

MEAL#: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
Meal 1 Cavatappi with Cilantro-Pistachio Pesto <i>French Bread</i>	½ lb cavatappi pasta 2 c cauliflower florets 1 med carrot, halved lengthwise, cut ½" thick (4 T olive oil, divided, 1 t minced garlic) ½ c lightly packed fresh cilantro leaves ¼ c shelled pistachios 2 t fresh lemon juice (¼ t salt, ¼ t pepper) 1 green onion, thinly sliced <hr/> ½ loaf <i>French bread, heated</i>	Cook pasta according to package directions. On a rimmed baking sheet, combine cauliflower and carrots; drizzle with 1 T oil. Bake at 475° F for 20 min, stirring occasionally. In a food processor, combine garlic, cilantro and pistachios; pulse until finely chopped. With machine running, add remaining 3 T oil. Puree until smooth. Stir in lemon juice, salt and pepper. Toss pasta with roasted vegetables and pesto. Sprinkle with green onions to serve. <i>Serve with heated French bread.</i>
Meal 2 Pork Dijon with Cider Pan Sauce <i>Roasted Potatoes</i> <i>Steamed Peas</i>	½ lb bnls pork chops (Salt, pepper, 1 T butter) ½ red apple, diced 2 T minced shallot (½ t thyme) (¼ c apple juice) ¼ c chicken broth (½ T Dijon mustard) <hr/> 15 oz bag <i>roasted potatoes</i> 1 c <i>frozen peas</i>	Sprinkle pork with salt and pepper. Melt butter in a lg skillet over med-high. Brown pork chops; remove from skillet and place on a baking sheet. Bake at 425° F for 6 to 8 min. Add apple, shallot and thyme to skillet. Cook over med, stirring often, until it begins to brown. Add apple juice, scraping brown bits off bottom of pan; cook 2 min. Add broth and mustard; cook 2 min. Serve sauce over chops. <i>Cook desired amount of potatoes according to package directions. Cook peas according to package directions. Season as desired.</i>
Meal 3 Creamy Chicken and Broccoli over Potatoes <i>Mixed Green Salad</i>	2 large potatoes, baked (1 T butter, 1 T minced garlic) 2 T sliced green onion 2 c frozen chopped broccoli, thawed 1 c cream of mushroom soup, ½ c milk 2 oz shredded Parmesan cheese 2 oz cream cheese, softened 1 c shredded rotisserie chicken (butter, salt, pepper) <hr/> ½ bag <i>mixed green salad</i> (<i>Salad dressing</i>)	Bake potatoes at 400° F for 45 - 50 min. In a lg skillet, melt butter over med heat. Add garlic and onion; cook until tender. Add broccoli, soup and milk; cook 10 min. Stir in Parmesan, cream cheese and chicken; cook until heated through. Season potatoes with butter, salt and pepper. Serve chicken mixture over potatoes. <i>Serve mixed green salad with dressing.</i>
Meal 4 Chicken Tostadas with Cilantro Lime Cream	4 - 6" corn tortillas (1 t olive oil, salt) ¼ c sour cream 2 T finely chopped cilantro, 1 T lime juice 1 c refried black beans (¼ t cumin, ½ t onion powder) 1½ c shredded rotisserie chicken 1 to 2 small radishes, thinly sliced ½ bag mixed green salad, finely chopped Crumbled goat cheese	Brush both sides of tortillas with olive oil and sprinkle with salt. Place on a baking sheet and bake at 400° F for 10 min, or until crisp. Combine sour cream, cilantro and lime juice. Combine refried beans, cumin and onion powder. Heat in microwave. Spread tortillas with bean mixture; top with chicken, radishes, lettuce, sour cream mixture and crumbled cheese. Serve immediately.
Meal 5 Caramelized Onion Burgers <i>French Fries</i>	(1 T butter) 1 sweet onion, thinly sliced ¾ lb ground beef (1 t minced garlic, 1 t Worcestershire sauce) (¼ t beef bouillon, ¼ t thyme, ¼ t salt, ¼ t pepper) 2 slices Havarti cheese 2 hamburger buns, toasted (Dijon mustard) <hr/> 15 oz bag <i>French fries</i>	Melt butter in lg skillet over med heat. Add onion; cover and cook 15 min. Uncover, cook over med-high, stirring until caramel colored. Set aside. Combine beef, garlic, Worcestershire, bouillon, thyme, salt and pepper. Shape into 2 patties; grill or cook over med heat. Top with cheese. Spread buns with Dijon; top with onions and patties. <i>Cook French fries according to package directions.</i>
Meal 6 Chicken with Red Wine Vinegar and Tomatoes <i>Steamed Rice</i>	(2 T flour, ¼ t salt, ¼ t pepper) ¾ lb bnls sknls chicken thighs, cut into 4 pieces each (1 T olive oil) ½ small onion, thinly sliced (½ t minced garlic, 1 bay leaf) 1 c canned diced tomatoes, drained (¼ c red wine vinegar) ¼ c chicken broth 2 T chopped parsley <hr/> 1 c <i>long-grain rice</i>	Combine flour, salt and pepper; dredge chicken. Heat oil in a lg skillet over med-high heat. Add chicken; cook 2 to 3 min per side. Remove from skillet and set aside. Add onion and garlic; cook 2 min. Stir in bay leaf and tomatoes, cook 2 min. Add vinegar; boil until almost evaporated. Return chicken to pan along with broth. Simmer, partially covered, until chicken is cooked through, about 8 min. Stir in parsley. <i>Cook rice according to package directions. Serve chicken over rice.</i>
Meal 7 Tortellini with Asparagus and Peas <i>French Bread</i>	(½ t minced garlic, 3 T olive oil, ¼ t salt, ½ t cayenne) ¼ lb asparagus, cut into ½" pieces ¼ c thawed frozen peas 9 oz pkg refrigerated cheese tortellini 1 T chopped fresh mint 1 oz softened goat cheese <hr/> ½ loaf <i>French bread, heated</i>	Bring a lg pot of salted water to a boil. In a lg bowl, combine garlic, olive oil, salt and cayenne. Boil asparagus, peas and pasta for 3 min, or until al dente. Reserve ½ c cooking water. Drain pasta and vegetables; toss with garlic mixture. Stir in mint and goat cheese, stirring until cheese melts. Add cooking water as needed to moisten. <i>Serve with heated French bread.</i>



NATURAL & ORGANIC FOR 2 GROCERY LIST

APRIL 18 - 24, 2012

To eliminate a particular meal, cross out each grocery item with that corresponding meal #. Prices & availability of grocery items may vary from store to store.

MEAL #	X	GROCERY ITEM	OTHER ITEMS:	X
-----	X	DELI / BAKERY / BREAD		
1		¼ c shelled pistachios		
1,7		1 loaf French bread		
4		8 oz pkg corn tortillas		
3,4		1 rotisserie chicken		
5		8 ct pkg hamburger buns, use 2		
-----	X	PRODUCE		
1		1 small head cauliflower		
1		1 med carrot, about 2 oz		
1,4		1 bunch cilantro		
1		1 lemon		
1,3		1 bunch green onions		
2		1 red apple, about 8 oz		
2		1 med shallot, about 6 oz		
3		2 large baking potatoes, about 1½ lbs		
3,4		1 bag mixed green salad		
4		1 lime		
4		1 small bunch radishes		
5,6		2 sweet onions, about 1 lb		
6		1 bunch parsley		
7		1 bunch asparagus, use ¼ lb		
7		1 oz pkg fresh mint		
-----	X	MEATS		
2		⅓ lb bnls pork chops		
5		¾ lb ground beef		
6		¾ lb bnls skinless chicken thighs		
-----	X	DAIRY / REFRIGERATED		
3		1 qt milk, use ⅓ c		
3		4 oz container shredded Parmesan cheese, use 2 oz		
3		8 oz pkg cream cheese, use 2 oz		
4		8 oz container sour cream, use ¼ c		
4,7		6 oz crumbled goat cheese		
5		12 slice pkg Havarti cheese, use 2		
7		9 oz pkg refrigerated cheese tortellini		
-----	X	FROZEN		
2		15 oz bag roasted potatoes		
2,7		16 oz bag frozen peas, use 1¼ c		
3		16 oz pkg frozen chopped broccoli, use 2 c		
5		15 oz bag frozen French fries		
-----	X	CANNED / BOTTLED		
2,6		15 oz can chicken broth, use ½ c		
3		10 oz can cream of mushroom soup		
4		15 oz can refried black beans		
6		14 oz can diced tomatoes		
-----	X	PACKAGED		
1		16 oz pkg cavatappi pasta, use ⅓ lb		
6		32 oz bag long-grain rice, use 1 c		

STAPLES NEEDED FOR EACH MEAL:

Copyright 2012, E-Mealz, Inc. 426

Meal 1
Olive oil
Minced garlic

Meal 2
Butter
Thyme
¼ c apple juice
Dijon mustard

Meal 3
Butter
Minced garlic
Salad dressing

Meal 4
Olive oil
Cumin
Onion powder

Meal 5
Butter
Minced garlic
Worcestershire sauce
Beef bouillon
Thyme
Dijon mustard

Meal 6
Flour
Olive oil
Minced garlic
Bay leaf
¼ c red wine vinegar

Meal 7
Minced garlic
Olive oil
Cayenne pepper