TEN DINNERS. TWO GROCERY LISTS.

Two Weeks of Easier Dinners

A little planning.
One less decision at the end of the day.



A PLAN YOU CAN USE

Shop once for each week.

Cook five dinners.

Put the extra portions to work tomorrow.

With full recipes and links back to the website.

10 full recipes / Weekly menus / Prep notes / Leftover ideas

From Lori's Food Obsession

Week 1: your dinner plan

A suggested order. Swap nights as needed, and move thawing and shopping plans with them.

MONDAY

Honey Garlic Chicken

About 25 minutes | Recipe p. 7

TUESDAY

Cheeseburger Potato Skillet

About 45 minutes | Recipe p. 8

WEDNESDAY

Creamy Feta Tomato Pasta

Allow about 35 minutes* | Recipe p. 9

THURSDAY

Slow-Cooker Salsa Chicken

10 min prep; 5-6 hr LOW or 3-4 hr HIGH | Recipe p. 10

FRIDAY

Greek Beef Meatballs

About 45 minutes, without sides | Recipe p. 11

A SHORT HEAD START

Check pantry staples. Portion and label meat for each recipe. Keep only what you will cook within 1-2 days in the refrigerator; freeze later-week raw meat and chicken promptly. Start refrigerator thawing early enough for each portion to thaw completely.

SERVE IT WITH

Monday: rice. Thursday: 12 small tortillas. Friday: 6 pitas. These are included in your list. Tuesday and Wednesday stand on their own. Add vegetables or salad to taste; those extra sides are not totaled.

Honey Garlic Chicken

A short skillet dinner with a glossy sauce worth spooning over rice.

About 4 servings | About 25 minutes

INGREDIENTS

1 lb boneless, skinless chicken breasts (about 2 breasts)

Salt and black pepper, to taste

1/4 cup all-purpose flour

3 1/2 Tbsp unsalted butter, divided

2 garlic cloves, minced

1 1/2 Tbsp white vinegar

1 Tbsp soy sauce

1/4 cup honey

MAKE IT

1. Slice each breast horizontally into two thin cutlets. Season with salt and pepper, coat lightly with flour, and shake off the excess.

2. Reserve about 1 tsp of the butter. Heat the rest in a large skillet over medium-high heat. Add the cutlets in one layer; cook 2-3 minutes on the first side, then turn and cook about 1 minute.

3. Lower the heat to medium. Add the reserved butter and garlic; stir for about 30 seconds. Add the vinegar, soy sauce and honey.

4. Simmer gently, turning the chicken in the sauce, until every cutlet reaches 165°F at its thickest point. Add a splash of water if the sauce thickens too much. Spoon the sauce over the chicken.

Kitchen note: Measure the sauce ingredients before you start. Thinner, even cutlets cook more evenly.

At the table: Menu addition: cook 1 cup dry rice by its package directions for four modest portions. Rice is included in the weekly list.

Next time around: Slice refrigerated leftover chicken into a rice bowl. Reheat the chicken to 165°F with a splash of water.

Open the original recipe at Lori's Food Obsession

Before you shop

For the sample menu and Honey Garlic Chicken, I prefer organic all-purpose flour and organic tortillas. Read the labels on soy sauce and other packaged ingredients.

Flour: I prefer organic flour, using the same flour type and amount listed in the recipe.

Tortillas: I look for organic tortillas and still read the ingredient list. Homemade tortillas are welcome, too.

Taco seasoning: Read the ingredient list and choose a blend without added food dyes. My Easy Taco Lasagna includes a homemade seasoning blend.

Chips and dressing: For Taco Salad, I use Late July Nacho Cheese tortilla chips, but any plain salted tortilla chip works. The recipe includes my homemade Western dressing, with avocado oil preferred and canola oil as an option. Any Western, French, or Catalina dressing also works.

Other packaged ingredients: I use uncured bacon. Jars, cans, and the freezer can help with dinner. Read labels on sauces, dressings, broth, crackers, bread, sausage, chocolate chips, and seasoning blends for added colors or flavorings you prefer to avoid.

Keep it practical: Organic is my shopping preference, and I still read the label. Start with the basic ingredients for a meal you want to make, then build from there.

Read my everyday pantry notes