

Menu

Day 1

Day 2

Day 3

Breakfast

Lunch

Chicken Mushroom
Fettuccine, Salad with
Tomato, Cucumber and
Ranch Dressing

Sausage Quiche, Green
Salad with Tomato,
Cucumber and Ranch
Dressing

Cheeseburger Soup
with Shredded Wheat
Bread and Butter, and
leftover salad if you
have some

Dinner

Snacks

Grocery List:

Bakery:	Beverages:
Produce: 1 cucumber 1 Tomato Salad Greens for 2 salads 2 onions 2 carrots 3 celery stalks 1 $\frac{3}{4}$ lbs potatoes 1 lb sliced Mushrooms + $\frac{1}{2}$ cup 4 garlic cloves, minced	Dry/Canned: Salad Dressing for 2 salads 3 cups chicken broth 12 or 16 oz package fettuccine noodles 4 oz chopped green chilies Grated Parmesan Cheese (2 cups or more)
Meats: $\frac{1}{2}$ lb ground beef 1 Deli Roasted Chicken or 2 boneless skinless chicken breasts 1 lb mild ground sausage $\frac{1}{2}$ lb hot ground sausage	Dairy: 3 $\frac{1}{2}$ cubes butter 8 oz Velveta-Style American Cheese 1 $\frac{1}{2}$ cups milk $\frac{1}{4}$ cup sour cream 12 eggs 2 cups small curd cottage cheese 3 cups Monterey Jack Cheese 1 cup Mozzarella Cheese Heavy Whipping Cream (2 cups)
Frozen:	Paper/Plastic/Cleaning:

Baby/Other:	Health/Beauty:
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Staples to make sure you have in the house:

Dried basil (2 tsp)

Dried parsley (1 tsp)

All-purpose flour (3/4 cup)

Salt (3/4 tsp)

Pepper (1/2 tsp)

Baking Powder (1 tsp)

Recipes:

Chicken and Mushroom Fettuccine

- 1 package (12 to 16 ounces) fettuccine noodles
- 1 lb fresh mushrooms, sliced
- 4 garlic cloves, minced
- 1 tablespoon dried basil
- 1/2 cup butter
- 2 cups heavy whipping cream
- 1 to 2 cups cups grated Parmesan Cheese
- 1 Deli-Roasted Chicken, or 2 boneless, skinless chicken breasts, cooked

Shred or chop up chicken into small pieces. Cook fettuccine according to package directions. In a skillet, sauté mushrooms and garlic in butter. Add cream, basil and chicken, cook for 5-7 minutes or until heated through. Stir in the parmesan cheese until sauce is thickened. Drain fettuccine; add to the skillet. Sprinkle with extra parmesan cheese and enjoy!

Serves 4

Sausage Quiche

- 1 lb mild sausage
- 1/4 lb hot sausage
- 1/2 cup sliced fresh mushrooms
- 3/4 cup finely chopped onion
- 2 cups small curd cottage cheese
- 3 cups Monterey Jack cheese
- 1 cup Mozzarella cheese
- 1/2 cup flour
- 4 oz can chopped green chilies
- 12 eggs
- 1 tsp, baking powder
- 1/2 cup butter, melted

Cook the sausage in a skillet until done. Remove sausage from skillet and cook mushrooms and onion in grease until tender, a couple of minutes. Toss sausage, mushrooms, onion, cottage cheese, Monterey Jack cheese, Mozzarella cheese, flour and green chilies in a large mixing bowl. Spray 2 or 3 pie plates with nonstick cooking spray. Pour the sausage mixture into the pie plates.* In a medium mixing bowl,

scramble eggs and mix together with melted butter and baking powder. Pour egg mixture evenly into pie plates. Bake at 375 degrees for 33 to 38 minutes.

Yield: 2 or 3 quiches**

*You can pour the sausage mixture into the pie plates ahead of time, even the day before or the morning before you are going to cook the quiche.

**This recipe makes 2 or 3 quiches, so freeze one or two of them for a later use!

Cheeseburger Soup

1/2 lb ground beef
3/4 cup chopped onion
3/4 cup shredded carrots
3/4 cup diced celery
1 teaspoon dried basil
1 teaspoon dried parsley flakes
4 tablespoons butter
3 cups chicken broth
4 cups diced peeled potatoes (1 3/4 pounds)
1/4 cup all-purpose flour
8 ounces process American cheese, cubed (2 cups)
1 1/2 cups milk
3/4 teaspoon salt
1/4 to 1/2 teaspoon pepper
1/4 cup sour cream

In a 3-quart saucepan, brown beef; drain and set aside. In the same saucepan, sauté onion, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Add broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer 10 to 12 minutes or until potatoes are tender. Meanwhile, in small skillet, melt remaining butter. Add flour; cook and stir 3-5 minutes or until bubbly. Add to soup; bring to a boil. Cook and stir 2 minutes. Reduce heat to low. Add cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from the heat; blend in sour cream.

Yield: 8 servings (2 1/4 quarts)

Shredded Wheat Bread (bread machine recipe)

2 large shredded-wheat biscuits, crumbled
1 1/2 cups water
3 cups whole wheat flour
1 1/2 tsp salt

1 ½ tablespoons butter
2 tablespoons brown sugar
2 tablespoons honey
2 teaspoons active dry yeast

Place all ingredients in bread pan, select light crust, whole wheat bread setting, and press start. After baking cycle is completed, remove bread from pan, place on cake rack, and allow to cool 1 hour before slicing.

Yield: One 1 ½ lb loaf