

5 DAY DINNERS

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DAY 1

Roasted Chicken
with Roasted
Vegetables
Mashed Potatoes
Sauteed Spinach

DAY 2

Minestrone Soup
Chicken Salad Sandwiches

DAY 3

Grilled Skirt Steaks
Potato Pancakes
Steamed &
Sauteed Green Beans in
garlic & olive oil

DAY 4

Chicken & Steak Fajitas
Rice and Beans
Corn on the Cob

DAY 5

Spaghetti with Meat
Sauce
Caesar Salad
Garlic Bread



Ease of Preparation

All of these dishes require only basic preparation. The dishes that take longer to prepare (roasted chicken, minestrone soup) can cook partially or completely unattended, leaving you free to work on other tasks. If you use this menu, reserve a bulk of time for roasting the chicken and cooking the soup.

****Shortcuts:** Purchase a rotisserie chicken and prepare the soup in a crockpot.

Nutritional Balance

Each meal includes a balance and variety of protein, vegetables and grains, ensuring that you'll get a wide range of nutrients all week.

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Time Saving Shortcuts

To save time and money, several of the meals use leftovers from meals prepared earlier in the week:

- Leftover chicken becomes chicken salad
- Mashed potatoes become potato pancakes
- Leftover roasted vegetables and spinach become a part of Minestrone Soup
- Unused bread from chicken salad sandwiches can be made into croutons for Caesar salad



Minestrone Soup Recipe



3 medium carrots, chopped
3 stalks celery, chopped
2 medium sweet onions, peeled and chopped
1 large potato, peeled and chopped
1/4 pound green beans, ends snipped off and chopped
2 medium zucchini, chopped into bite-size pieces
1 head of cabbage, finely chopped
5 fresh medium garlic cloves, peeled and chopped
3 tablespoons butter
1/3 cup olive oil
8 cups beef broth, fresh or canned
2 cups of chopped Italian plum tomatoes, or canned
1/2 teaspoon dried basil or 1 tablespoon fresh basil
1 teaspoon salt
2 tablespoons sugar
2 cups cannellini beans, canned or fresh (cooked)
Beef soup bone
1/2 pound small pasta, cooked
Freshly grated Parmesan cheese

Wash and chop all vegetables. In a large soup pot, heat the butter and olive oil. Add the garlic, onion, celery and sauté until tender. Add the soup bone cabbage, and remaining vegetables, liquids, tomatoes, basil, sugar and salt. Heat to boiling, then reduce to a low heat and simmer for 4 hours hours. Meanwhile, cook the pasta and drain. Set aside. Add the beans and cook another 30 minutes. Remove soup bone, stir in the cooked pasta, and serve with shaved Parmesan cheese and crusty bread.