

# SAMPLE DINNER DAILY MENU - NO RED MEAT OR PORK DIET

Stop & Shop - Serves 4 to 6

Shopping List

Print Menu

Connect to Google

Put your menu in your calendar!

[Restore Original Menu](#)

Please note: changes to your menu will create a new shopping list.



Time to table  
30 MINS

## TOMATO & MOZZARELLA FISH

with Couscous and Mixed Greens



Can Make  
Topping in  
Advance

### Ingredients

2 lbs fish fillet of choice  
2 tbs fresh basil, chopped  
1 cup baby spinach, chopped  
1 tomato, chopped  
1 shallot, chopped  
1 garlic clove, minced  
1 1/2 tbs fresh lemon juice  
1 cup shredded mozzarella

### Couscous

1 1/2 cups couscous

### Mixed Greens

5 oz spring mix greens

### Instructions

Preheat oven to 350. Place fish in baking dish and season with salt & pepper. In small bowl, mix basil, spinach, tomato, shallot, garlic, lemon juice & cheese. Spread over top of fish & cover dish with foil. Bake for 15 to 20 mins or until fish flakes easily with a fork. This recipe works well with any white fish.

*Prepare couscous according to package directions. Salt & pepper to taste. For variety, cook in broth instead of water, stir in a squeeze of lemon juice and/or 1 tbs olive oil, or toss in a handful of any chopped fresh herbs you have on hand.*

*Toss greens with salad dressing of choice.*

439 Cals 47g Protein 7g Fat 4g Fiber 44g Carbs



Time to table  
50 MINS

## TORTILLA & BLACK BEAN CASSEROLE

with Tomatoes & Cukes and Rice



Assemble Ahead,  
Bake When  
Ready!

### Ingredients

1 tbs olive oil  
2 onions, medium, diced  
2 green peppers, diced  
4 garlic cloves, minced  
16 oz salsa, mild  
28 oz diced tomatoes  
30 oz black beans, drained & rinsed  
1 tsp cumin (ground)  
2 tsp chili powder  
1/4 tsp red pepper flakes (optional)  
8 tortillas, taco size, cut in strips  
3 cups shredded mozzarella

### Tomatoes & Cukes

2 tomatoes, chopped  
2 cucumbers, peeled & chopped

### Rice

1 1/2 cups rice

### Instructions

Preheat oven to 350 degrees. Heat oil in large skillet on med/high. Sauté onions, peppers, and garlic until softened, about 5 min. Add salsa, tomatoes, beans, cumin, chili powder, and red pepper flakes (optional) and simmer for 10 min. Lightly grease 9 x 13 casserole dish. To assemble casserole, layer 1/3 of bean mixture, 1/2 of tortillas, 1/2 of cheese, 1/3 of bean mixture, final 1/2 of tortillas, final 1/3 of bean mixture, and final 1/2 of cheese. Bake for 20 mins. Optional: Garnish with sour cream, salsa, avocado, and/or lettuce if desired. Recipe makes 8 servings.

*Mix tomatoes and cucumbers in bowl with oil & vinegar, salt & pepper. Simple!*

*Prepare rice per package directions. Salt & pepper to taste. For variety, cook in broth instead of water, toss in some frozen veggies for the last few minutes of cooking, stir in a squeeze of lemon juice and/or 1 tbs olive oil, or toss in a handful of any chopped fresh herbs you have on hand.*

698 Cals 26g Protein 19g Fat 10g Fiber 106g Carbs



Time to table  
25 MINS

## BASIL & GARLIC TUNA STEAKS

with Spinach Contorno and Corn on the Cob



Can Make  
Marinade in  
Advance

### Ingredients

2 lbs tuna steaks  
1 tbs fresh basil, chopped  
2 garlic cloves, minced  
1 1/2 tbs fresh lemon juice  
1 tbs olive oil

### Spinach Contorno

2 tbs olive oil  
2 garlic cloves, minced  
10 oz baby spinach  
1 tomato, chopped

### Corn on the Cob

5 corn on the cob

### Instructions

Place tuna in shallow baking dish. In small bowl, mix basil, garlic, lemon juice & oil and pour over fish. Marinate for up to 30 minutes in fridge, if time allows. Preheat broiler or grill. Place fish on oiled broiler pan or grill, & cook for 10 to 15 mins, flipping over half way through, until fish is opaque and flakes with a fork.

*Heat oil on med heat. Add garlic & cook for 1 minute. Stir in spinach (in batches so it fits) and cook until just wilted, about 2 mins. Top with tomatoes.*

*Husk corn & bring large pot of water to boil. Add corn & cook for 5 minutes until just tender. Serve with butter, salt & pepper.*

470 Cals 41g Protein 21g Fat 4g Fiber 32g Carbs





## EASY CHICKEN DIVAN

with Green Beans and Roasted Cauliflower

### Ingredients

1 1/2 lbs boneless chicken breast	1 onion, small, chopped
3/4 cup flour	1/3 cup white wine
2 tbs olive oil	10 oz frozen broccoli
1 1/2 tbs fresh lemon juice	1/3 cup half & half
1 tbs butter	1/2 cup shredded parmesan cheese

### Green Beans

1 lb green beans, ends trimmed

### Roasted Cauliflower

1 cauliflower, small head, chopped into florets 1 tbs olive oil

### Instructions

Cut chicken into cubes. Place flour on plate and coat chicken on all sides. Heat oil in large skillet & add chicken. Drizzle with lemon juice. Season with salt & pepper. Cook, stirring until browned & cooked through. Remove & set aside. Add butter, onion, & wine (may also use chicken broth instead of wine) to pan & turn heat to med/high. Scrape up brown bits on bottom of pan & stir. Turn heat to med/low, stir in 1 tbs flour, broccoli, and half & half. Heat for few mins then return chicken to pan, add cheese, cover & heat for few mins more.

*Cook green beans over simmering water until just bright green.*

*Preheat oven to 425. Lightly spray a baking sheet with oil. Place cauliflower on sheet, top with oil, and toss to coat. Season with salt & pepper. Bake for 20 mins, stirring once half way through.*

419 Cals 29g Protein 17g Fat 10g Fiber 37g Carbs



## SLOW COOKER STUFFED PEPPERS

with Green Salad



### Ingredients

1 tsp olive oil	1 cup quinoa, cooked
1 onion, small, chopped	1/4 cup shredded cheddar cheese, low fat
6 green peppers, tops cut off, seeds removed	15 oz diced tomatoes with green chiles
1 cup frozen corn, thawed	1/2 tsp cumin (ground)
15 oz black beans, drained & rinsed	1/2 tsp onion powder
3 garlic cloves, minced	1/2 tsp garlic powder

### Green Salad

1 package salad mix 2 tbs salad dressing

### Instructions

Heat olive oil in medium skillet on med/high for 30 seconds. Add onion, diced pepper tops, corn & beans and saute for 3 mins. Add garlic and saute 1 min more. Remove from heat and place into large mixing bowl. Add cooked quinoa, half the cheese, diced tomatoes and spices. Stir to combine completely. Portion into peppers and place in slow cooker. Pour about 1/3 cup water into bottom of crock pot. Cover and cook on high 3 hours or low 4 to 5 hours. When almost ready for dinner, sprinkle more cheese on each pepper, replace lid and cook 5 more minutes. Remove from crockpot and serve.


*In a large bowl prepare salad mix according to package directions. Toss with dressing of choice.*

426 Cals 19g Protein 16g Fat 10g Fiber 55g Carbs



[thedinnerdaily.com](http://thedinnerdaily.com)

Nutritional values are a general guideline only. Actual results may vary. Please see our Terms & Conditions for our complete policy.

 Indicates Switch It recipe with main ingredient on sale.

Shopping List

Print Menu

[Restore Original Menu](#)

# SAMPLE DINNER DAILY SHOPPING LIST - NO RED MEAT OR PORK DIET

Stop & Shop - Serves 4 to 6

Sales period for your selected store is Friday to Thursday

## WEEKLY MENU

- 1 Tomato & Mozzarella Fish (Couscous & Mixed Greens)
- 2 Tortilla & Black Bean Casserole (Tomatoes & Cukes & Rice)
- 3 Basil & Garlic Tuna Steaks (Spinach Contorno & Corn on the Cob)
- 4 Easy Chicken Divan (Green Beans & Roasted Cauliflower)
- 5 Slow Cooker Stuffed Peppers (Green Salad)

## STAPLES

- 2 Olive oil, cumin (ground), chili powder, red pepper flakes (optional), \*olive oil, \*red wine vinegar
- 3 Olive oil, \*olive oil
- 4 Flour, olive oil, butter, \*olive oil
- 5 Olive oil, cumin (ground), onion powder, garlic powder, \*salad dressing

Print Shopping List

M denotes ingredient used in multiple recipes

\* Asterisk (\*) denotes side dish ingredient

Please note: changes to your menu will create a new shopping list.

## PRODUCE + ADD ITEM

- M  Lemons (2) ✎ 🗑
- M  Baby spinach (11 oz) SALE ✎ 🗑  
Dole or Stop & Shop Salad Blend
- 1  \*Spring mix greens (5 oz) SALE ✎ 🗑  
Dole or Stop & Shop Salad Blend
- 5  \*Salad mix (1 package) SALE ✎ 🗑  
Dole or Stop & Shop Salad Blend
- 4  \*Green beans (1 lb) SALE ✎ 🗑  
Stop & Shop
- M  Green peppers (8) SALE ✎ 🗑
- M  Tomatoes (4) SALE ✎ 🗑  
Tasti-Lee or Tomatoes on the Vine
- 4  \*Cauliflower, small head (1) SALE ✎ 🗑
- 2  \*Cucumbers (2) SALE ✎ 🗑
- 1  Shallot (1) ✎ 🗑
- M  Garlic (2 bulbs) ✎ 🗑
- M  Onions (4) ✎ 🗑
- 3  \*Corn (on the cob) (5) SALE ✎ 🗑
- M  Fresh basil (1 bunch) ✎ 🗑

## SEAFOOD + ADD ITEM

- 1  Fresh fish fillets, any choice (2 lbs) SALE ✎ 🗑  
Tilapia
- 3  Tuna steaks (2 lbs) SALE ✎ 🗑

## MEAT/POULTRY + ADD ITEM

- 4  Boneless chicken breast (1 1/2 lbs) SALE ✎ 🗑  
Perdue Perfect Portions, Stop & Shop or Empire Kosher

## GROCERY + ADD ITEM

- M  Canned black beans (45 oz) SALE ✎ 🗑  
Nature's Promise
- 2  Taco-size tortilla (8) ✎ 🗑
- 1  \*Couscous (9 oz) ✎ 🗑
- 2  \*Rice (1 1/2 cups) ✎ 🗑
- 5  Quinoa (6 oz) ✎ 🗑
- 2  Diced tomatoes, canned (28 oz) ✎ 🗑
- 5  Diced tomatoes with green chiles, canned (15 oz) ✎ 🗑
- 2  Mild salsa (16 oz) SALE ✎ 🗑  
Pace
- 4  White wine (1/3 cup) ✎ 🗑

## DAIRY + ADD ITEM

- 4  Half & half (1/3 cup) ✎ 🗑
- 4  Shredded parmesan cheese (2 oz) SALE ✎ 🗑  
Sargento
- 5  Low fat shredded cheddar cheese (1 oz) SALE ✎ 🗑  
Sargento
- M  Shredded mozzarella (16 oz) SALE ✎ 🗑  
Sargento

## FROZEN FOODS + ADD ITEM

- 4  Frozen broccoli (10 oz) ✎ 🗑
- 5  Frozen corn (fresh works, too) (6 oz) ✎ 🗑

Dinner Daily Members can edit, add or delete ingredients on their computer, phone or tablet and they can use this shopping list on their phone in the store.

The Shopping Lists for many stores have links to that store's online ordering and delivery/pickup option and we have one-click ordering for Peapod.

This shopping list will be automatically updated if any changes are made to the member's menu.

Be sure to check the coupon