

6 DINNERS UNDER \$60- WEEK #95

- *Chicken & Zucchini Stir Fry
- *Sweet Potato Buddha Bowls
- *Italian Chicken Sheet Pan
- *Bacon & Pea Pasta Salad
- *Sweet & Sour Turkey Meatballs
- * Chicken Caprese Style Pasta

SHOPPING LIST

PRODUCE

- Zucchini x1
- Onion X1
- Garlic
- Sweet Potatoes
(3lbs)
- Spinach (10oz)
- Cherry Tomatoes
(10oz)

MEAT DEPT

- Chicken Breasts (5lb)
- Bacon (12oz)
- Ground Turkey (1lb)

FROZEN

- Green Beans (12oz)
- Sweet Peas (12oz)
- Stir Fry Veggies (20oz)

PANTRY

- Soy Sauce
- Brown Sugar
- Cornstarch
- White Rice
- Black Beans (15oz)
- Vinaigrette Dressing
- Italian Seasoning
- Garlic Powder
- Pasta (any shape)
- Mayo
- Vinegar
- Ketchup
- Pesto Sauce (6-7oz)

DAIRY

- Parmesan (6oz)

*Assuming you have your preferred cooking oil and your favorite seasonings.

Chicken & Zucchini Stir Fry with Rice

1-1.5 lbs chicken breasts, diced

2 tablespoons oil

1 zucchini, sliced

1/2 onion, sliced

2 cloves garlic, minced

3 tablespoons soy sauce

1 tablespoon brown sugar

1/2 cup water

1 tablespoon cornstarch

2 cups cooked white rice

1. Heat oil in a large skillet over medium-high heat.

2. Add chicken, season with favorite seasonings, and cook until browned and cooked through. Remove and set aside.

3. In the same skillet, add zucchini and onion. Cook 4–5 minutes until slightly softened.

4. Add garlic and cook 30 seconds.

5. Return chicken to the skillet.

6. In a bowl, stir together soy sauce, brown sugar, water, and cornstarch. Pour into skillet.

7. Simmer 2–3 minutes until thickened.

8. Serve over cooked white rice.

Sweet Potato Buddha Bowls

2 medium sweet potatoes, peeled and diced

1 tablespoon oil

Favorite Seasonings

15 oz black beans, drained and rinsed

5 oz fresh spinach

2 tablespoons vinaigrette dressing

1. Preheat oven to 400°F.

2. Toss sweet potatoes with oil, salt, and pepper. Spread on a baking sheet.

3. Roast 20–25 minutes until tender.

4. While potatoes cook, warm black beans in a small skillet over medium heat until heated through.

5. In bowls, layer sweet potatoes, black beans, and spinach.

6. Drizzle with vinaigrette dressing and serve.

Italian Herb Chicken Sheet Pan (Sweet Potatoes & Green Beans)

1.5–2 lbs chicken breasts

2 tablespoons oil

2 medium sweet potatoes

(peeled and diced)

12 oz green beans

1 teaspoon Italian seasoning

1/2 teaspoon garlic powder

1. Preheat oven to 400°F.

2. Toss sweet potatoes with half the oil, favorite seasonings, and half the Italian seasoning.

Spread on a sheet pan.

3. Roast for 15 minutes.

4. Remove pan, push potatoes to one side.

5. Add chicken and green beans to the pan. Drizzle with remaining oil and seasonings.

6. Bake 20–25 minutes until chicken is cooked through and veggies are tender.

Creamy Bacon & Pea Pasta Salad

8 oz rotini pasta

12 oz bacon, chopped

12 oz frozen sweet peas

1/2 cup mayo

1 tablespoon vinegar

Favorite Seasonings

1. Cook pasta in boiling water until tender. Drain and rinse under cold water to cool.

2. While the pasta is cooking, add frozen peas to the last 1–2 minutes of boiling water.

Drain together with the pasta.

3. Cook bacon in a large skillet over medium heat until crispy. Remove and drain on paper towels.

4. In a large bowl, mix mayo, vinegar, and favorite seasonings.

5. Add cooled pasta, peas, and bacon. Toss until evenly coated.

6. Chill at least 30 minutes before serving.

Sweet & Sour Turkey Meatballs with Veggies and Rice

1 lb ground turkey

2 tablespoons oil

1/2 cup ketchup

1/3 cup brown sugar

1/4 cup white vinegar

1 tablespoon soy sauce

1 tablespoon cornstarch

1/2 cup water

1 (20 oz) bag frozen stir fry vegetables

2 cups cooked white rice

1. In a bowl, mix ground turkey with favorite seasoning. Form into small meatballs.
2. Heat oil in a large skillet over medium heat. Add meatballs and cook until browned and cooked through. Remove and set aside.
3. In a bowl, whisk together ketchup, brown sugar, vinegar, soy sauce, cornstarch, and water.
4. In the same skillet, add frozen stir fry vegetables and cook until heated through.
5. Return meatballs to the skillet and pour sauce over top. Stir gently.
6. Simmer 3–5 minutes until the sauce thickens and coats everything.
7. Serve meatballs and vegetables over cooked white rice.

Chicken Caprese Style Pasta + Spinach Side Salad

1-1.5 lbs chicken breasts, diced

2 tablespoons oil

8 oz pasta

2 cloves garlic, minced

10 oz cherry tomatoes, halved

6–7 oz jar pesto

6 oz shredded parmesan

fresh spinach

salad dressing of your choice

1. Cook pasta in boiling water until tender. Drain and set aside.
2. Heat oil in a skillet over medium heat.
3. Add chicken and cook until browned and cooked through.
4. Add garlic and cook 30 seconds.
5. Add tomatoes and cook 2–3 minutes until slightly softened.
6. Stir in pesto.
7. Add cooked pasta and toss to combine.
8. Sprinkle with parmesan cheese.
9. Toss spinach with dressing and serve on the side.