

SAMPLE DINNER DAILY MENU - NO SEAFOOD 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
25 MINS

TURKEY ALFREDO WITH BABY SPINACH

with Steamed Cauliflower

Ingredients

1 tbs butter	1 1/2 lbs ground turkey
3 tbs flour	2 1/2 oz baby spinach
1 cup low fat milk	14 1/2 oz diced tomatoes with basil, garlic & oregano
1/2 cup shredded cheddar cheese, low fat	2 scallions, chopped
1/2 cup shredded parmesan cheese	

Steamed Cauliflower

1 cauliflower, small head, chopped

Instructions

Melt butter in small saucepan, add flour & stir until smooth. Add milk & cheeses & stir until melted. Set aside. Spray skillet with cooking spray, add turkey. Cook until browned, about 8 to 10 minutes. Stir in spinach, tomatoes, scallions & cheese sauce & cook until heated through.

Steam cauliflower until fork tender, about 10 minutes.

415 Cals 35g Protein 24g Fat 4g Fiber 17g Carbs



Time to table
45 MINS

PAN ROASTED PAPRIKA PORK

with Spinach Contorno



Can prep carrots
and potatoes in
advance.

Ingredients

16 oz baby carrots, chopped	4 tbs brown sugar
2 lbs potatoes, peeled & diced	4 garlic cloves, minced
1/4 cup vegetable oil, divided	1 tbs paprika
1/2 tsp salt, divided	1 1/2 lbs pork tenderloin
1/2 tsp black pepper	

Spinach Contorno

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

Instructions

Preheat oven to 450. Add carrots and potatoes to baking sheet, toss with half of oil and season with salt and pepper. Push vegetables to side of pan to make room for pork. In a small bowl mix brown sugar, garlic and paprika. Rub pork with remaining oil, spice mixture, and season with salt and pepper. Place pork in center of pan. Bake for 25-35 mins or until pork is cooked through (internal temp of 145). Allow to rest 5-10 mins before serving.

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.

585 Cals 44g Protein 21g Fat 10g Fiber 55g Carbs



Time to table
40 MINS

CHICKEN WITH HERBED TOMATO & CORN

with Green Beans and Roasted Potatoes



Can prep shallots,
tomatoes, &
parsley in
advance

Ingredients

2 lbs boneless chicken breast	2 tomatoes, chopped
1 tbs olive oil	2 tbs fresh lime juice
2 shallots, chopped	1/4 cup fresh parsley, chopped
1 cup frozen corn	

Green Beans

1 lb green beans, ends trimmed

Roasted Potatoes

2 lbs baby potatoes	1 1/2 tbs fresh lemon juice
2 tbs olive oil	3 garlic cloves, minced

Instructions

Cut chicken into large cubes. Heat oil in skillet on medium heat. Add chicken & season with salt & pepper. Cook for 5 to 8 minutes until no longer pink inside. Remove from pan & set aside. Add shallots, corn, & tomatoes to pan. Cook for 5 minutes, then return chicken to pan. Add lime juice & fresh parsley and heat for a few minutes longer and serve.

Cook green beans over simmering water until just bright green.

Preheat oven to 375. Chop potatoes & place in roasting pan. Add oil, lemon juice, garlic, salt & pepper. Stir to coat. Bake until golden and fork tender, about 35 to 40 minutes.

570 Cals 49g Protein 16g Fat 10g Fiber 61g Carbs





HEAVENLY BEEF PATTIES

with Green Salad and Corn on the Cob



Ingredients

- 1 1/2 lbs lean ground beef
- 1 onion, medium, finely chopped
- 1 tbs paprika
- 1 tsp cumin (ground)
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 cup fresh cilantro, chopped

Green Salad

- 1 package salad mix
- 2 tbs salad dressing

Corn on the Cob

- 5 corn on the cob



Instructions

In a large bowl, mix all ingredients and let mixture sit in fridge until it is time to cook, up to 30 mins if time allows. Preheat broiler. Shape meat mixture into small patties. Cook about 3-5 mins per side until beef is cooked through.

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

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

406 Cals 31g Protein 18g Fat 4g Fiber 34g Carbs



15 MINUTE BEAN, EGG & AVOCADO TOSTADAS

with Fresh Grapes

Ingredients

- 5 eggs
- 15 oz refried beans
- 1 avocado, diced
- 2 roasted red peppers, canned, sliced into strips
- 5 tostadas (or corn tortillas)
- 1 cup salsa verde
- 1 cup shredded mexican cheese, low fat

Fresh Grapes

- 5 cups red or green grapes, rinsed



Instructions

If you are using tortillas instead of tostadas, toast tortillas in 400 degree oven for 3 to 4 mins until crispy. Remove and let cool. Position oven rack to center and preheat broiler. Meanwhile, coat 5 muffin cups (ie muffins tins) with cooking spray. Crack an egg into each muffin cup, season with salt & pepper, and broil until tops are golden brown and egg whites are set but yolks are still runny, about 5 to 6 mins (a small knife inserted into each helps determine doneness). Remove muffin tin from oven and set aside. While the eggs are cooking place refried beans in small bowl, cover and microwave until hot, about 2 mins. Arrange tostadas (or tortillas) among plates, and spread beans on each tostada. Spoon out the eggs from muffin tin and place browned-side down on top of tostadas. Spoon salsa verde over each egg and top with sliced roasted red pepper, diced avocado and cheese.


Serve with fresh grapes as a nutritious treat!

454 Cals 20g Protein 18g Fat 9g Fiber 58g Carbs



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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.

SAMPLE DINNER DAILY SHOPPING LIST - NO SEAFOOD DIET

Stop & Shop - Serves 4 to 6

Sales period for your selected store is Friday to Thursday

WEEKLY MENU

- 1 Turkey Alfredo with Baby Spinach (Steamed Cauliflower)
- 2 Pan Roasted Paprika Pork (Spinach Contorno)
- 3 Chicken with Herbed Tomato & Corn (Green Beans & Roasted Potatoes)
- 4 Heavenly Beef Patties (Green Salad & Corn on the Cob)
- 5 15 Minute Bean, Egg & Avocado Tostadas (Fresh Grapes)

STAPLES

- 1 Butter, flour
- 2 Vegetable oil, salt, black pepper, brown sugar, paprika, *olive oil
- 3 Olive oil, *olive oil
- 4 Paprika, cumin (ground), salt, black pepper, *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](#)

- 3 *Lemon (1)
- 3 Lime (1)
- 5 *Red or green grapes (5 cups) **SALE**
- M** Baby spinach (13 oz) **SALE**
Dole or Stop & Shop Salad Blend
- 4 *Salad mix (1 package) **SALE**
Dole or Stop & Shop Salad Blend
- 3 *Green beans (1 lb) **SALE**
Stop & Shop
- 2 Baby carrots (16 oz) **SALE**
Aqua Pick
- M** *Tomatoes (3) **SALE**
Tasti-Lee or Tomatoes on the Vine
- 1 *Cauliflower, small head (1) **SALE**
- M** Garlic (2 bulbs)
- 3 Shallots (2)
- 1 Scallions (2)
- 4 Onion (1)
- 4 *Corn (on the cob) (5) **SALE**
- 5 Avocado (1) **SALE**
- 2 Potatoes (2 lbs) **SALE**
Nature's Promise Mini Potatoes or Russet Potatoes, 5lb Bag
- 3 *Baby potatoes (2 lbs) **SALE**
Nature's Promise Mini Potatoes
- 4 Fresh cilantro (1 bunch)
- 3 Fresh parsley (1 bunch)

SEAFOOD [+ ADD ITEM](#)

MEAT/POULTRY [+ ADD ITEM](#)

- 4 Lean ground beef (1 1/2 lbs) **SALE**
85% Lean
- 2 Pork tenderloin (1 1/2 lbs) **SALE**
- 3 Boneless chicken breast (2 lbs) **SALE**
Perdue Perfect Portions, Stop & Shop or Empire Kosher
- 1 Ground turkey (1 1/2 lbs) **SALE**
Perdue

GROCERY [+ ADD ITEM](#)

- 5 Refried beans (15 oz) **SALE**
Old El Paso
- 5 Tostadas (or corn tortillas) (5)
- 5 Roasted red peppers,canned (2)
- 1 Diced tomatoes with basil, garlic & oregano (canned) (15 oz)
- 5 Salsa verde (found in Mexican food aisle) (1 cup)

DAIRY [+ ADD ITEM](#)

- 1 Low fat milk (1 cup)
- 1 Shredded parmesan cheese (2 oz) **SALE**
Sargento
- 1 Low fat shredded cheddar cheese (2 oz) **SALE**
Sargento
- 5 Low fat shredded mexican cheese (4 oz) **SALE**
Sargento
- 5 Eggs (5)

FROZEN FOODS [+ ADD ITEM](#)

- 3 Frozen corn (fresh works, too) (6 oz)

OTHER [+ ADD ITEM](#)

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.