

# 6 DINNERS UNDER \$60- WEEK #60

\*Crispy Island Fish Bowls \*Southwest Pork Loaded Potatoes

\*One Pot Cheesy Ziti \*Sweet Pork & Broccoli Bowls

\*Zesty Lemon Chicken Pasta \*Butter Ranch Sausage & Potatoes

## SHOPPING LIST

### PRODUCE

- ☐ Coleslaw Mix (16oz)
- ☐ Potatoes (5lb)
- ☐ Garlic
- ☐ Zucchini (x1)
- ☐ Carrots (1lb)
- ☐ Green Onions

### MEAT DEPT

- ☐ Breaded Fish Fillets (10ct)
- ☐ Pork Tenderloin (2 pk-3lbs)
- ☐ Ground Turkey (1lb)
- ☐ Lemon Pepper Rotisserie Chicken
- ☐ Smoked Sausage (13-14oz)

### DAIRY

- ☐ Cottage Cheese (16oz)
- ☐ Mozzarella Cheese (8oz)
- ☐ Butter (8oz)

### PANTRY

- ☐ Mayo
- ☐ Pickles
- ☐ Pineapple (20oz)
- ☐ White Rice (1lb)
- ☐ Diced Tomato w/ Chiles (10oz x2)
- ☐ Taco Seasoning
- ☐ Corn (14.5oz)
- ☐ Black Beans (15oz)
- ☐ Marinara Sauce (23-24oz)
- ☐ Ziti Pasta (16oz)
- ☐ Honey
- ☐ Soy Sauce
- ☐ Ranch Seasoning

### FROZEN

- ☐ Frozen Broccoli (12oz)
- ☐ Frozen Green Beans (12oz)

Assuming you have your preferred cooking oil, your favorite seasonings, and white sugar!

## Crispy Island Fish Bowls

Need:

½ cup mayo

2 tbsp sugar

2-3 tbsp pickle juice

Favorite Seasonings

Coleslaw Mix

½ cup pineapple

1 cup white rice

2 cups water

10ct Breaded Fish Fillets

1. In a bowl combine mayo, sugar, pickle juice (or vinegar), and favorite seasonings. Add in coleslaw mix and stir to combine. Place in fridge for at least 30 minutes.
2. In a sauce pan, add rice and water. Bring to a boil, then reduce heat, cover, and let simmer for 15-20 minutes.
3. Bake or Air Fry the Fish fillets per box directions.
4. We like to serve this bowl style, but you could also serve this separately on a plate with the rice, fish, and hawaiian style slaw.

## Southwest Pork Loaded Potatoes

Need:

1lb pork tenderloin

10oz Diced Tomatoes with Chiles x2

Taco Seasoning

4-5 potatoes

14.5oz can corn

15oz black beans

1. To a greased crockpot, add 1 pork tenderloin and top with 2 cans of diced tomatoes with chiles. Sprinkle taco seasoning on top. Let cook for 4 hours on high or 7-8 hours on low.
2. Closer to dinner time, wash and chop potatoes. Add to a pot with water, and bring to a boil until potatoes are tender. Drain potatoes and mash them. (I usually add some butter and milk, but you can make them anyway you like.)
3. Turn the crock pot off and use forks to shred the pork. Mix in 1 can of drained corn and 1 can of rinsed and drained black beans.
4. Serve the shredded pork over the mashed potatoes!

Optional: Top with cheese and sour cream if you like, but totally fine without!

### One Pot Cheesy Ziti

Need:

1lb ground turkey

2 cloves garlic

1 zucchini (shredded)

favorite seasonings

23-24oz jar of marinara sauce

1.5 cups water

8oz ziti pasta

1 cup cottage cheese or ricotta cheese

1.5 cups mozzarella cheese

1. Brown ground turkey in a pan. Drain any excess grease and then add 2 cloves minced garlic, 1 shredded zucchini, and your favorite seasonings. I typically go with Italian Seasonings.
2. Add in marinara sauce, water, and pasta. (Pasta should be covered with liquid so if needed add more water.) Cover the skillet and heat to a simmer. Let cook for 12-15 minutes. Sauce should be thick, but if it is watery heat to boiling for a few minutes to thicken.
3. Stir in cottage cheese or ricotta cheese. Sprinkle mozzarella cheese on top and cover to let the cheese melt!

### Sweet Pork & Broccoli Bowls

Need:

1 cup rice

2 cups water

1-1.5lb pork tenderloin

Favorite seasonings

¼ cup honey

3 tbsp soy sauce

3-4 garlic cloves minced

8 oz shredded carrots

12oz frozen broccoli

green onions (chopped)

1. In a saucepot, combine rice and water. Bring to a boil, then reduce heat, cover, and let simmer for 15-20 minutes.
2. Cut pork tenderloin into small 1 inch pieces. Season with your favorite seasonings, I keep it simple with salt, pepper, etc. Heat cooking oil in a large skillet and add pork. Let cook for about 6-8 minutes or until meat turns white.
3. In a small bowl, combine honey, soy sauce, and minced garlic. Pour over pork and add broccoli & shredded carrots to the pan. Let cook 2-3 minutes until broccoli is fully defrosted.
4. Serve pork and veggies with sauce over the rice and top with green onions!

## Zesty Lemon Chicken Pasta

Need:

1 Lemon Pepper Rotisserie Chicken

8oz pasta (any shape)

½ cup chopped dill pickles

½ mayo

Favorite Seasonings

1-2 tbsp pickle juice or lemon juice

8oz shredded carrots

1. Boil water for pasta, and cook until tender. Drain and put pasta in an ice bath or rinse with cold water.
2. Pull chicken from the bone, and chop about 1.5 cups worth. (save rest for another dish).
3. In a bowl, combine chopped pickles, mayo, favorite seasonings, and pickle or lemon juice. Mix well.
4. Add in cooked pasta, chopped chicken, and shredded carrots. Stir to combine.
5. This pasta can be served warm or it can be chilled in the fridge for later!

## Butter Ranch Sausage & Potatoes

Need:

4-5 potatoes

13-14oz smoked sausage

12oz frozen green beans

1 stick butter

1 pack Ranch Seasoning

1. In a crockpot add chopped potatoes (about 1 inch), sliced sausage (about 1 inch), and bag of frozen green beans.
2. Add chopped butter to the top and sprinkle with Ranch Seasoning.
3. Cook on high for 4 hours or on low for 7-8 hours.
4. This can be served as is or you can top with shredded cheddar cheese or a dollop of sour cream!

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