

Dinner Menu & Shopping List

	Ranch Chicken, Roasted Asparagus, and Rice	Spaghetti with Meat Sauce	Summer Salad with Garlic Toast	Family Style Chili	Eggs, Bacon and Roasted Potatoes	Total Needed
Meat						
chicken breasts (boneless, skinless halves)	1 per person		1/2 per person			1 1/2 per person
ground beef		1 pound		3 pounds		4 pounds
bacon	1/2 pound				1/2 pound	1 pound
Fresh Produce						
asparagus	1 bundle					1 bundle
romaine lettuce			1 head			1 head
granny smith apple			1			1 apple
avocado			1			1 avocado
strawberries			1 pint			1 pint
garlic		2 cloves		4 cloves	2 cloves	1 head
onions		1		2	1	4 onions
red potatoes					2 per person	2 per person
lemon	juice from 1/2 lemon		juice from 1/2 lemon			1 lemon
Pantry						
honey	1/2 cup					1/2 cup
dijon mustard	1/2 cup					1/2 cup
canola oil	1/8 cup					1/8 cup
olive oil	1/4 cup				1/4 cup	1/2 cup
Italian salad dressing			1 cup			1 cup
balsamic vinaigrette			3/4 cup			3/4 cup
dried cranberries			1 cup			1 cup
corn chips				garnish		garnish
black beans				2 (14 oz) cans		2 (14 oz) cans
kidney beans				2 (14 oz) cans		2 (14 oz) cans
diced tomatoes				1 (28 oz) can		1 (28 oz) can
tomato paste				1 (8 oz) can		1 (8 oz) can
spaghetti		1 package				1 package
spaghetti sauce		1 jar				1 jar
french bread			1 loaf			1 loaf
rice	1 cup					1 cup

Dinner Menu & Shopping List

	Ranch Chicken, Roasted Asparagus, and Rice	Spaghetti with Meat Sauce	Summer Salad with Garlic Toast	Family Style Chili	Eggs, Bacon and Roasted Potatoes	Total Needed
Eggs & Dairy						
eggs					2 per person	2 per person
sharp cheddar	garnish			garnish		garnish
feta cheese			4 ounces			4 ounces
butter			for garlic toast		for eggs	to taste
Seasoning						
chili seasoning				packet		packet
paprika	1/2 tsp					1/2 tsp
crushed red pepper	optional to taste					optional to taste
rosemary					1 fresh sprig or 1 1/2 tsp dried	1 fresh sprig or 1 1/2 tsp dried
garlic salt			to taste for garlic toast		1/4 tsp	to taste
salt	to taste	to taste	to taste	to taste	to taste	to taste
pepper	to taste	to taste	to taste	to taste	to taste	to taste
Extra						
foil					1 sheet	1 sheet
waxed paper	2 sheets					2 sheets
freezer bags				for freezing future meals		for freezing future meals

Breakfasts, Lunches, & Snacks

Notes

Dinner Menu & Shopping List

Recipe Links

Ranch Chicken, Roasted Asparagus, and Rice

<http://thepioneerwoman.com/cooking/2009/01/ranch-style-chicken/>

<http://thepioneerwoman.com/cooking/2008/11/oven-roasted-asparagus/>

Cook's note: If you don't use canola oil, substitute another oil that can withstand high heat.



Spaghetti with Meat Sauce

Cook's note: I keep the sauce simple with a pound of ground beef cooked with onion, garlic, salt, and pepper, and then use a jar of spaghetti sauce. Add your own ingredients for your signature sauce. (Tip: make extra sauce and freeze it for later.)



Summer Salad with Garlic Toast

<http://allrecipes.com/Recipe/Amys-Sensational-Summer-Salad/Detail.aspx>

Cook's note: If you don't have feta cheese for the salad, try parmesan, manchego, or sharp cheddar left over from the ranch chicken. Toast the french bread with butter and garlic salt.



Family Style Chili

<http://smallnotebook.org/recipes/family-style-chili/>

Cook's note: This recipe makes a lot to share with friends or freeze for later. Freezer bags filled with chili can stack flat in the freezer. They're quick to defrost in a sink of warm water, and then you can reheat it on the stove. Garnish with corn chips or crackers.



Eggs, Bacon, and Roasted Red Potatoes

<http://allrecipes.com/Recipe/Rosemary-Red-Potatoes/Detail.aspx>

Cook's note: Cook the eggs in whatever style you like the best. Line the baking pan for the potatoes with foil so that cleanup's a breeze.