# SAMPLE DINNER DAILY MENU AND SHOPPING LIST - EVERYTHING DIET

*Publix Thurs-Wed - 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.

## TURKEY SKILLET WITH CITRUS YOGURT SAUCE

*with Garlic Broccoli and Egg Noodles*

*Time to table* 25 MINS

**Ingredients**

- 1 tbs olive oil
- 2 garlic cloves, minced
- 1 onion, medium, chopped
- 1 1/2 lbs ground turkey
- 1 tsp cumin (ground)
- 1/2 tsp turmeric
- 6 oz plain greek yogurt, low-fat
- 1 cup frozen peas
- 2 tomatoes, chopped
- 2 tbs fresh lime juice

*Garlic Broccoli*

- *1 lb broccoli, chopped*
- *2 tbs olive oil*
- *2 garlic cloves, minced*
- *1/4 cup soy sauce (or tamari)*

*Egg Noodles*

- *8 oz egg noodles, dry*

**Instructions**

Heat oil in large skillet & add garlic and onion. Cook for few mins until soft. Add turkey & cook for 5 to 8 minutes until browned. Season with salt & pepper and add all remaining ingredients EXCEPT lime juice to pan. Stir through & let simmer on low heat for 5 to 8 mins. Remove from heat & stir in lime juice.

*Chop broccoli into large pieces. In a medium skillet, heat oil on med heat, add garlic and cook one minute. Add soy sauce, 1/3 cup of water, & broccoli. Cook uncovered until broccoli is bright green.*

*Cook according to package directions.*

*524 Cals 41g Protein 22g Fat 6g Fiber 45g Carbs*

## CITRUS SALMON

*with Green Salad and Cauliflower Mash*

*Time to table* 30 MINS

**Ingredients**

- 2 lbs salmon fillets
- 1 tbs olive oil
- 1/4 cup balsamic vinegar
- 2 garlic cloves, minced
- 1/4 cup orange juice
- 2 tbs fresh parsley, chopped
- 1/4 cup fresh lime juice

*Green Salad*

- *1 package salad mix*
- *2 tbs salad dressing*

*Cauliflower Mash*

- *1 cauliflower, small head, chopped*
- *1/2 cup shredded parmesan cheese*

**Instructions**

Sprinkle fish with salt & pepper. Mix remaining ingredients in shallow baking dish. Place fish in dish, turn to coat. Marinate in fridge for up to 30 min, if time allows. Preheat oven to 375. Transfer dish to oven & bake for about 15 to 20 mins or until fish is no longer opaque and flakes easily with fork.

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

*Steam cauliflower in large saucepan until very soft, about 12 to 15 minutes. Drain & mash in bowl with the cheese. Season with salt & pepper. Note: you could also add a bit of butter too.*

*414 Cals 41g Protein 22g Fat 2g Fiber 13g Carbs*

## ASIAN BAKED CHICKEN

*with Steamed Asparagus and Baby Carrots*

*Time to table* 30 MINS

*Can Make Marinade in Advance*

**Ingredients**

- 2 lbs boneless chicken breast
- 1/4 cup soy sauce (or tamari)
- 2 garlic cloves, minced
- 1 tbs honey
- 1/2 cup orange juice
- 1 tsp fresh ginger, minced

*Steamed Asparagus*

- *1/2 bunch asparagus*

*Baby Carrots*

- *16 oz baby carrots*

**Instructions**

Place chicken in shallow baking dish. Mix all remaining ingredients and pour over chicken. Marinate up to 30 mins, if you have time. Preheat grill or broiler to med heat. Cook chicken for 15 to 20 mins, turning over half way, or until no longer pink inside, an internal temperature of 165.

*Cook asparagus over simmering water until bright green, about 5 to 8 mins.*

*Cook carrots over simmering water for about 10 mins until tender.*

*274 Cals 43g Protein 5g Fat 3g Fiber 17g Carbs*

Time to table
20 MINS

## SIMPLE STEAK SUPPER

*with Pan Seared Tomatoes and Quinoa with Avocado*

Can Make Marinade in Advance

**Ingredients**

- 2 lbs steak
- 2 tsp oregano (dried)
- 2 tsp cumin (ground)
- 1 1/2 tbs fresh lemon juice
- 4 garlic cloves, minced
- 1 tsp salt
- 1/4 cup olive oil

### *Pan Seared Tomatoes*

- *2 tbs olive oil*
- *3 garlic cloves, minced*
- *2 cups grape tomatoes (or cherry)*
- *2 tbs fresh lime juice*

### *Quinoa with Avocado*

- *1 cup quinoa*
- *1 avocado, peeled & chopped*
- *2 tbs olive oil*
- *1 tbs red wine vinegar*
- *1 1/2 tbs fresh lemon juice*
- *3 scallions, chopped*

**Instructions**

Place steak in shallow dish. Mix all other ingredients in small bowl & rub into steak. Preheat broiler to medium/high & cook 10 to 15 minutes, turning over halfway, until desired level of doneness.

*Heat oil in small skillet. Add garlic and cook for about 30 seconds. Add tomatoes and lime juice & cook until they just start to collapse, about 5 minutes. Season with salt & pepper.*

*Cook quinoa according to package. When done, place in serving bowl. Stir in avocado. In small bowl, combine olive oil, red wine vinegar, lemon juice and scallions. Combine with quinoa mixture. Season with salt & pepper. Simple & delicious!*

*711 Cals 48g Protein 45g Fat 5g Fiber 28g Carbs*

Time to table
30 MINS

## BALSAMIC PORK CHOPS

*with Green Beans and Chick Pea Lemon Rice*

Can Make Marinade in Advance

**Ingredients**

- 2 lbs pork chops, any variety
- 2 garlic cloves, minced
- 3 tbs olive oil
- 2 tbs balsamic vinegar
- 1 tsp salt
- black pepper, to taste

### *Green Beans*

- *1 lb green beans, ends trimmed*

### *Chick Pea Lemon Rice*

- *1 1/2 cups rice*
- *2 garlic cloves, minced*
- *1 lemon, juiced & zest*
- *1/4 cup fresh parsley, chopped*
- *1 tbs olive oil*
- *15 oz chick peas, drained & rinsed*

**Instructions**

Preheat oven to 350. Place pork in baking dish & combine remaining ingredients in small bowl. Spread over pork, turning to coat. Bake for 15 to 20 mins, turning over halfway through cooking time, until no longer pink inside.

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

*Cook rice according to package. Once rice is cooked transfer to a serving bowl. Add olive oil to same saucepan used for rice heat on med. Add garlic and cook for 30 secs. Add rice back to pot and stir to coat with olive oil and garlic. Transfer rice back to serving bowl and add chick peas, lemon zest & juice, parsley and salt & pepper, to taste. Toss to combine and serve!*

*643 Cals 50g Protein 17g Fat 7g Fiber 66g Carbs*



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

SALE *Indicates Switch It recipe with main ingredient on sale.*

Shopping List | Print Menu

Restore Original Menu

# SHOPPING LIST FOR THE FAMILY

*Publix Thurs-Wed - Serves 4 to 6*

*Sales period for your selected store is Thursday to Wednesday*

## WEEKLY MENU

1. Turkey Skillet with Citrus Yogurt Sauce (Garlic Broccoli & Egg Noodles)
2. Citrus Salmon (Green Salad & Cauliflower Mash)
3. Asian Baked Chicken (Steamed Asparagus & Baby Carrots)
4. Simple Steak Supper (Pan Seared Tomatoes & Quinoa with Avocado)
5. Balsamic Pork Chops (Green Beans & Chick Pea Lemon Rice)

## STAPLES

1. Olive oil, cumin (ground), turmeric, *olive oil, *soy sauce (or tamari)
2. Olive oil, balsamic vinegar, *salad dressing
3. Soy sauce (or tamari), honey
4. Oregano (dried), cumin (ground), salt, olive oil, *olive oil, *olive oil, *red wine vinegar
5. Olive oil, balsamic vinegar, salt, black pepper, *olive oil

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 ☐ Limes (4)
- 2 ☐ *Salad mix (1 package) SALE
  Fresh Attitude Salads
- 3 ☐ *Asparagus (1 bunch) SALE
- 1 ☐ *Broccoli (16 oz) SALE
- 5 ☐ *Green beans (1 lb) SALE
  Pero Family Farms Organic, 12 oz
- 3 ☐ *Baby carrots (16 oz) SALE
  GreenWise Organic, 16 oz
- 1 ☐ Tomatoes (2) SALE
  Tomatoes on the Vine
- 4 ☐ *Grape tomatoes (or cherry) (2 cups) SALE
  organic Grape Tomatoes
- 2 ☐ *Cauliflower, small head (1) SALE
- M ☐ Garlic (3 bulbs)
- 1 ☐ Onion (1)
- 4 ☐ *Scallions (3)
- 4 ☐ *Avocado (1) SALE
- 3 ☐ Fresh ginger (1/2 tbs)
- M ☐ Fresh parsley (1 bunch)

## SEAFOOD + ADD ITEM

- 2 ☐ Salmon fillets (2 lbs) SALE
  Keta, fresh, farm raised

## MEAT/POULTRY + ADD ITEM

- 4 ☐ Steak (2 lbs) SALE
  NY Strip, boneless
- 5 ☐ Pork chops, any variety (2 lbs) SALE
  Publix pork loin chops, boneless
- 3 ☐ Boneless chicken breast (2 lbs) SALE
  GreenWise
- 1 ☐ Ground turkey (1 1/2 lbs) SALE
  GreenWise, 93% lean, 16 oz

## GROCERY + ADD ITEM

- 5 ☐ *Canned chick peas (15 oz)
- 1 ☐ *Egg noodles (8 oz)
- 5 ☐ *Rice (1 1/2 cups)
- 4 ☐ *Quinoa (6 oz)

## DAIRY + ADD ITEM

- 1 ☐ Plain greek yogurt, low-fat (6 oz) SALE
  Fage
- 2 ☐ *Shredded parmesan cheese (2 oz)
- M ☐ Orange juice (3/4 cup)

## FROZEN FOODS + ADD ITEM

- 1 ☐ 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.