

Overview

< 18 Agust 2020 - 16 Agust 2020 >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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							D

Breakfast

Morning Snack

Lunch

Afternoon Snack

Dinner





Lunch

Sunday



Burger

Monday



Burger



Fries

Tuesday



Wednesday



Thursday



Friday



Tacos



Margaritas

Saturday



Rissotto



Wine

Main

Sides

Dessert

Soup

Salad

Juices



Burger



Fries



Pizza



Lasagna



Coca-Cola



Fried Chicken



Pepsi



Meat



Key lime pie



Waffles and fruits



Pancake



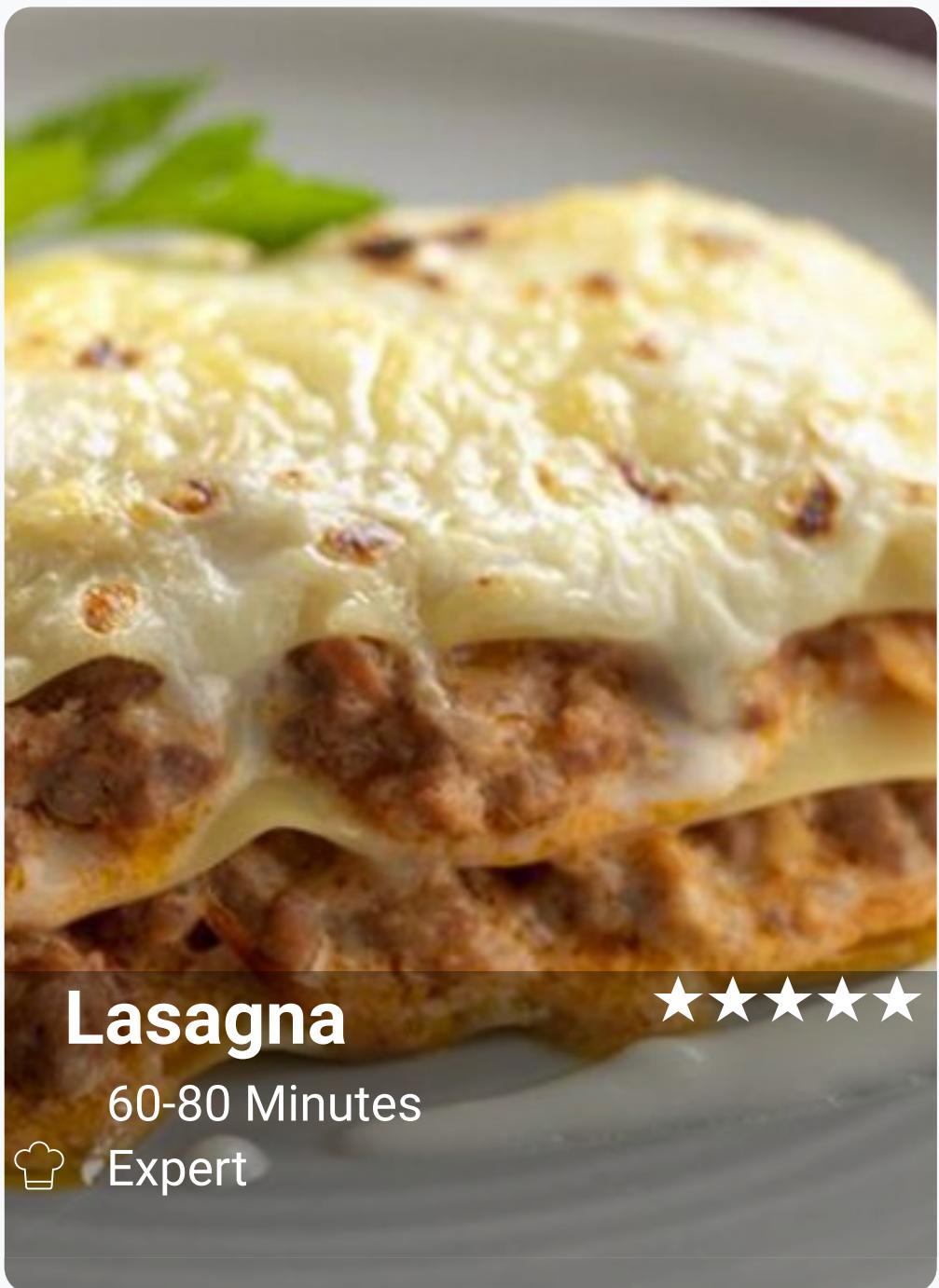
Orange Juice



9:45 am



Meals I want to plan



Lasagna ★★★★★

60-80 Minutes

 Expert



9:45 am



Meals I want to plan

Steamed vegetables ★★★★★

60-80 Minutes

Expert

A chef icon indicating the meal is prepared by a professional.



9:45 am



Meals I want to plan



Lasagna



60-80 Minutes



Expert



9:45 am



Meals I want to plan

Margarita

6-8 Minutes

Expert

★★★★★



9:45 am



Meals I want to plan

Rissotto ao Phungi ★★★★★

60-80 Minutes

Expert





Meals I want to plan



Pre



Breakfast



Snack1



Lunch



Snack 2



Dinner



Snack 3



Workout





Meals I want to plan



Pre



Breakfast



Snack1



Lunch



Snack 2



Dinner



Snack 3



Workout

Next >





Diet

- Mediterranean Low FODMAP
- Atkins Workout
- South Beach Whole 30 
- DASH Keto
- Scarsdale Paleo

Restrictions

- Dairy Free Sugar free
- Vegan Gluten free
- Vegetarian Piscatarian

Next >





Lunch

Sunday

Monday

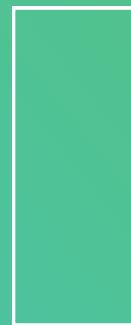
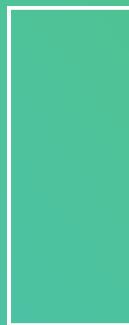
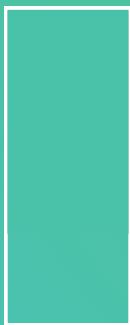
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Wednesday

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Saturday



Main

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Dessert

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Orange Juice





Lunch

Sunday



Burger

Monday



Burger

Tuesday

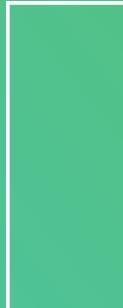


Fries

Wednesday



Thursday



Friday



Tacos

Saturday



Rissotto



Wine

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Orange Juice





Lunch

Sunday



Burger

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Burger

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Fries

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Coca-Cola

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Rissotto



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Lasagna



Fried Fish



Fried Chicken



Brisket



Garlic Pork Chops



Pork and Beans



Rostisserie Chicken



Rissotto ao Funghi



Tacos





Margaritas

Ingredients

2 lime wedges, for rimming glasses and garnish

1/4 c. kosher salt or coarse sea salt, for rimming glasses

4 oz. tequila

2 oz. triple sec

1 1/2 oz. freshly squeezed lime juice

Preparation

1 Place salt on small shallow plate. Rim two glasses with lime wedge, then dip in salt to coat rim.

2 Divide tequila, triple sec, and lime juice between 2 glasses and stir to combine. Top with ice, garnish with lime, and serve.





Rissotto ao Funghi

Ingredients

1 cup of dried funghi

Hot water

2 tablespoons of butter + 1 tablespoon of butter

2 cups sliced paris mushrooms

2 cups sliced shiitake mushrooms

2 cups separate shimeji mushrooms

Salt to taste

Black pepper to taste

½ packet of thyme

Sautéed olive oil

1 chopped onion

1 clove of minced garlic

2 cups of tree rice

1/2 cup dry white wine

1.5 liter of vegetable broth

Parmesan cheese to taste

Preparation

1 Arrange the dried funghi mushrooms in a container with hot water. Soak for 20 minutes, drain and reserve.

2 In a frying pan, melt 2 tablespoons of butter and sauté the paris mushrooms, the shitake, the shimeji and the dry, drained funghi.

3 Season with salt and pepper.

4 Turn off the heat and add the thyme leaves. Reserve.

5 In a hot pan, place the oil and sauté the onion and garlic.

6 Add the rice and sauté well.

7 Add the white wine and stir with a wooden spoon until the wine almost evaporates. Tip: the wine acid stimulates the rice to release more starch, making the risotto more creamy.

8 Add the vegetable stock gradually as the liquid evaporates.

9 Always stir until the risotto is creamy and the rice grain is al dente.

10 Turn off the heat, add the mushrooms, mix well. Correct the salt and pepper.

11 Add 1 tablespoon of butter, mix well.

12 Serve with freshly grated cheese.





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Fried Chicken



Brisket



Garlic Pork Chops



Pork and Beans



Rostisserie Chicken



Rissotto ao Funghi



Tacos





Weekly Purchase List



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1 pack 400 g butter	<input checked="" type="checkbox"/>
1 pack sliced paris mushrooms	<input checked="" type="checkbox"/>
1 pack sliced shiitake mushrooms	<input checked="" type="checkbox"/>
1 pack separate shimeji mushrooms	<input checked="" type="checkbox"/>
1 galon of milk	<input checked="" type="checkbox"/>
1 packet of thyme	<input checked="" type="checkbox"/>
1 bottle olive oil 16oz	<input checked="" type="checkbox"/>
1 bag 3lb onion	<input checked="" type="checkbox"/>
1 garlic bunch	<input checked="" type="checkbox"/>
1 pack 2lb tree rice	<input checked="" type="checkbox"/>
1 bottle dry white wine	<input checked="" type="checkbox"/>
2 quarts vegetable broth	<input checked="" type="checkbox"/>
5 lb potato	<input checked="" type="checkbox"/>
3lb ground beef	<input checked="" type="checkbox"/>
1 ketchup	<input checked="" type="checkbox"/>
1 jar de pickles	<input checked="" type="checkbox"/>
1 pack romaine hearts	<input checked="" type="checkbox"/>
1 bag of pepperoni	<input checked="" type="checkbox"/>
1 pack 16 slices american cheese	<input checked="" type="checkbox"/>
1 pack tortillas 16ct	<input checked="" type="checkbox"/>
5 lb roma tomatos	<input checked="" type="checkbox"/>



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Purchase



9:45 am



Purchase my list



amazonfresh



POSTMATES



instacart

Walmart 
Save money. Live better.



Purchase

