Curry Coconut Shrimp Stew
☐	lemon juice (3 large lemons, not bottled juice)	2 2/3 tablespoons	produce	Crunchy Fennel Apple Slaw, Chicken Piccata with Angel Hair Pasta
☐	green cabbage (shredded)	3 1/2 cups	produce	Chile-Lime Skirt Steak Tacos, Coleslaw
☐	purple cabbage or green (shredded)	1 1/2 cups	produce	Coleslaw
☐	green onions	4 bunches (6 if small)	produce	Kung Pao Chicken with Stir Fry Vegetables, Black Bean Salsa with Avocado and Corn, Mongolian Beef & Vegetables, Guacamole
☐	sweet yellow onions	9 medium (or 7 large)	produce	Creamy Meatball Soup, Beef Stroganoff, Chicken With Toasted Garlic and Mustard Cream Sauce, Red Curry Coconut Shrimp Stew, Marinara Sauce, Skillet Beef Fajitas, Easy Sausage & Split Pea Stew, Savory Salmon and Dill Chowder, Coleslaw, Chicken Piccata with
☐	fingerling potatoes (or other small potatoes)	1 pound	produce	Roasted Fingerling Potatoes
☐	red potatoes	4 medium (or 8 small)	produce	Savory Salmon and Dill Chowder
☐	Yukon Gold potatoes	4 large	produce	Mashed Potatoes
☐	zucchini	1 medium	produce	Easy Sausage & Split Pea Stew
☐	mayonnaise	1/2 cup	salad dressings	Coleslaw
☐	peanuts, roasted	1/2 cup	snack foods, nuts and seeds	Kung Pao Chicken with Stir Fry Vegetables
☐	beef broth or stock	56 ounces (1.75 quarts)	soups and gravies	Creamy Meatball Soup, Beef Stroganoff
☐	chicken broth or stock	136 ounces (4.25 quarts)	soups and gravies	Chicken With Toasted Garlic and Mustard Cream Sauce, Red Curry Coconut Shrimp Stew, Easy Sausage & Split Pea Stew, Chicken Piccata with Angel Hair Pasta, Braised Chicken Thighs in Mustard Cream Sauce
☐	ancho chile powder	2 tablespoons	spices and seasonings	Chile-Lime Skirt Steak Tacos, Black Bean Salsa with Avocado and Corn, Mesquite Fajita Mix
☐	chipotle chile powder	2 teaspoons	spices and seasonings	Chile-Lime Skirt Steak Tacos, Mesquite Fajita Mix, BBQ Pulled-Pork Sandwiches, Baby Back Ribs [Oven Method]
☐	crushed red pepper flakes	2 teaspoons	spices and seasonings	Black Bean Salsa with Avocado and Corn, Focaccia Bread, Guacamole, Creamy Meatball Soup, Marinara Sauce, Easy Sausage & Split Pea Stew
☐	dried oregano	1 tablespoons	spices and seasonings	Mesquite Fajita Mix, Easy Sausage & Split Pea Stew
☐	dried basil	1 teaspoon	spices and seasonings	Easy Sausage & Split Pea Stew
☐	dried rosemary	2 teaspoons	spices and seasonings	Roasted Fingerling Potatoes, Roasted Vegetable Medley

☐	dried thyme	2 1/2 teaspoons	spices and seasonings	Roasted Fingerling Potatoes, Roasted Vegetable Medley, Marinara Sauce, Easy Sausage & Split Pea Stew
☐	dry italian herb blend	3 1/16 tablespoons	spices and seasonings	Creamy Meatball Soup, Creamy Meatball Soup, Focaccia Bread, Marinara Sauce
☐	dried celery seeds	1/2 teaspoon	spices and seasonings	Coleslaw
☐	granulated garlic	2 1/3 tablespoons	spices and seasonings	Chile-Lime Skirt Steak Tacos, BBQ Pulled-Pork Sandwiches, Chicken Parmesan, Baby Back Ribs [Oven Method], Mesquite Fajita Mix
☐	granulated onion	2 1/3 tablespoons	spices and seasonings	Chile-Lime Skirt Steak Tacos, Mesquite Fajita Mix, BBQ Pulled-Pork Sandwiches, Baby Back Ribs [Oven Method]
☐	ground coriander	1/2 teaspoon	spices and seasonings	Chile-Lime Skirt Steak Tacos
☐	ground cumin	3 tablespoons	spices and seasonings	Chile-Lime Skirt Steak Tacos, Black Bean Salsa with Avocado and Corn, Mesquite Fajita Mix, BBQ Pulled-Pork Sandwiches, Baby Back Ribs [Oven Method]
☐	ground mustard	1 1/3 tablespoons	spices and seasonings	BBQ Pulled-Pork Sandwiches, Baby Back Ribs [Oven Method]
☐	ground white pepper	1 teaspoon	spices and seasonings	Mashed Potatoes, Savory Salmon and Dill Chowder
☐	lemon pepper	2 teaspoons	spices and seasonings	Steamed Broccoli, Easy Sausage & Split Pea Stew
☐	smoked paprika	3 2/3 tablespoons	spices and seasonings	Chile-Lime Skirt Steak Tacos, Mesquite Fajita Mix, BBQ Pulled-Pork Sandwiches, Baby Back Ribs [Oven Method]
☐	Paul Prudhomme Blackened Redfish Magic	2 1/3 tablespoons	spices and seasonings	Blackened Salmon over Spinach, Savory Salmon and Dill Chowder
☐	mesquite smoked sea salt	4 teaspoons	spices and seasonings	Mesquite Fajita Mix,
☐	smoked sea salt (hickory preferred)	1/4 cup	spices and seasonings	BBQ Pulled-Pork Sandwiches, Baby Back Ribs [Oven Method]
☐	Kosher salt (flaked or coarse)	1/2 teaspoon	spices and seasonings	Focaccia Bread
☐	sea salt	1/4 cup	spices and seasonings	All Recipes
☐	freshly ground black pepper	2 1/2 tablespoons	spices and seasonings	All Recipes

NOTE: Bonus side dishes are not included on this list.

Common pantry items like oil, flour, and spices are included on the shopping list because every pantry is different. Including these items can make the list look quite long, but it is easy to check off what you already have.