

SAMPLE DINNER DAILY MENU - POULTRY + VEGETARIAN 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.



CHICKEN FAJITAS

with Tomatoes & Cukes

Can Cook Chicken and Peppers Ahead, Assemble When Ready!

Ingredients

2 lbs boneless chicken breast	1 onion, medium, sliced
2 tbs olive oil	1/4 cup fresh lime juice
3 garlic cloves, minced	5 tortillas, burrito size
1 tsp cumin (ground)	1/2 cup sour cream, low fat (optional)
2 green peppers, chopped	1/2 cup salsa, mild (optional)

Tomatoes & Cukes

2 tomatoes, chopped	1 tbs olive oil
2 cucumbers, peeled & chopped	1 tbs red wine vinegar

Instructions

Cut chicken into strips. Heat oil in large skillet on medium heat. Add garlic & cumin & cook for 30 seconds, stirring constantly. Add chicken, season with salt & pepper & cook 5 minutes until browned. Add peppers, onion & lime juice to pan, cover & cook until peppers are tender & chicken is no longer pink inside, about 5 minutes more. Warm tortillas according to package. Spoon chicken mixture onto tortillas and top with some sour cream and salsa (both optional). Roll up and enjoy!

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

545 Cals 48g Protein 17g Fat 4g Fiber 48g Carbs



CREAMY CAULIFLOWER SOUP

with Spinach, Peas & Feta Salad and Fresh Pineapple

Ingredients

2 tbs butter	4 cups vegetable broth
1 cauliflower, small head, chopped	2 cups low fat milk
1 potato, peeled & chopped	1/4 cup half & half
1 onion, large, chopped	3 scallions, chopped

Spinach, Peas & Feta Salad

1 cup frozen peas	1 tbs fresh lemon juice
5 oz baby spinach	1/2 cup feta cheese
2 tbs olive oil	

Fresh Pineapple

1/2 fresh pineapple, sliced

Instructions

Melt butter in large pot on med heat. Add cauliflower, potato, onion, broth, milk, and half & half to pot and bring to low boil. Reduce heat and let simmer for 10 to 15 mins until veggies are soft and can easily be mashed. Turn off heat and let cool slightly. Using a potato masher, gently mash cauliflower. This will result in a slightly chunky soup. If preferred, place soup in blender and puree. Serve topped with scallions and season to taste with salt and pepper.

Spread peas on plate and microwave about 2 minutes until bright green. Place spinach in salad bowl. To make dressing, mix olive oil & fresh lemon juice with a whisk or fork until well blended. Taste and adjust amount of lemon juice. Toss spinach leaves with dressing, give it a good sprinkle of sea salt and black pepper. Top with peas and feta. Note: the dressing is intended to give a light coating only.

Great with fresh pineapple on the side!

377 Cals 13g Protein 17g Fat 9g Fiber 50g Carbs



CARAMELIZED GARLIC CHICKEN

with Mixed Greens and Roasted Veggies Couscous

Super easy!

Ingredients

1 tbs olive oil	2 lbs boneless chicken breast
4 garlic cloves, minced	5 oz swiss cheese, sliced
2 tsp brown sugar	

Mixed Greens

5 oz spring mix greens

Roasted Veggies Couscous

4 carrots, chopped	2 tbs olive oil
1 red/orange/yellow bell pepper, chopped	1 cup couscous
1 red onion, cut into wedges	2 tbs fresh lemon juice

Instructions

Heat oil in large skillet over med heat. Add garlic and cook for 1 to 2 mins, stirring constantly. Stir in brown sugar. Add chicken to skillet and season with salt & pepper. Cook 3 to 5 mins each side, until brown. Add 1/4 cup water to skillet and cook over med heat 8 to 10 mins, turning once, until chicken is cooked through (internal temp of 165) and some of the liquid has evaporated. Place swiss cheese on top of chicken. Cover and heat 1 to 2 mins until cheese is melted.

Toss greens with salad dressing of choice.

Preheat oven to 400. Place carrots, pepper, and onion on baking sheet. Add oil and toss to lightly coat. Season with salt & pepper. Cook for 12 to 15 minutes, or until carrots are tender and onions are just starting to brown. While veggies are cooking, prepare couscous according to package. Fluff with fork and place in serving bowl. Add roasted veggies to couscous, drizzle with lemon juice, and adjust salt and pepper to taste.

516 Cals 49g Protein 23g Fat 6g Fiber 31g Carbs





GREEK LINGUINE

with Skillet Green Beans

Ingredients

- 8 oz linguine pasta
- 2 oz baby spinach, chopped
- 2 tomatoes, chopped
- 15 oz chick peas, drained & rinsed
- 1 cup feta cheese
- 1/4 cup kalamata olives (pitted) (optional)
- 1 tsp oregano (dried)
- 1 tbs fresh lemon juice
- 2 tbs olive oil
- 1/4 tsp salt

Skillet Green Beans

- 1 tbs olive oil
- 2 garlic cloves, minced
- 1 lb green beans, ends trimmed

Instructions

Cook pasta according to package instructions. Drain pasta, reserving 1/4 cup of cooking liquid. Place pasta in large bowl, add spinach, tomatoes, chick peas, feta and olives. Mix the reserved cooking liquid with oregano, lemon juice and oil. Season with salt & pepper. Stir into pasta mix and serve.

Heat oil in large skillet over med heat, add garlic and cook a minute. Add beans & cook until bright green & crisp tender, 5 to 8 minutes. Be careful to not overcook!

471 Cals 18g Protein 17g Fat 9g Fiber 63g Carbs



TURKEY & UDON NOODLE STIR FRY

with Green Salad

Ingredients

- 10 oz udon noodles
- 1/4 cup soy sauce (or tamari)
- 2 tbs rice vinegar
- 2 tbs brown sugar
- 3 garlic cloves, minced
- 1 tbs fresh ginger, minced
- 1 tsp toasted sesame oil
- 1 tbs vegetable oil
- 1 1/2 lbs ground turkey
- 1 onion, medium, chopped
- 2 green peppers, sliced into thin strips

Green Salad

- 1 package salad mix
- 2 tbs salad dressing

Instructions

Cook udon noodles according to package instructions (if you cannot find udon noodles, you can always use egg noodles or another wide noodle). Drain and set aside. In small bowl, whisk soy sauce, rice vinegar, brown sugar, garlic, ginger & sesame oil. Heat vegetable oil in large skillet over med-high heat. Cook turkey and onion until turkey is browned and no longer pink. Stir in peppers and sauce and continue cooking until crisp tender (approx 3-4 mins more). Combine meat mix with noodles until combined.

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

494 Cals 37g Protein 19g Fat 6g Fiber 51g 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.

Shopping List

Print Menu

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SAMPLE DINNER DAILY SHOPPING LIST - POULTRY + VEGETARIAN DIET

Stop & Shop - Serves 4 to 6

Sales period for your selected store is Friday to Thursday

WEEKLY MENU

- 1 Chicken Fajitas (Tomatoes & Cukes)
- 2 Creamy Cauliflower Soup (Spinach, Peas & Feta Salad & Fresh Pineapple)
- 3 Caramelized Garlic Chicken (Mixed Greens & Roasted Veggies Couscous)
- 4 Greek Linguine (Skillet Green Beans)
- 5 Turkey & Udon Noodle Stir Fry (Green Salad)

STAPLES

- 1 Olive oil, cumin (ground), *olive oil, *red wine vinegar
- 2 Butter, *olive oil
- 3 Olive oil, brown sugar, *olive oil
- 4 Oregano (dried), olive oil, salt, *olive oil
- 5 Soy sauce (or tamari), rice vinegar, brown sugar, toasted sesame oil, vegetable oil, *salad dressing

Print Shopping List

M denotes ingredient used in multiple recipes

Asterisk (*) denotes side dish ingredient

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PRODUCE + ADD ITEM

- M *Lemons (2)
- 1 Limes (2)
- 2 *Fresh pineapple (1) SALE
- M *Baby spinach (7 oz) SALE
Dole or Stop & Shop Salad Blend
- 3 *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
- 3 *Red pepper (or orange or yellow) (1) SALE
- M Green peppers (4) SALE
- 3 *Carrots (4) SALE
Stop & Shop
- M *Tomatoes (4) SALE
Tasti-Lee or Tomatoes on the Vine
- 2 Cauliflower, small head (1) SALE
- 1 *Cucumbers (2) SALE
- 2 Scallions (3)
- M Onions (3)
- 3 *Red onion (1)
- M Garlic (2 bulbs)
- 2 Potato (1/2 lb) SALE
Nature's Promise Mini Potatoes or Russet Potatoes, 5lb Bag
- 5 Fresh ginger (1 tbs)

SEAFOOD + ADD ITEM

MEAT/POULTRY + ADD ITEM

- M Boneless chicken breast (4 lbs) SALE
Perdue Perfect Portions, Stop & Shop or Empire Kosher
- 5 Ground turkey (1 1/2 lbs) SALE
Perdue

GROCERY + ADD ITEM

- 4 Canned chick peas (15 oz)
- 1 Burrito-size tortillas (5)
- 5 Udon noodles (in Asian food aisle) (10 oz)
- 4 Linguine pasta (8 oz) SALE
DeCecco
- 3 *Couscous (6 oz)
- 4 Pitted kalamata olives (1/4 cup, optional)
- 2 Vegetable broth (4 cups) SALE
Empire
- 1 Mild salsa (4 oz, optional) SALE
Pace

DAIRY + ADD ITEM

- 2 Low fat milk (2 cups)
- 2 Half & half (1/4 cup)
- 1 Low fat sour cream (4 oz, optional)
- M *Feta cheese (6 oz)
- 3 Swiss cheese, sliced (5 oz)

FROZEN FOODS + ADD ITEM

- 2 *Frozen peas (5 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.

Be sure to check the coupon list for extra savings