

ANNA



"The grand essentials of happiness; something to love, something to do and something to hope for."

Joseph Addison

/ DinnerPlan

MAY 13 - 17

MENU

MONDAY

VEAL AND SAUSAGE BURGER
WITH BASIL AIOLI

[RECIPE](#)

TUESDAY

CHICKEN, AVOCADO AND TORTILLA SALAD
WITH LIME CILANTRO DRESSING

[RECIPE](#)

WEDNESDAY

CREAMY LINGUINE WITH
BASIL PESTO AND PEAS

[RECIPE](#)

THURSDAY

DEEP DISH PIZZA
WITH SALAMI AND OREGANO

[RECIPE](#)

FRIDAY

STOVETOP SALT AND PEPPER
RIB-EYE

[RECIPE](#)

NOTE: Our **Classic Plan** is easily adaptable. For Gluten Free use GF soy sauce, ensure meat and poultry are gluten-free. For vegetarian use vegetable stock, and find meat substitutes.

CHECK LIST

SHOPPING LIST

MEAT/SEAFOOD	QUANTITY	EST COST
Ground veal	1 pound	\$13.00
Chicken breasts, bnls, skls	4 breasts	\$14.00
Pepperoni, sliced	2 ounces	\$ 4.00
Rib eye steaks	4 (6-ounce) 1 1/2 " thick	\$48.00

PRODUCE	QUANTITY	EST COST
Romaine lettuce leaves	1 cup	\$ 1.79
Basil leaves	1/2 cup	\$ 1.79
Flat leaf parsley	1/2 cup	\$ 1.79
Red onion	1/2 medium	\$ 2.79
Cilantro	1/4 cup	\$ 1.79
Lime	1	\$ 0.79
Napa cabbage	1 small head	\$ 4.79
Oregano	2 tablespoons	\$ 0.79
Avocado	2	\$ 6.00

DAIRY	QUANTITY	EST COST
Egg	1	\$ 0.79
Parmesan cheese chunk	1 cup	\$ 5.79
Ricotta cheese	1/2 cup	\$ 3.79
Shredded Monterey jack cheese	1/2 cup	\$ 1.99
35% whipping cream	1/4 cup	\$ 2.79
Shredded mozzarella cheese	2 cups	\$ 2.79
Mozzarella balls (or bocconcini)	2	\$ 8.79

BAKERY/MISC	QUANTITY	EST COST
Frozen baby peas	1 cup	\$ 1.39
Canned corn	1/2 cup	\$ 0.79
Artisan rolls	6	\$ 6.79
Flour tortilla	2 (9-inch)	\$ 1.79
McCain's French Fries	1 bag	\$ 3.79

EST GROCERY COST: \$139 | COST/DINNER: \$35 | COST/SERVING: \$8.65

MARI'S NOTES

NOTE: Fresh is best. Buy the best quality meats you can find. It's always best to go right to the source. Find the best butcher, or food market and educate yourself with the very best your money can buy.

PANTRY ITEMS

- 1 (1/2 -pound) package linguine
- 1 can (750 ml) whole San Marzano tomatoes
- 1 cup extra-virgin olive oil
- 1 tablespoon fast-rising yeast
- 1 tablespoon white wine vinegar
- 1/2 cup canola oil
- 1/2 cup mayonnaise
- 1/2 small onion
- 3 tablespoons salted butter
- 4 cloves garlic
- 4 cups all-purpose flour (Italian 00 flour if you can get it)
- 2 teaspoons balsamic vinegar