

# SAMPLE DINNER DAILY MENU - SEAFOOD + VEGETARIAN DIET

Harris Teeter - Serves 4 to 6

Shopping List

Print Menu

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



Time to table  
35 MINS

## SALMON WITH QUINOA SALAD

with Sautéed Greens

### Ingredients

1 1/2 lbs salmon fillets	1/4 cup fresh parsley, chopped
1 cup quinoa	1 cucumber, chopped
1 cup grape tomatoes (or cherry), halved	3 tbs olive oil
6 scallions, chopped	2 tbs fresh lemon juice
3 tbs capers	

### Sautéed Greens

1 tbs olive oil	2 tbs fresh lemon juice
2 garlic cloves, minced	2 tomatoes, chopped
5 oz baby kale	

### Instructions

Preheat oven to 375. Place salmon in baking dish and sprinkle with salt and pepper. Cook for about 20 to 25 minutes until salmon flakes easily with fork. Remove and let cool slightly. While salmon is cooking, make quinoa per package instructions and chop the veggies. Place cooked quinoa in large serving bowl or on platter and combine with veggies, parsley, capers, oil and lemon juice. Top with salmon and adjust salt and pepper to taste.

*In skillet, heat oil & add garlic. Cook for 30 seconds, then add kale, 1/4 cup of water & lemon juice. Cook on medium for 3 to 5 minutes, until wilted. Stir in tomatoes, season with salt & pepper.*

460 Cals 34g Protein 22g Fat 5g Fiber 32g Carbs



Time to table  
45 MINS

## UPSIDE DOWN PIZZA BAKE (VEGETARIAN)

with Broccoli

Can Assemble Day Before, Bake When Ready!

### Ingredients

1 tbs olive oil	24 oz tomato pasta sauce
1 onion, large, chopped	3 tbs flour
1 green pepper, chopped	2 cups shredded mozzarella
6 oz mushrooms, sliced	12 oz pizza dough, thawed
1 tsp oregano (dried)	aluminum foil
12 oz veggie protein crumbles	

### Broccoli

4 cups broccoli, chopped

### Instructions

Bring pizza dough to room temp. Preheat oven to 400. Heat oil in large skillet. Add onion, pepper, mushrooms & oregano. Cook for 8 to 10 mins until soft. Add crumbles & cook until warmed, about 5 to 8 mins. Add pasta sauce & flour to skillet and let simmer for about 5 mins more. Transfer to 13 x 9 baking dish. Top with cheese. Roll out dough & spread across top, cover with foil & bake for 15 mins or until top is golden. Note: makes 6 to 8 servings, good for leftovers.

*Cook broccoli over simmering water until bright green, about 5 mins.*

413 Cals 32g Protein 8g Fat 9g Fiber 55g Carbs



Time to table  
30 MINS

## CITRUS & HONEY SHRIMP SAUTÉ

with Corn on the Cob

Can Prep Shrimp in Advance

### Ingredients

1 1/2 lbs shrimp, raw, peeled and deveined	1 cup grape tomatoes (or cherry)
8 oz baby carrots	1/3 cup honey
2 cups broccoli, chopped	1 tbs sweet chili (sweet chili garlic) sauce
1 tbs olive oil	2 tbs orange juice

### Corn on the Cob

5 corn on the cob

### Instructions

Thaw shrimp if frozen. In large saucepan, cook carrots in boiling water until tender, about 10 mins. Add broccoli and cook for 3 to 4 more mins. Drain veggies & set aside. In large skillet, heat oil over med heat. Add shrimp & tomatoes, cook & stir for 3 to 4 mins until shrimp are opaque. Place shrimp mixture in large bowl & add veggies. In skillet, mix honey, chili garlic sauce & orange juice. Heat on low for 2 mins. Pour over shrimp mixture.

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

347 Cals 24g Protein 5g Fat 6g Fiber 57g Carbs





## FAVORITE VEGGIE SHEPHERDS PIE

with Simple Wedge Salad



### Ingredients

4 sweet potatoes	45 oz chick peas, drained
2 tbs olive oil	3 cups vegetable broth
2 onions, medium, chopped	2 tbs brown sugar
2 tbs curry powder	1/2 cup sour cream, low fat

### Instructions

Preheat oven to 350. Prick sweet potatoes several times with a fork. Cook in microwave on high for 8-10 mins, turning once half way through, until potatoes are tender. Meanwhile heat oil in skillet on med/high, add onions & cook until soft. Add curry, chick peas, broth & sugar. Bring mixture to boil, reduce heat and cook 10 mins. Remove from heat. When potatoes are ready, peel and mash in bowl with sour cream. Put chick pea mixture in casserole dish, spread sweet potato mash on top, and bake for 20 mins. This makes enough for 8 people - enough for leftovers!

### Simple Wedge Salad

1 head iceberg lettuce	2 carrots, shredded
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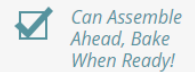
Slice iceberg lettuce into desired size wedges. Arrange on plate and drizzle with dressing of your choice and shredded carrots.

388 Cals 15g Protein 10g Fat 16g Fiber 62g Carbs



## TEX MEX QUINOA BAKE

with Cantaloupe



### Ingredients

1 1/2 cups quinoa	15 oz black beans, rinsed, drained
2 tbs olive oil	4 scallions, chopped
2 garlic cloves, minced	1 cup fresh cilantro, chopped
3 red/orange/yellow bell peppers, chopped	1 cup coconut milk, light
1 jalapeno pepper, seeded, diced (optional)	2 cups shredded mexican cheese, low fat
1 1/2 cups frozen corn	1 1/2 cups salsa, mild (optional)
1 tbs cumin (ground)	

### Instructions

Cook quinoa per package instructions, but stop cooking 3 mins before done. Preheat oven to 350. Heat oil in large skillet over med-high heat and sauté garlic, red pepper, & jalapeno until soft. Stir in corn and cumin. In large bowl, combine quinoa, vegetables, black beans, scallions, cilantro, coconut milk, cheese, & 1 tsp salt. Transfer mixture to 8 x 11 baking dish, and bake for 30 mins. Serve warm. Garnish with salsa, if desired. Serves 6.

### Cantaloupe

1/2 cantaloupe


Slice, remove seeds, and serve.

489 Cals 21g Protein 20g Fat 9g Fiber 63g 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

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# SAMPLE DINNER DAILY SHOPPING LIST - SEAFOOD + VEGETARIAN DIET

Harris Teeter - Serves 4 to 6

Sales period for your selected store is Wednesday to Tuesday

## WEEKLY MENU

- 1 Salmon with Quinoa Salad (Sautéed Greens)
- 2 Upside Down Pizza Bake (Vegetarian) (Broccoli)
- 3 Citrus & Honey Shrimp Sauté (Corn on the Cob)
- 4 Favorite Veggie Shepherds Pie (Simple Wedge Salad)
- 5 Tex Mex Quinoa Bake (Cantaloupe)

## STAPLES

- 1 Olive oil, \*olive oil
- 2 Olive oil, oregano (dried), flour, aluminum foil
- 3 Olive oil, honey
- 4 Olive oil, curry powder, brown sugar
- 5 Olive oil, cumin (ground)

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

- 2  Veggie protein crumbles (near tofu or in freezer section) (12 oz)
- M  Lemons (2) **SALE**  
Loose
- 5  \*Cantaloupe (1) **SALE**  
Whole (extra large)
- 1  \*Baby kale (5 oz)
- 4  \*Iceberg lettuce (1 head) **SALE**
- M  \*Broccoli (24 oz) **SALE**  
Eat Smart (12 oz bag), Bunch, Crowns
- 5  Red pepper (or orange or yellow) (3) **SALE**  
Bell (Red, Orange, Yellow)
- 2  Green pepper (1) **SALE**  
Bell (2 ct pkg)
- 5  Jalapeno pepper (1, optional)
- 3  Baby carrots (8 oz) **SALE**  
Farmers Market (16 oz bag)
- 4  \*Carrots (2) **SALE**  
Farmers Market (2 lb bag)
- M  Grape tomatoes (or cherry) (2 cups) **SALE**  
NatureSweet Glorys (10 oz pkg), Grape (Farmers Market: pint)
- 1  \*Tomatoes (2) **SALE**  
Bunch Vine, Hot House Grown Beefsteak
- 2  Mushrooms (6 oz) **SALE**  
Whole White (16 oz pkg), Cremini (8 oz pkg)
- 1  Cucumber (1) **SALE**  
Mini Seedless (tray pk), Hot House Grown English
- M  Scallions (10)
- M  Onions (3)
- M  \*Garlic (1 bulb)
- 3  \*Corn (on the cob) (5) **SALE**  
Sweet (Loose, 4 ct tray pk)
- 4  Sweet potatoes (4) **SALE**  
Loose
- 5  Fresh cilantro (1 bunch)
- 1  Fresh parsley (1 bunch)

## SEAFOOD + ADD ITEM

- 1  Salmon fillets (1 1/2 lbs)
- 3  Raw shrimp (1 1/2 lbs)

## MEAT/POULTRY + ADD ITEM

## GROCERY + ADD ITEM

- 5  Canned black beans (15 oz) **SALE**  
Harris Teeter
- 4  Canned chick peas (45 oz)
- M  Quinoa (15 oz) **SALE**  
Ancient Harvest (12 oz pkg), Harris Teeter Organics (12 oz pkg)
- 5  Light coconut milk (1 cup)
- 2  Tomato pasta sauce (24 oz) **SALE**  
Jar (Prego Farmers Market, HT Organics)
- 1  Capers (3 tbs)
- 4  Vegetable broth (3 cups)
- 5  Mild salsa (12 oz, optional) **SALE**  
Refrigerated (Farmers Market)
- 3  Sweet chili sauce (Asian food aisle) (1 tbs)

## DAIRY + ADD ITEM

- 4  Low fat sour cream (4 oz)
- 2  Shredded mozzarella (8 oz) **SALE**  
Kraft (6-8 oz)
- 5  Low fat shredded mexican cheese (8 oz) **SALE**  
Kraft (6-8 oz)
- 2  Pizza dough (12 oz)
- 3  Orange juice (2 tbs)

## FROZEN FOODS + ADD ITEM

- 5  Frozen corn (fresh works, too) (9 oz) **SALE**  
Harris Teeter (non steamable), PictSweet, Harris Teeter Organics (steamable), Birds Eye Steamfresh

## 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.