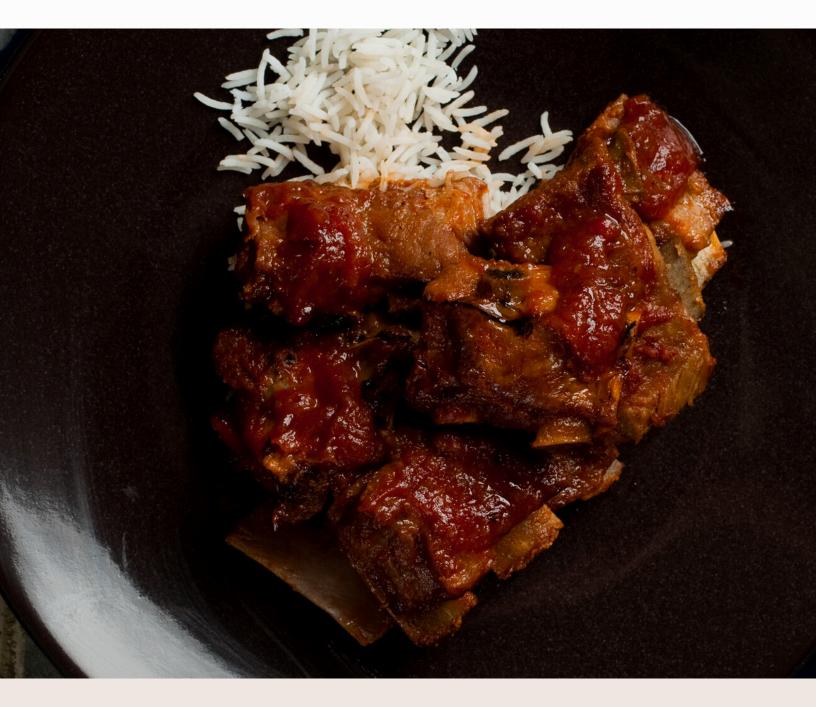
ΑΝΝΑ



When you learn a few fundamental kitchen skills, you can transform the simplest ingredients into something magical.

Mari Loewen, Founder

/ DinnerPlan

JAN 5 - 12

MENU

/ JAN 5 - 12

MONDAY

BABY BACK RIBS WITH SWEET CHILI SAUCE, AND PEANUTS



TUESDAY

HEARTY & DELICIOUS FRENCH MINESTRONE SOUP WITH PISTOU

RECIPE

WEDNESDAY

DELIGHTFUL MIDDLE EASTERN ROAST CHICKEN WITH CHICKPEAS, LEMON AND CUMIN

RECIPE

THURSDAY

ONE POT ITALIAN PASTA WITH WALNUT BASIL PESTO, POTATO AND GREEN BEANS

RECIPE

FRIDAY

EASY COMFORTING SPAGHETTI BOLOGNESE

RECIPE

NOTE: This plan is easily adaptable. For Gluten Free use GF pasta & soy sauce, ensure meat & poultry are gluten-free. For vegetarian use vegetable stock, & swap meat substitutes. For more info refer to our recipes.

CHECKLIST

MEAT/SEAFOOD	QUANTITY	EST COST
Beef, ground Chicken, whole Pancetta Pork back ribs, full racks Pork, ground Veal, ground	1/2 pound 1 1 ounce 2 1/4 pound 1 pound	\$ 5.00 \$13.00 \$ 3.00 \$20.00 \$ 4.00 \$ 7.00
PRODUCE	QUANTITY	EST COST
Basil leaves Carrot Cauliflower Celery stalk Cilantro Ginger Green beans Leek Lemon Lemongrass Onion, yellow Potato Potatoes, baby Zucchini	2 cups 1 small 1 head 1 1 cup 2 inches 1 pound 1 3 1 large stalk 1 small 1 large 12 1 large	\$ 2.89 \$ 0.89 \$ 3.89 \$ 0.89 \$ 2.89 \$ 1.00 \$ 5.00 \$ 0.89 \$ 2.00 \$ 1.89 \$ 0.39 \$ 0.89 \$ 0.89 \$ 0.89 \$ 0.89 \$ 0.89 \$ 1.00
DAIRY	QUANTITY	EST COST
Linguine pasta Milk, whole Pantacce pasta (or other small) Parmigiano Regianno, grated	1 500g package 1 cup 1/2 cup 2 cups	\$ 3.75 \$ 1.00 \$ 0.75 \$ 6.00
BAKERY/MISC	QUANTITY	EST COST
Bread loaf, rustic Chickpeas, canned Lima beans, canned Spaghetti Walnuts White wine	1 1 (19-oz) 1 cup 1 500gr package 1/2 cup 1 cup	\$ 3.89 \$ 2.00 \$ 2.00 \$ 3.89 \$ 3.00 \$ 2.89

EST GROCERY COST: \$127 | COST/DINNER: \$25 | COST/SERVING: \$6

MARI'S
NOTESIf you wish to keep this week's bolognese leaner, try switching all 3
ground meats for ground chicken or turkey. I'm also excited about the
Minestrone soup, its always good to keep on hand.

2 tablespoons red chili flakes 1 cup extra-virgin olive oil 1 tablespoon brown sugar 3 (28-ounce) cans whole San Marzano 1 teaspoon dried oregano tomatoes 1 teaspoon ground cumin 3 heads garlic 1/2 tablespoon chile flakes 3 tablespoons fish sauce 1/3 cup cider vinegar 3 tablespoons salted butter 3 tablespoons tamari soy sauce ¹/₄ cup sugar 1/4 cup dry roasted peanuts Sea salt and freshly ground pepper