

Menu

	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Dinner	Kielbasa with Old-Fashioned Macaroni and Cheese, Asparagus, Salad	Beef Stroganoff with Pasta, Green Beans and Salad	Teriyaki Chicken with Steamed White Rice and Stir Fry Veggies
Snacks			

Grocery List:

Bakery:	Beverages:
Produce: 1 bunch Asparagus Tomato (1 large, optional) 2 bags salad mix Salad toppings of your choosing Mushrooms (1 cup) Onion (1/2 cup)	Dry/Canned: Elbow Macaroni (1 cups) Tortilla Chips (1 cup, optional) Salad Dressing of your choice Beef Broth (10.5 oz) Egg Noodles (3-4 cups) Kikkoman Soy Sauce (1/3 cup) Sticky Rice
Meats: 1 Kielbasa 1 lb Top Sirloin Steak 3 lbs Chicken, cut up	Dairy: Butter (1/4 cup) Milk or Half & Half (2 cups) Shredded Cheddar Cheese (2 cups, Tillamook) Sour Cream (1 cup)
Frozen: Green Beans Stir Fry Veggies	Paper/Plastic/Cleaning:
Baby/Other:	Health/Beauty:

Staples to make sure you have in the house:

Flour (1/4 cup, 3 TB)

Dijon Mustard (1 tsp.)

Salt (2 tsp)

Pepper (1/8 tsp)

Ketchup (2 TB)

Garlic, minced-1 clove

Garlic Powder (1/8 tsp)

Hoisin Sauce (2 TB)

Sugar (3 TB)

Brown Sugar (3 TB)

Recipes:

Kielbasa

Cook according to package directions. Make sure to use a meat thermometer.

Old-Fashioned Macaroni and Cheese

2 cups Elbow Macaroni

¼ cup butter

¼ cup flour

1 tsp Dijon mustard

1 tsp salt

1/8 tsp pepper

2 cups milk or half and half

2 cups shredded cheddar cheese (Tillamook)

1 large tomato, sliced (optional)

1 cup crushed corn chips (optional)

Preheat oven to 375*. Butter a 1 ½ quart casserole dish. Cook macaroni according to package directions. Drain off water and set aside. In a medium saucepan, melt butter and then stir in the flour, mustard, salt and pepper until smooth. Whisk in milk and bring back to boil, whisking constantly. Reduce heat to low and simmer 1 minute. Remove from heat and add cheese. Pour over macaroni that has been put into buttered casserole dish and stir a little. Bake uncovered 15 minutes. If adding tomato or chips on top pull out five minutes early and top then put back in oven for last 5 minutes. This makes a creamy macaroni and cheese and is always a favorite.

Asparagus

Steam.

Salad

Make it how you like it!

Beef Stroganoff

1 lb top sirloin steak

2 tablespoons butter

1 cup mushrooms (optional)

½ cup minced onion

10.5 oz beef broth

1 clove garlic, minced

1 tsp salt

3 tablespoons flour
1 cup sour cream
3-4 cups egg noodles, cooked

Cut steak into strips 1/2 inch wide and 1-2 inches long. Melt butter in a pan, brown meat with the onions. Reserve 1/3 cup of the broth. Add remaining broth to meat and the ketchup, garlic, salt and pepper. Cover and simmer 15 minutes. Mix reserved broth with the flour and add to meat mixture. Boil over low heat for 1 minute. Adjust the seasonings at this point. Just before serving, add sour cream. Heat but do not boil. Serve over noodles.

Green Beans

Cook according to package directions. Add butter, salt and pepper for a little extra flavor.

Salad

Make it how you like it!

Teriyaki Chicken

1/3 cup Kikkoman Soy Sauce
3 TBL Sugar
3 TB brown sugar
2 TB Hoisin Sauce
1/8 tsp Garlic Powder
3 lbs Chicken

Mix marinade ingredients, pour over 3 lbs chicken. Best if marinated overnight, but you can cook immediately. Bake 350* 45 minutes.

Rice

Cook according to package directions.

Stir Fry Veggies

Cook According to package directions.