

ANNA



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

[RECIPE](#)

TUESDAY

HEARTY & DELICIOUS
FRENCH MINISTRONE 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

SHOPPING LIST

MEAT/SEAFOOD	QUANTITY	EST COST
Beef, ground	1/2 pound	\$ 5.00
Chicken, whole	1	\$13.00
Pancetta	1 ounce	\$ 3.00
Pork back ribs, full racks	2	\$20.00
Pork, ground	1/4 pound	\$ 4.00
Veal, ground	1 pound	\$ 7.00

PRODUCE	QUANTITY	EST COST
Basil leaves	2 cups	\$ 2.89
Carrot	1 small	\$ 0.89
Cauliflower	1 head	\$ 3.89
Celery stalk	1	\$ 0.89
Cilantro	1 cup	\$ 2.89
Ginger	2 inches	\$ 1.00
Green beans	1 pound	\$ 5.00
Leek	1	\$ 0.89
Lemon	3	\$ 2.00
Lemongrass	1 large stalk	\$ 1.89
Onion, yellow	1 small	\$ 0.39
Potato	1 large	\$ 0.89
Potatoes, baby	12	\$ 4.00
Zucchini	1 large	\$ 1.00

DAIRY	QUANTITY	EST COST
Linguine pasta	1 500g package	\$ 3.75
Milk, whole	1 cup	\$ 1.00
Pantacce pasta (or other small)	1/2 cup	\$ 0.75
Parmigiano Regianno, grated	2 cups	\$ 6.00

BAKERY/MISC	QUANTITY	EST COST
Bread loaf, rustic	1	\$ 3.89
Chickpeas, canned	1 (19-oz)	\$ 2.00
Lima beans, canned	1 cup	\$ 2.00
Spaghetti	1 500gr package	\$ 3.89
Walnuts	1/2 cup	\$ 3.00
White wine	1 cup	\$ 2.89

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

MARI'S NOTES

If 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.

PANTRY ITEMS

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