

7 DINNERS FOR \$70

*Ranch Pork Chops *Turkey Tostadas w/ Tomato Rice *Pineapple BBQ Chicken Skillet

*Pork & Veggie Pasta Salad *Asian Lettuce Wraps w/ Cucumber Mango Salad

*Greek Lemon Chicken Thighs *Sun Dried Tomato & Sausage Pasta

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Onion (x1)
- Romaine Lettuce (3pk)
- Roma Tomatoes (x2)
- Cucumber (x1)
- Mango (x1)

DAIRY

- Cheddar Cheese (8oz)
- Feta Cheese (5oz)

MEAT DEPT

- Pork Loin (2-2.5lbs)
- Ground Turkey (1lb x2)
- Chicken Thighs (Boneless 3lbs)
- Kielbasa (14oz)

FROZEN

- Broccoli (12oz)
- Green Beans (12oz)
- Sweet Peas (12oz)
- Chopped Spinach (12oz)
- Cali Blend Vegetables (12oz)

PANTRY

- Cream of Chicken (10.5oz- x2)
- Ranch Seasoning
- White Rice (1lb)
- Taco Seasoning
- Diced Tomatoes (14.5oz)
- Kidney Beans (15.5oz)
- Salsa (7-8oz)
- Corn (14.5oz)
- Tostada Shells (20ct)
- BBQ Sauce
- Pineapple (20oz)
- Pasta (any shape- 1lb)
- Water Chestnuts (8oz)
- Sesame Oil
- Thai Chili Sauce
- Rice Vinegar
- French Bread
- Italian Dressing
- Lemon Juice
- Sun Dried Tomatoes (3oz)
- Chicken Broth (14.5oz)

Ranch Pork Chops with Mashed Potatoes & Cali Blend Veggies (serves 4-6)

Need:

- 3/4 of a pork loin (about 1.5lbs)
- 2 cans of cream of chicken soup (10.5oz each)
- 1 pack of ranch seasoning
- 3-4 potatoes
- Frozen California Vegetable Mix (12oz)

1. First, we need to slice our pork loin into chops about 1/4 inch thick. We want about 6-8 chops. (Make sure to leave the rest of the pork loin for another night- but you can go ahead and chop it into medium dice about 1/2 inch thick.) Place chops in sprayed crock pot.
2. In small bowl, mix cream of chicken soup with ranch seasoning, then pour over chops.
3. Cook on low for 4 hours or on high for 3 hours.
4. When it is closer to dinner time, we will make some basic mashed potatoes. Chop potatoes into quarters and boil in water until tender. Smash potatoes with fork or handheld mixer. Add in milk, butter, etc.
5. Steam California Veggies in microwave per directions.
6. This makes a good amount of gravy, so make sure to put that on your chops and mashed potatoes!

Turkey Tostadas with Tomato Rice (serves 4-6)

Need:

- 1.5 cups white rice
- 1 onion (chopped)
- Taco Seasoning
- Diced Tomatoes (14.5oz can)
- 2 cups of water
- 1 lb ground turkey
- Kidney beans (15.5oz can)
- 1 cup salsa
- Corn (14.5oz can)
- Tostada Shells
- Shredded Cheddar Cheese
- Chopped Lettuce
- 2 Roma Tomatoes (chopped)

1. In a small pot, saute 1/4 of the chopped onion in oil until tender. Add 1-2tsp of taco seasoning, diced tomatoes, and 2 cups of water. Stir well and bring to a boil, once boiling reduce to a simmer. Let cook for 20 minutes until rice is tender.
2. In a skillet, brown ground turkey and rest of chopped onion. Once fully cooked, drain any excess grease.
3. Stir in drained/rinsed kidney beans, taco seasoning, salsa, and drained corn. Keep cooking another 5 minutes until everything is hot.
4. To assemble the tostadas, add meat mix to the top, add shredded cheese, chopped lettuce, and diced tomatoes.
5. Serve with tomato rice on the side!

Pineapple BBQ Chicken Skillet with Potatoes & Green Beans (serves 4-6)

Need:

3-4 potatoes

1.5lbs boneless skinless chicken thighs

salt/pepper

Pineapple Slices (20oz can)

1/2 cup BBQ sauce

Frozen Green Beans (12oz)

1. Clean and wash potatoes, then dice into about 1/2 inch pieces. Add potatoes and a little oil to a pan and let fry over medium heat. We don't want to stir these too much because they won't brown.
2. Season chicken thighs with salt and pepper, and then add them to a hot skillet. We want them to get some nice color, so let cook 7-8 minutes and then flip. Cook the other side for 7-8 minutes as well. Once the chicken is fully cooked, remove from pan and set aside. (Cooking time varies based on thigh size).
3. Pour about 1/2 a cup of pineapple juice into the skillet and bring to a boil while scrapping any chicken off the bottom. Add your BBQ sauce and stir well. If sauce is too thick add more pineapple juice.
4. You can keep chicken whole, or slice on an angle into strips. Add Chicken and pineapple rings to the pan and coat well with sauce.
5. Once the potatoes are nice and brown, add in frozen green beans and stir well. Let cook for 3-5 minutes until everything is hot. Don't forget to add your favorite seasonings. I prefer to go simple with a garlic herb blend, French fry seasoning, or just garlic and black pepper.
6. Serve the chicken & pineapple topped with sauce next to the potatoes and green beans.

You can serve the chicken thighs whole or sliced. I prefer sliced if I am trying to feed more people because one thigh may be too much for smaller appetites.

Pork & Veggie Pasta Salad (serves 4-6)

Need:

8oz pasta (any shape)

1/4 of pork loin roast

Italian Dressing

Frozen Peas (12oz)

Feta Cheese

French Bread

1. Boil water for pasta, and cook until tender. Drain and place pasta in a ice bath to full cool off. Set aside.
2. We will take the rest of the pork loin, and cut it into 1/2 inch pieces (you may have already done this part on the other pork night!). In a large pan with a little oil, cook your pork pieces until white and fully cooked. Remove from heat and let cool.
3. Steam peas in the microwave per bag directions, then let sit to cool.
4. In a large bowl, combine pasta, pork, peas, and Italian Dressing. We want everything fully coated but not drowning in salad dressing.
5. You can eat this warm or chill in the refrigerator. Before serving top with remaining feta cheese! Serve with easy garlic bread made in the air fryer or toaster oven.

****This is a great leftover buster meal. Check your fridge or freezer for any leftover veggies you can include. Try adding olives, mushrooms, bell pepper, onions, etc. ****

Asian Lettuce Wraps with Cucumber Mango Salad

(serves 4-6)

Need:

3 tbsp soy sauce

2 tsp sugar

2 tsp sesame oil

1 tsp chili sauce

1lb ground turkey

Water Chestnuts (8oz can)

Romaine Lettuce

1 cucumber

1 mango

1/4 cup rice vinegar

2 tbsp sugar

salt

1. In a small bowl, combine soy sauce, sugar, sesame oil, and chili sauce. Stir well.
2. In a skillet, brown ground turkey and then drain any excess grease. Add sauce to the turkey and stir well over medium heat for 4-5 minutes.
3. Turn off stove, and stir in drain water chestnuts. (I like to chop these smaller but you can leave them whole)
4. Peel your mango and cucumber, then chop into a bite size pieces. In a small bowl, combine rice vinegar, sugar, and salt. (You can add red pepper flakes for some heat if you want!) Pour vinegar mix over the mango and cucumber and stir to coat. *This can be made ahead of time and chilled in the fridge if you want!*
5. To make your wraps, start with lettuce leaves, top with ground turkey, and then add some sesame oil or chili sauce on top! Roll the leaves burrito or wrap style.
6. Serve with the cucumber mango salad on the side!

Grilled Greek Lemon Chicken Thighs with Spinach Rice (serves 4-6)

Need:

- 2-3 tbsp lemon juice
- 1/2 cup Greek or Italian Dressing
- 1.5lbs of boneless skinless chicken thighs
- Frozen Chopped Spinach (10-12oz)
- 2 tbsp of butter
- 1.5 cups of white rice
- 2.5 cups of water
- 1 tbsp of lemon juice

1. In a large Ziploc style bag, add lemon juice, dressing, and chicken. Let marinade for at least 30 minutes.
2. Defrost the chopped spinach in the microwave, and then squeeze as much liquid out as possible.
3. In a pot, melt butter and add rice, spinach, lemon juice, and water. Stir well and add any additional seasonings you like, maybe some garlic, salt, pepper, etc.
4. Bring to a boil, and then let simmer for about 15-20 minutes until rice is tender.
5. Heat your grill up, and remove the chicken from the marinade- place on the hot grill. It typically takes 7-8 minutes on each side but this will depend on the size of your chicken thighs.
6. After chicken is grilled, let sit for at least 5 minutes before slicing the thighs across into strips.
7. To serve, place spinach rice at the bottom, top with chicken, and sprinkle with feta cheese!

Sun Dried Tomato & Sausage One Pot Pasta (serves 4-6)

Need:

- Kielbasa or Smoked Sausage (14oz)
- Frozen Broccoli (12oz)
- Chicken Broth (14.5oz)
- Sun dried tomatoes (3oz)
- 8oz pasta (any shape)
- French Bread

1. Slice the smoked sausage into rounds about 1/4 inch thick. Saute the sausage in a little oil to get browned.
2. Add frozen broccoli to the pan, and stir well. Cook over medium heat for 3-5 minutes or until broccoli is no longer frozen. Remove broccoli and sausage from pan and set aside.
3. Add in chicken broth and sun dried tomatoes. (You may want to cut the tomatoes into slices or dice it if you prefer.)
4. Add in pasta to the pot, and everything should be just covered in liquid. If not, you may want to add a little bit of water until everything is just covered,
5. Bring liquid to a boil, and then reduce heat to a simmer. Place lid on the pot and let cook for about 7-8 minutes. Pasta should be tender and most of the liquid should be absorbed. If not, keep cooking uncovered for a few more minutes.
6. Add sausage and broccoli back to the pan and stir well to combine.
7. Serve pasta with garlic bread or buttered bread on the side.