Saving Dinner with Frugal Fall E-Book Volume 1
| Week 1 | Indonesian Stir-Fry, nothing else needed  
Grilled Fish with Dill and Lemon, with steamed red potatoes and sautéed yellow squash and zucchini; add a salad  
Asian Chicken Salad, with your favorite bread  
Summer Pasta Salad, add whole grain rolls  
Mediterranean Tuna Pasta Salad, with a bowl of carrot sticks and some whole grain rolls  
Crock Pot Ratatouille, serve over brown rice or scrambled eggs; add a salad |
|---|---|
| Week 2 | Lemon Garlic Fish, add baked potatoes, steamed kale and carrots  
Country Fried Chicken and Peppers, add mashed potatoes, green beans and corn on the cob  
Summer Pasta with Tomatoes and Basil, add spinach salad and some carrot sticks  
Grilled Chicken with Tex Mex Salsa, with brown rice, steamed broccoli and a big salad  
Pizza Joes, with a big green salad  
Cowboy Beans, with cornbread and honey butter; add a huge green salad |
| Week 3 | Provencal Fish Soup, with a nice big spinach salad and whole grain rolls  
Luscious Lasagna, with a huge green salad and bread  
Quick Orange Ginger Chicken, add stir-fried cabbage, carrots and snow peas and brown rice  
Baked Polish Sausage, add steamed broccoli and a big green salad  
Super Easy Taco Casserole, with a big green salad and some refried beans  
Crock Potato Cheese Soup, with a big salad and some whole grain rolls |
| Week 4 | Caramelized Pepperoni and Vegetable Pizza, and a large green salad  
Beefy Potato Cheese Pie, add steamed cauliflower and baked sweet potatoes; add a salad  
Roast Chicken and Potatoes, with creamed spinach and a loaf of your favorite bread  
Manic Meatloaf, with mashed potatoes and steamed green beans  
Twin Bean Casserole, with steamed broccoli and glazed baby carrots  
Crock Pot Veggies Soup, with a loaf of crusty French bread and a big green salad |
| Week 5 | Turkey Italian Sausage with Red Sauce, over spaghetti noodles topped with a little grated Romano cheese and extra sauce; add a big green salad  
Beefy Potato Cheese Pie, add steamed cauliflower and baked sweet potatoes  
Tomato and Squash Tart, spinach salad and a bowl of cold carrot sticks  
Oven Barbecued Fish, add baked potatoes and steamed cauliflower and broccoli  
Chicken Satay, add brown rice and creamed spinach  
Snappy Black Bean Soup, with sour cream and chopped green onions, add a big green salad and whole grain rolls |
| Week 6 | Spinach Lasagna, with a big green salad, a bowl of raw baby carrots and garlic bread  
Simple Baked Fish, with red potatoes, broccoli and a big green salad  
Nacho Stuffed Shells, and a big spinach salad  
Indian Chicken, add brown rice, sautéed yellow squash and zucchini  
Pork Chop Casserole with Apples, with sautéed spinach and sweet potatoes  
Italian Lentil Vegetable Stew, with a crusty sour dough bread and a salad |
| Week 7 | Very Easy Apricot Fish, with mashed potatoes and steamed green beans  
Chilies Rellenos Casserole, with brown rice and glazed carrots; add a salad  
Double Decker Pizza, and a big green salad  
Lower in Fat Turkey Tetrazzini, with zucchini, yellow squash and a big spinach salad  
Cottage Pie, with whole grain rolls, steamed broccoli and a salad  
White Chili, with cornbread and a big salad |
| --- | --- |
| Week 8 | Eeny Beany Chili Beany, add corn muffins, a salad and a bowl of raw carrot sticks  
Saucy Salsa Cornmeal Coated Chicken, with steamed broccoli and baked russet potatoes  
Spinach Noodle Casserole, with a big green salad and some carrot sticks and cherry tomatoes  
Rosemary Mustard Fish, add roasted red potatoes, steamed green beans and baked butternut squash  
Easy Hamburger Casserole, with braised kale and a green salad  
Crock Pot Chinese Chicken with Beans, over a bed of brown rice with a big spinach salad |
| Week 9 | Package O’ Fish, with brown rice, steamed green beans, and a green salad  
Roast Chicken with Herbed Butter, with garlic mashed potatoes, steamed broccoli, and baked butternut squash  
Pasta with Sausage and Olives, with sautéed spinach, and whole grain rolls  
Barbecue Bean Soup, with grilled cheese sandwiches, and a green salad  
Orange Pork Stir-Fry, with brown rice, and a spinach salad  
Easy Crock Pot Chili, with cornbread, and a big green salad |
| Week 10 | Pasta with Sausage and Olives, with a salad and garlic toast  
Salmon Garden Salad, and whole grain rolls  
Vermicelli Lo Mein, and egg rolls  
Beef and Spinach Pitas, with zucchini, squash, and a big salad  
Honey Grilled Pork Chops, with red potatoes, broccoli, and corn on the cob  
Mexican Chili Bean Chicken, with a salad and corn muffins |
| Week 11 | Huevos con Tortillas, salsa, and creamed spinach  
Very Garlicky Chicken Caesar Salad, and baked potatoes  
Yummy Glazed Pork Chops, baked acorn squash, and brown rice  
Chicken Pasta Skillet, and spinach salad  
Sweet and Sour Meatloaf, steamed red potatoes, broccoli and sourdough bread  
London Fog Split Pea Soup, crusty bread, and salad |
| Week 12 | Tunisian Couscous, add lots of roasted eggplant, red onions and green and red bell peppers  
Frugal Swiss Chicken, with steamed red potatoes and broccoli spears  
Spicy Sweet Potato and Smoked Sausage Soup, add a big spinach salad and some crusty bread  
Cajun Fish, with wild rice pilaf and green beans  
Sautéed Pork and Veggies, serve over wide noodles and add baked butternut squash  
Southwestern Crock Stew, with baked russet potatoes and steamed kale |
## MENU

**Day 1:** Indonesian Stir-Fry, nothing else needed

**Day 2:** Grilled Fish with Dill and Lemon, with
steamed red potatoes and sautéed yellow squash and zucchini; add a salad

**Day 3:** Asian Chicken Salad, with your favorite bread

**Day 4:** Summer Pasta Salad, add whole grain rolls

**Day 5:** Mediterranean Tuna Pasta Salad, with a
bowl of carrot sticks and some whole grain rolls

**Day 6:** Crock Pot Ratatouille, serve over brown rice or scrambled eggs; add a salad

## SHOPPING LIST:

### MEAT
- 6 fish fillets (whatever is on sale - or buy frozen) [D2]
- Boneless skinless chicken thighs (3 cups meat, chopped) [D3]

### PRODUCE
- 3 pounds onions (keep on hand) [D6]
- 1 head garlic [D1,D6]
- 1 pound green beans [D1]
- 4 large carrots [D1]**Additional (1 meal) [D5]
- 1 head red cabbage [D1]
- Gingerroot (4 slices plus 2 tablespoons, grated) [D1,D3]
- 1 bunch dill [D2]
- 1 bunch basil [D4,D5,D6]
- 1 bunch cilantro [D3]
- 1 bag washed spinach [D3]
- 1 small red bell pepper [D3]
- 1 medium green bell pepper [D5]
- 3 medium zucchini [D5,D6]**Additional (1 meal) [D2]
- Tomatoes (3 medium plus 2 cups, diced) [D4,D5,D6]
- 1 bunch green onions [D5]
- 1 medium eggplant [D6]
- 1 to 2 limes (2 tablespoons juice) [D1]
- 2 lemons (1/4 cup plus 2 tablespoons juice plus 6 lemon wedges) [D2,D5]
- 1 mango [D3]
- **Red potatoes (1 meal) [D2]
- **Yellow squash (1 meal) [D2]
- **Lettuce for 2 salads (not Iceberg—no nutrition) [D2,D6]
- **Salad veggies (your choice) [D2,D6]

### CONDIMENTS
- Olive oil [D4,D5]
- Vegetable oil [D1]
- Balsamic vinegar [D4]
- Asian-style salad dressing (3/4 cup) [D3]
- Capers (optional) (2 tablespoons) [D4]
- Ripe olives, sliced (1 (2.25-oz.) can plus 1/4 cup additional - optional) [D4,D5]
- **Salad dressing (your choice) [D2,D6]

### CANNED GOODS
- 1 (14.5-oz.) can chicken broth (if not using water) [D1]
- 1 (12-oz.) jar marinated artichoke hearts [D4]
- 1 (7-oz.) jar roasted red peppers [D4]
- 1 (6-oz.) can solid white tuna in water [D5]
- 1 (25-oz.) jar spaghetti sauce [D6]

### SPICES
- Sesame seeds [D1]
- Oregano [D6]

### DAIRY/DAIRY CASE
- Butter [D2]
- Provolone cheese (1 cup, diced) [D4]
- Bleu cheese (6 tablespoons, crumbled) [D5]
- Parmesan cheese (for garnish, grated – optional) [D6]
- **Eggs [D6]

### DRY GOODS
- 1 pound brown rice [D1]**Additional (1 meal) [D6]
- Honey roasted peanuts (1/2 cup) [D3]
- 1 (16-oz.) package bow tie pasta [D4]
- 8 ounces Rotini, Twists or Spirals [D5]

### FREEZER
- 6 fish fillets (whatever is on sale if not using fresh) [D2]

### BAKERY
- **Bread (your favorite) [D3]
- **Whole grain rolls (2 meals) [D4,D5]

## SHOPPING LIST LEGEND

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
### Indonesian Stir Fry

**Day 1 – Serves 6**

**INGREDIENTS:**
- 1 pound green beans, trimmed
- 4 large carrots, sliced 1/4-inch thick
- 1/2 head red cabbage, thinly sliced
- 2 tablespoons vegetable oil
- 4 slices gingerroot
- 2 cloves garlic, pressed
- Salt and pepper to taste
- 3 tablespoons chicken broth OR water
- 2 tablespoons lime juice
- 1 teaspoon sesame seeds
- 3 cups brown rice, cooked

**COOKING INSTRUCTIONS:** Prepare rice according to package directions. Steam green beans and carrots till tender-crisp, about 4 minutes. (If you are using any heavier veggies leftover from last week, add them to the steam pot, too.) Heat oil in a wok or large skillet; sauté gingerroot and garlic for about a minute. Don't let it turn brown. Add cabbage, stirring well. Sprinkle with a little salt and pepper. Add chicken broth, green beans, carrots and any leftover veggies from last week that you want to add. Cook until heated through. Add lime juice and sesame seeds; serve.

**NUTRITION per serving:**
- Calories: 244
- Fat: 6g
- Protein: 6g
- Carbohydrate: 44g
- Dietary Fiber: 7g
- Cholesterol: 0mg
- Sodium: 47mg

**Exchanges:** 1 1/2 Grain (Starch); 0 Lean Meat; 4 Vegetable; 0 Fruit; 1 Fat

**Points:** 5

**SERVING SUGGESTION:** You don't really need anything else. Enjoy!

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### Grilled Fish with Dill and Lemon

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1/4 cup butter, melted
- 1/4 cup lemon juice
- Salt and pepper to taste
- 1/4 cup fresh dill, chopped
- 6 fish fillets (fresh or frozen, whatever is on sale)
- 6 lemon wedges

**COOKING INSTRUCTIONS:** Combine butter and lemon, pour over the top of fish in a glass baking dish and marinate while pre-heating outdoor or indoor grill to a medium-high heat, OR oven broiler. Grill fish until just opaque (about 4 minutes each side, depending on thickness of fish), brushing with lemon/ butter marinade occasionally. Salt and pepper fish while cooking. Serve with chopped fresh dill over the top and lemon wedges on the side.

**NUTRITION per serving:**
- Calories: 260
- Fat: 9g
- Protein: 41g
- Carbohydrate: 1g
- Dietary Fiber: trace
- Cholesterol: 120mg
- Sodium: 203mg

**Exchanges:** 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat

**Points:** 6

**SERVING SUGGESTION:** Serve with steamed red potatoes and sautéed yellow squash and zucchini. A nice salad would be good too!
**DO-AHEAD TIP:** While using your grill or broiler, go ahead and pre-cook the chicken for your Asian Chicken Salad.

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### Asian Chicken Salad

**Day 3 – Serves 6**

**INGREDIENTS:**
- 3/4 cup Asian-style salad dressing
- 1/4 cup cilantro, chopped
- 2 tablespoons gingerroot, grated
- 1 bag washed spinach
- 1 small red bell pepper, chopped
- 3 cups cooked skinless boneless chicken thighs, chopped
- 1/2 cup honey roasted peanuts
- 1 mango, peeled and sliced

**COOKING INSTRUCTIONS:** Mix dressing, cilantro and ginger in a small bowl. Toss spinach, red bell pepper, chicken and nuts in a large bowl with enough dressing to coat evenly. Season to taste with salt and pepper and divide evenly among 6 plates. Top with mango and serve.

**NUTRITION per serving:** 278 Calories; 11g Fat; 32g Protein; 14g Carbohydrate; 3g Dietary Fiber; 69mg Cholesterol; 150mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Serve with your favorite bread for a light, yet filling dinner.

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**DO AHEAD TIP:** Make salad ahead of time to allow ample time to chill.

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### Summer Pasta Salad

**Day 4 – Serves 6**

**INGREDIENTS:**
- 1 (16-oz.) package bow tie pasta, cooked and drained
- 1 (12-oz.) jar marinated artichoke hearts, drained and sliced
- 1 (7-oz.) jar roasted red peppers, drained and sliced
- 1 (2.25-oz.) can sliced ripe olives, drained
- 2 tablespoons capers (optional but yummy if they are in your budget)
- 1 cup diced Provolone cheese
- 2 cups diced tomatoes, sprinkled with salt and pepper to taste
- 1/3 cup olive oil
- 3 tablespoons balsamic vinegar
- 2 tablespoons chopped fresh basil, stems and buds removed

**COOKING INSTRUCTIONS:** In a large bowl, combine all ingredients. Serve chilled.

**NUTRITION per serving:** 403 Calories; 17g Fat; 13g Protein; 48g Carbohydrate; 4g Dietary Fiber; 11mg Cholesterol; 375mg Sodium. **Exchanges:** 3 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:** Some whole grain rolls if you want to carb-load.
**DO AHEAD TIP:** Cook tomorrow’s pasta; cool, cover and refrigerate.

<table>
<thead>
<tr>
<th>Mediterranean Tuna Pasta Salad</th>
<th>Day 5 – Serves 6</th>
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<tbody>
<tr>
<td><strong>INGREDIENTS:</strong></td>
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<tr>
<td>8 ounces Rotini, Twists or Spirals, uncooked</td>
<td>3 green onions, sliced</td>
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<tr>
<td>1 (6-oz.) solid white tuna packed in water, drained</td>
<td>1/4 cup ripe olives, sliced (optional)</td>
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<tr>
<td>1 medium zucchini, diced</td>
<td>2 tablespoons olive oil</td>
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<tr>
<td>1 medium bell pepper, ribs and seeds removed, diced</td>
<td>2 tablespoons lemon juice</td>
</tr>
<tr>
<td>1 medium tomato, peeled, seeded and chopped</td>
<td>2 tablespoons fresh basil, chopped (in slivers)</td>
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<td>6 tablespoons Bleu cheese, crumbled</td>
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| **COOKING INSTRUCTIONS:** Cook pasta according to package directions. Drain and chill (this can be done the night before, if you want). In a large bowl, combine pasta, tuna, zucchini, bell pepper, tomato, green onions and olives; toss well. Combine remaining ingredients in separate bowl mixing well, then pour over the top of the pasta mixture. Toss together lightly and serve. |

| **NUTRITION per serving:** 223 Calories; 3g Fat; 15g Protein; 33g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 277mg Sodium. **Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 4 |

| **SERVING SUGGESTION:** Serve with a bowl of carrot sticks and some whole grain rolls. |

<table>
<thead>
<tr>
<th>Crock Pot Ratatouille</th>
<th>Day 6 – Serves 6</th>
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<tbody>
<tr>
<td><strong>INGREDIENTS:</strong></td>
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<tr>
<td>1 (25-oz.) jar spaghetti sauce</td>
<td>3/4 cup chopped onion</td>
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<tr>
<td>1 medium eggplant, chopped and peeled</td>
<td>3 cloves garlic, pressed</td>
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<tr>
<td>2 medium tomatoes, chopped large</td>
<td>1/4 cup chopped fresh basil</td>
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<tr>
<td>2 medium zucchini, sliced</td>
<td>1 teaspoon dried oregano</td>
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<td>Parmesan cheese, grated, for garnish (optional)</td>
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| **COOKING INSTRUCTIONS:** In a crock pot, mix all ingredients and cook on low for 8 to 10 hours. |

| **NUTRITION per serving:** 93 Calories; 2g Fat; 3g Protein; 17g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 215mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Vegetable; 1/2 Fat. **Points:** 1 |

| **SERVING SUGGESTION:** You can serve this versatile ratatouille on brown rice or over scrambled eggs for an even heartier meal. A salad would also work well. |

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THIS MENU MAY NOT BE FORWARDED TO ANYONE. YOU WILL BE UNSUBSCRIBED.
Frugal E-Book Menu and Shopping List for Six

Fall Week 2

MENU

Day 1: Lemon Garlic Fish, add baked potatoes, steamed kale and carrots
Day 2: Country Fried Chicken and Peppers, add mashed potatoes, green beans and corn on the cob
Day 3: Summer Pasta with Tomatoes and Basil, add spinach salad and some carrot sticks
Day 4: Grilled Chicken with Tex Mex Salsa, with brown rice, steamed broccoli and a big salad
Day 5: Pizza Joes, with a big green salad
Day 6: Cowboy Beans, with cornbread and honey butter; add a huge green salad

SHOPPING LIST:

MEAT
6 white fish fillets (or buy frozen) [D1]
12 boneless skinless chicken thighs [D2,D4]
1 pound lean ground beef [D5]

CONDIMENTS
Olive oil [D1,D3,D4]
Vegetable oil [D2]
Balsamic vinegar [D4]
Barbecue sauce (1 cup of your favorite) [D6]
Ketchup [D6]
Mustard [D6]
**Honey [D6]
**Salad dressing(s) (your choice) [D4,D5,D6]

PRODUCE
3 pounds onions (keep on hand) [D6]
1 head garlic [D1,D4,D5]
2 lemons [D1]
3 medium green bell peppers [D2]
1 jalapeno pepper [D4]
2 pounds tomatoes [D4]
6 Roma (plum) tomatoes [D3]
1 bunch basil [D3]
1 bunch cilantro [D4]
1 small red onion [D4]
1 medium carrot [D6]
**Russet potatoes (2 meals) [D1,D3]
**Kale (1 meal) [D1]
**Green beans (1 meal) [D2]
**Broccoli (1 meal) [D4]
**Corn on the cob [D2]
**Spinach (1 meal) [D3]
**Lettuce for 3 salads (not Iceberg—no nutrition) [D4,D5,D6]
**Salad veggies (your choice) [D4,D5,D6]

CANNED GOODS
1 (6-oz.) can tomato paste [D5]
1 (8-oz.) can tomato sauce [D5]

SPICES
Lemon pepper [D1]
Paprika [D2]
Garlic powder [D2]
Onion powder [D2]
Cumin [D2]
Rosemary [D4]
Thyme [D4]
Oregano [D5]
Crushed red pepper flakes [D5]

DAIRY/DAIRY CASE
Butter [D3,D6]
Parmesan cheese (4 tablespoons, grated) [D3]
12 slices Mozzarella cheese [D5]

DRY GOODS
Cornmeal [D2]
Flour [D2]
Sugar [D5]
3/4 pound pasta shells [D3]
1 pound pinto beans [D6]
**Brown rice (1 meal) [D4]

FREEZER
6 white fish fillets (if not using fresh) [D1]
1 (10-oz.) package peas [D3]
Whole kernel corn (1 1/4 cups) [D4]

BAKERY
6 burger buns [D5]
**Cornbread (1 meal) [D6]

OTHER
Gallon-size zip-lock plastic bags

SHOPPING LIST LEGEND

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
# Lemon Garlic Fish

**Day 1 – Serves 6**

**INGREDIENTS:**
- 3 tablespoons olive oil
- 3 cloves garlic, pressed
- 3 teaspoons lemon pepper
- 6 fish fillets (a white-type fish, fresh or frozen)
- Lemon wedges and juice

**COOKING INSTRUCTIONS:** Heat olive oil in large skillet over medium-high heat. Stir in garlic. Season fish fillets on both sides with lemon pepper. Place fillets in pan and cook for 10 minutes per inch of thickness, measured at thickest part, or until fish flakes when tested with a fork. Flip fillets halfway through cooking to brown on both sides. Sprinkle with lemon juice before serving and serve lemon wedges on the side.

**NUTRITION per serving:** 255 Calories; 8g Fat; 41g Protein; 1g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 295mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat. **Points:** 6

**SERVING SUGGESTION:** Microwaved baked potatoes (keep the kitchen cool!), steamed kale and carrots.

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# Country Fried Chicken and Peppers

**Day 2 – Serves 6**

**INGREDIENTS:**
- 6 boneless skinless chicken thighs
- 3 tablespoons cornmeal
- 1 1/2 tablespoons flour
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons garlic powder
- Salt and pepper to taste
- 1 1/2 teaspoons onion powder
- 3/4 teaspoon cumin
- 2 tablespoons vegetable oil
- 3 medium green bell peppers, seeded, de-ribbed and cut into strips

**COOKING INSTRUCTIONS:** Pound chicken to about 1/4 inch thickness. Stir together cornmeal, flour, paprika, garlic powder, onion powder, salt, pepper and cumin and place on a plate or serving platter. Dip chicken in water, allowing excess water to drip off. Then dip chicken into cornmeal mixture, coating both sides well. In a large skillet, heat oil. Cook chicken over medium heat for 4 minutes. Turn chicken over; add pepper strips to skillet and cook another 4 or 5 minutes, or until chicken is nicely browned and cooked through. Remove chicken from skillet. Cook peppers another minute or two—more, if needed; remove from skillet and serve with chicken.

**NUTRITION per serving:** 168 Calories; 8g Fat; 15g Protein; 10g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 62mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 4

**SERVING SUGGESTION:** Mashed potatoes, steamed green beans and corn on the cob.
## Summer Pasta with Tomatoes and Basil

**Day 3 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
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<tbody>
<tr>
<td>2 pounds tomatoes, washed, cored and diced</td>
<td>1 (10-oz.) package frozen peas</td>
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<tr>
<td>3 tablespoons olive oil</td>
<td>3/4 pound pasta shells</td>
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<tr>
<td>16 large basil leaves, washed, torn into strips,</td>
<td>2 tablespoons butter</td>
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<tr>
<td>divided</td>
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<tr>
<td>Salt and freshly ground pepper</td>
<td>4 tablespoons freshly grated Parmesan cheese</td>
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**COOKING INSTRUCTIONS:** In a large skillet, heat the olive oil over medium heat. Add the diced tomato, half of the basil and salt and pepper to taste. Stir often until thickened, about 20 minutes. Add the frozen peas and reduce heat to low. Meanwhile, cook pasta according to package directions. When pasta has cooked, pour the drained pasta into a very large bowl (or return to pasta pot) and toss with the butter, remaining basil, and the hot tomato sauce. Sprinkle with freshly grated cheese.

LEANNE'S NOTE: if desired, add 1 or 2 pressed garlic cloves with the tomatoes while cooking. I've done it both ways and it's delicious whichever way you decide to cook it. Make sure you have wonderful tomatoes!

**NUTRITION per serving:** 385 Calories; 13g Fat; 12g Protein; 55g Carbohydrate; 5g Dietary Fiber; 13mg Cholesterol; 170mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 0 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 8

**SERVING SUGGESTION:** A spinach salad and some carrot sticks.

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## Grilled Chicken with Tex Mex Salsa

**Day 4 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>TEX MEX SALSA</th>
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<tbody>
<tr>
<td>6 boneless skinless chicken thighs</td>
<td>6 Roma tomatoes, chopped</td>
</tr>
<tr>
<td>1/4 cup olive oil</td>
<td>1 1/4 cups frozen whole kernel corn, cooked</td>
</tr>
<tr>
<td>1 teaspoon black pepper</td>
<td>2 tablespoons jalapeno chili pepper, ribbed, seeded and chopped (optional)</td>
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<tr>
<td>2 cloves garlic, pressed</td>
<td>1 small red onion, finely diced</td>
</tr>
<tr>
<td>1 teaspoon rosemary, crushed</td>
<td>1 tablespoon balsamic vinegar</td>
</tr>
<tr>
<td>1 teaspoon thyme</td>
<td>3 tablespoons cilantro, chopped</td>
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**COOKING INSTRUCTIONS:** In a large zip-lock plastic bag, place olive oil, black pepper, garlic, rosemary and thyme. Place chicken in bag and marinate overnight in refrigerator. When it's time to cook, fire up the barby! When grill is medium-hot, remove chicken from marinade and place on prepared grill. Grill over medium heat about 12 minutes, turning once. To prepare Tex Mex Salsa, combine all ingredients and let sit for an hour (if possible) to allow flavors to meld. Serve on top of grilled chicken.

**NUTRITION per serving:** 286 Calories; 11g Fat; 30g Protein; 18g Carbohydrate; 4g Dietary Fiber; 68mg Cholesterol; 91mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** Serve with brown rice, steamed broccoli and a big salad.
**Pizza Joes**  
Day 5 – Serves 6

**INGREDIENTS:**  
1 pound lean ground beef  
1 clove garlic, pressed  
Salt and pepper to taste  
1 (6-oz.) can tomato paste  
1 (8-oz.) can tomato sauce  
1/2 teaspoon sugar  
1 teaspoon oregano  
1/2 teaspoon crushed red pepper flakes  
6 burger buns  
12 slices Mozzarella cheese

**COOKING INSTRUCTIONS:** In a large skillet or Dutch oven, brown ground beef and garlic. Drain off any excess fat. Season with salt and pepper to taste and add tomato paste, tomato sauce, sugar, oregano, and crushed red pepper flakes. Stir, then simmer for about 6 or 7 minutes. Split burger buns in half. Spoon some of the pizza filling onto buns—bottoms and tops. Put a slice of Mozzarella cheese immediately on each bun half. Don’t sandwich bun tops and bottoms back together. Allow cheese to melt from the heat of the pizza filling. You can also pop these into the oven to melt the cheese, if you wish. Serving size: 2 bun halves topped with filling and cheese.

**NUTRITION per serving:**  
496 Calories; 25g Fat; 35g Protein; 32g Carbohydrate; 3g Dietary Fiber; 83mg Cholesterol; 1043mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 11

**SERVING SUGGESTION:** Serve with a big green salad.

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**Cowboy Beans**  
Day 6 – Serves 8 Great Leftovers!!

**INGREDIENTS:**  
1 pound dry pinto beans, rinsed, drained and picked over  
5 cups water, boiled  
2 onions, chopped  
1 cup barbecue sauce, your favorite  
2 squirts of ketchup  
1 medium carrot, grated  
2 squirts mustard  
Salt and pepper to taste

**COOKING INSTRUCTIONS:** In a crock pot, mix beans, water and onion. Cook on high for 3 to 4 hours, then on low for about 7 hours. Drain beans and add barbecue sauce, carrot, ketchup and mustard squirts and salt and pepper to taste. Blend well. Serve in bowls.

**NUTRITION per serving:** 239 Calories; 1g Fat; 13g Protein; 45g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 382mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTION:** Serve with plenty of cornbread and honey butter. A huge green salad makes the meal.
Frugal E-Book Menu and Shopping List for Six

Week 3

### MENU

**Day 1:** Provencal Fish Soup, with a nice big spinach salad and whole grain rolls  
**Day 2:** Luscious Lasagna, with a huge green salad and bread  
**Day 3:** Quick Orange Ginger Chicken, add stir-fried cabbage, carrots and snow peas and brown rice  
**Day 4:** Baked Polish Sausage, add steamed broccoli and a big green salad  
**Day 5:** Super Easy Taco Casserole, with a big green salad and some refried beans  
**Day 6:** Crock Potato Cheese Soup, with a big salad and some whole grain rolls

### SHOPPING LIST:

#### MEAT
- 1 pound white fish (your choice or buy frozen) [D1]  
- 3/4 pound extra-lean ground beef [D2,D5]  
- 1 pound lean ground beef  
- 6 boneless skinless chicken thighs [D3]  
- 1 pound Polish sausage OR kielbasa [D4]

#### CONDIMENTS
- Vegetable oil [D1,D2]  
- Italian salad dressing (3/4 cup) [D4]  
- White wine (1/2 cup if not using chicken broth or water)  
- **Salad dressing(s) (your choice) [D2,D4,D5,D6]**

#### PRODUCE
- 4 pounds onions [D1,D2,D3,D4,D6]  
- 1 head garlic [D1]  
- 1 large red bell pepper [D1]  
- 1 large green bell pepper [D4]  
- Russet potatoes (2 pounds plus 2 cups, chopped) [D1,D6]  
- 12 red potatoes [D4]  
- 1 bunch parsley [D1]  
- 1 bunch basil [D2]  
- 1 orange [D1,D3]  
- **Spinach (2 meals) [D1]**  
- **Cabbage (1 meal) [D3]**  
- **Carrots (1 meal) [D3]**  
- **Snow peas (1 meal) [D3]**  
- **Broccoli (1 meal) [D4]**  
- **Lettuce for 3 salads—not Iceberg (no nutrition) [D2,D4,D5,D6]**  
- **Salad veggies (your choice) [D2,D4,D5,D6]**

#### CANNED GOODS
- 1 (14.5-oz.) can whole tomatoes [D1]  
- 1 (28-oz.) jar/can spaghetti sauce (your favorite) [D2]  
- Low sodium chicken broth, if not using homemade (64 ounces plus 4 ounces if not using white wine or water) [D1,D2,D6]  
- **Refried beans (1 meal) [D5]**

#### SPICES
- Thyme [D1,D3]  
- Fennel seeds [D1,D2]  
- Bay leaves [D1]  
- Crystallized ginger (4 1/2 tablespoons found in Asian section of grocery store) [D3]  
- Ground ginger [D3]

#### DAIRY/DAIRY CASE
- Orange juice (4 1/2 tablespoons)  
- Low fat milk (1 cup) [D6]  
- Half and half (1/4 cup) U.K.Members: Half and half is half milk and half cream [D1]  
- Eggs (1 white plus requirements for corn muffin mixes) [D2]  
- Part skim milk Mozzarella cheese (3 cups, shredded, additional optional) [D2]  
- Part skim milk Ricotta cheese (1 1/2 cups) [D2]  
- Low fat Cheddar cheese (2 1/2 cups, shredded) [D5,D6]  
- Parmesan cheese (1 1/2 cup, grated) [D2]

#### DRY GOODS
- Lasagna noodles (9) no-boil variety, if available (Barilla makes this) [D2]  
- Brown rice (3 cups, cooked) [D3]  
- **Additional (1 meal) [D3]**  
- 2 (8-oz.) packages corn muffin mix [D5]  
- Oatmeal (1/2 cup) [D5]  
- 1 (.75-oz.) envelope taco seasoning [D5]

#### FREEZER
- 1 pound white fish (your choice if not using fresh) [D1]

#### BAKERY
- **Whole grain rolls (2 meals) [D1,D6]**  
- **Bread (your choice) [D2]**

#### OTHER
- Aluminum foil wrap

### SHOPPING LIST LEGEND

** = Serving Suggestions  
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Provencal Fish Soup
Day 1 – Serves 6

INGREDIENTS:
1 tablespoon vegetable oil
1 (14.5-oz.) can whole tomatoes, chopped, un-drained
2 medium onions, chopped
2 cups russet potatoes, peeled and chopped
1 cup red bell pepper, chopped
2 cups low sodium chicken broth
2 cloves garlic, pressed
1 pound white fish (your choice), cut into 1-inch pieces
1/4 teaspoon orange rind, grated
1/2 teaspoon thyme
1/8 teaspoon fennel seeds
1 bay leaf
2 tablespoons chopped parsley
1/2 cup half and half
Salt and pepper to taste

COOKING INSTRUCTIONS: Heat oil in a large pot over medium-high heat. Add onion, bell pepper and garlic. Sauté for 5 minutes. Add the next 7 ingredients (thru broth) and bring to a boil; reduce heat and simmer for 10 minutes, stirring occasionally. Add fish and cook for another five minutes. Add parsley and cook for another minute. Remove from heat and discard bay leaf. Add half and half and season with salt and pepper to taste. Serve.

NUTRITION per serving: 194 Calories; 5g Fat; 20g Protein; 18g Carbohydrate; 3g Dietary Fiber; 54mg Cholesterol; 338mg Sodium. Exchanges: 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. Points: 4

SERVING SUGGESTION: Serve with a nice big spinach salad and whole grain rolls.

Luscious Lasagna
Day 2 – Serves 6

INGREDIENTS:
3 cups part skim milk Mozzarella cheese, shredded, divided
1 1/2 cups part skim milk Ricotta cheese, divided
1 egg white
1/2 cup Parmesan cheese, grated, divided
9 each Lasagna noodles, (no-boil variety, if available)
2 tablespoons vegetable oil
1 1/2 cup chopped onion
1 1/2 teaspoons fennel seeds
3/4 pound extra-lean ground beef
1 (28-oz.) jar/can spaghetti sauce (your favorite)
1 cup low sodium chicken broth
1/2 cup water (or chicken broth or white wine)
Salt and Pepper, to taste

COOKING INSTRUCTIONS: Pre-heat oven to 350 degrees. Mix 1/2 cup Mozzarella, 1/2 cup Ricotta, egg white and 1/8 cup Parmesan cheese in a medium bowl. Heat oil in a large pot over medium-high heat. Add onions and fennel seeds; sauté for 3 minutes. Add beef and cook till brown. Drain well and blot with paper towels to get up the fat. Add spaghetti sauce, broth and wine. Cover and simmer over low heat for 5 minutes. Season to taste with salt and pepper. Now assemble the Lasagna: In a 13- x 9-inch glass baking dish, spoon about 1 and 1/3 cups of spaghetti sauce, then place 3 noodles over the top. Evenly spread half of the Ricotta cheese mixture over the noodles and sprinkle with half of the basil. Add half of the remaining Mozzarella, half of the remaining Parmesan, and half of the plain Romano cheese. Repeat the process, starting with sauce and ending with noodles and remaining sauce. Cover with foil (tent it so it doesn't touch the contents); place on a cookie sheet in the oven. Bake for one hour. Let stand for 15 minutes before digging in. If you want, you can top it with additional Mozzarella before serving (just let it stand with the cheese on--it will melt).

NUTRITION per serving: 602 Calories; 21g Fat; 33g Protein; 67g Carbohydrate; 3g Dietary Fiber; 56mg Cholesterol; 534mg Sodium. Exchanges: 4 Grain (Starch); 3 Lean Meat; 1 Vegetable; 2 Fat. Points: 13

SERVING SUGGESTION: Serve with a huge green salad. You can add bread if you like, but the carb count on this one is already up there!
**Quick Orange Ginger Chicken**  
*Day 3 – Serves 6*

**INGREDIENTS:**  
- 4 1/2 tablespoons orange juice, divided  
- 3/4 cup chopped onion  
- 3 cups brown rice, cooked  
- 1/2 teaspoon thyme  
- 4 1/2 tablespoons crystallized ginger, finely chopped  
- 6 boneless skinless chicken thighs  
- 1/2 teaspoon ground ginger

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. In a 2-quart saucepan, heat 1 1/2 tablespoons orange juice. Add onion and cook onion in orange juice for a few minutes. Add rice, chopped ginger, 1 1/2 tablespoons orange juice and thyme. Blend well, then spoon mixture into a lightly greased 8-inch square baking dish. Place chicken over rice mixture. Brush with 1 1/2 tablespoons orange juice and sprinkle with ground ginger. Cover and bake for 30 minutes. Remove cover and bake for another 15 minutes, or until chicken is done.

**NUTRITION per serving:**  
- 231 Calories  
- 4g Fat  
- 16g Protein  
- 33g Carbohydrate  
- 2g Dietary Fiber  
- 57mg Cholesterol  
- 66mg Sodium  
- Exchanges: 1 1/2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates  
- Points: 5

**SERVING SUGGESTION:** Stir-fried cabbage, carrots and snow peas and some brown rice.

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**Baked Polish Sausage**  
*Day 4 – Serves 6*

**INGREDIENTS:**  
- 1 pound Polish sausage or kielbasa, cut into chunks  
- 1 cup chopped green bell pepper, seeded and de-ribbed  
- 1 cup chopped onion  
- 12 red potatoes, cut in half OR quartered, depending on size  
- 3/4 cup Italian salad dressing

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. In a large casserole dish, combine sausage, bell pepper, onion and potatoes. Drizzle with Italian dressing and toss to coat. Bake for 30 minutes, or until potatoes are done.

**NUTRITION per serving:**  
- 515 Calories  
- 36g Fat  
- 14g Protein  
- 34g Carbohydrate  
- 3g Dietary Fiber  
- 53mg Cholesterol  
- 904mg Sodium  
- Exchanges: 1 1/2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 1/2 Fat  
- Points: 13

**SERVING SUGGESTION:** Steamed broccoli and a big green salad.
### Super Easy Taco Casserole
**Day 5 – Serves 6**

**INGREDIENTS:**
- 2 (8-oz.) packages corn muffin mix
- 1 pound lean ground beef (leaner is cheaper, believe it or not)
- 1/2 cup oatmeal
- 1 (.75-oz.) envelope taco seasoning
- 1 1/2 cups low fat Cheddar cheese, shredded

**COOKING INSTRUCTIONS:** Pre-heat oven to 425 degrees. Make corn muffin batter according to package directions. Brown ground beef in a large skillet. Once beef is beginning to brown, add oatmeal and taco seasoning mix to skillet and blend well. Spread beef mixture over the bottom of a 9- x 13-inch casserole dish. Sprinkle cheese on top of beef. Pour corn muffin batter over top. Bake, uncovered, for about 15 minutes, or until cornbread topping is golden.

**NUTRITION per serving:** 668 Calories; 33g Fat; 26g Protein; 63g Carbohydrate; 3g Dietary Fiber; 86mg Cholesterol; 1097mg Sodium.  
**Exchanges:** 4 Grain (Starch); 3 Lean Meat; 5 Fat.  
**Points:** 15

**SERVING SUGGESTION:** Serve with a big green salad and some refried beans.

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### Crock Potato Cheese Soup
**Day 6 – Serves 6**

**INGREDIENTS:**
- 2 pounds russet potatoes, peeled and cubed
- 1 medium onion, chopped
- 5 cups low sodium chicken broth (buy or homemade)
- Salt and pepper to taste
- 1 cup low fat milk
- 1 cup low fat Cheddar cheese, shredded

**COOKING INSTRUCTIONS:** Cook the first three ingredients, with salt and pepper to taste in a slow cooker for 6 hours on low heat setting, or 3 hours on high, or until potatoes are done. Process half of the potato mixture in a food processor or blender, pour into a pot and add remaining crock mixture from the slow cooker. Blend well while adding milk. When the soup begins to simmer, reduce the heat—if it boils too hard, the soup will separate! Correct the seasonings. Garnish with cheese and serve.

**NUTRITION per serving:** 218 Calories; 2g Fat; 18g Protein; 33g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 577mg Sodium.  
**Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable.  
**Points:** 4

**SERVING SUGGESTION:** Serve with a big salad and some whole grain rolls.
Frugal E-Book Menu and Shopping List for Six

**Fall Week 4**

**MENU**

**Day 1:** Caramelized Pepperoni and Vegetable Pizza, and a large green salad

**Day 2:** Beefy Potato Cheese Pie, add steamed cauliflower and baked sweet potatoes; add a salad

**Day 3:** Roast Chicken and Potatoes, with creamed spinach and a loaf of your favorite bread

**Day 4:** Manic Meatloaf, with mashed potatoes and steamed green beans

**Day 5:** Twin Bean Casserole, with steamed broccoli and glazed baby carrots

**Day 6:** Crock Pot Veggie Soup, with a loaf of crusty French bread and a big green salad

**SHOPPING LIST:**

**MEAT**
8 ounces pepperoni (optional) [D1]
3 pounds lean ground beef [D2,D4]
6 boneless skinless chicken thighs [D3]

**CONDIMENTS**
Olive oil [D1,D2]
Vegetable oil [D4,D5]
Balsamic vinegar [D1]
Mayonnaise [D3]
Dijon mustard [D3]
Ketchup [D4]
Salsa (1/2 cup your favorite) [D5]
Honey [D5]
**Salad dressing(s) (your choice) [D1,D2,D6]**

**PRODUCE**
3 pounds onions (keep on hand) [D2,D4,D5,D6]
2 small yellow onions [D1]
1 to 2 heads garlic (about 12 cloves) [D1,D3,D4,D5,D6]
2 large green bell peppers [D1,D4]
2 small plum (Roma) tomatoes [D1]
Russet potatoes (4 cups, shredded) [D2]**Additional (1 meal) [D4]
1 pound small red potatoes [D3]
Carrots (3 medium) [D4,D6]
Celery (1 medium stalk) [D6]
**Cauliflower (1 meal) [D2]
**Sweet potatoes (1 meal) [D2]
**Green beans (1 meal) [D4]
**Broccoli (1 meal) [D5]
**Baby carrots (1 meal) [D5]
**Lettuce for 3 salads (not Iceberg—no nutrition) [D1,D2,D6]
**Salad veggies (your choice) [D1,D2,D6]

**CANNED GOODS**
1 (8-oz.) can whole kernel corn [D5]
1 (4-oz.) can diced green chilies [D5]
2 (16-oz.) cans pinto beans [D5]
1 (14.5-oz.) can stewed tomatoes [D5]
1 (14.5-oz.) can diced tomatoes [D6]
Low sodium chicken broth (4 cups) [D6]
Tomato juice (4 cups) [D6]

**SPICES**
Rosemary [D1]
Thyme [D3]
Cumin [D4,D5]
Nutmeg [D4]
Oregano [D6]
Basil [D6]

**DAIRY/ DAIRY CASE**
Eggs (1 plus 4 whites) [D2,D4,D5]
Buttermilk (1 cup) [D4,D5]
Low fat Mozzarella cheese (2/3 cup, shredded) [D1]
Low fat Cheddar cheese (1/4 pound plus 1 cup, shredded) [D2,D5]
Parmesan cheese (grated, for garnish) [D6]

**DRY GOODS**
Flour [D1,D5]
Italian-style breadcrumbs (3 cups if not using homemade) [D2,D4]
Bread machine yeast (1 1/2 teaspoons if not using pre-made pizza crust) [D1]
Oatmeal (1 cup) [D4]
Cornmeal (3/4 cup) [D5]
Pasta shells (1 1/2 cups your choice, cooked) [D6]

**FREEZER**
Pizza crust (if not making own in bread machine) [D1]
**Creamed spinach (1 meal) [D3]

**BAKERY**
**Bread (your favorite, if not using homemade) [D3]
**French bread [D6]

**OTHER**
Aluminum foil wrap

**SHOPPING LIST LEGEND**
** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Caramelized Pepperoni and Vegetable Pizza

Day 1 – Serves 6

This recipe is a little more time intensive than my others. You may want to do this on a night when you have more time or get the kids to help! If you don't have a bread machine, buy a pre-made pizza crust.

INGREDIENTS:

TOPPING
1 tablespoon olive oil
1 tablespoon balsamic vinegar
1 tablespoon finely chopped garlic
1 teaspoon dried rosemary, crushed
1/2 teaspoon salt
2 small yellow onions, cut into 1/2-inch wedges
1 large green bell pepper, seeded, de-ribbed and cut into 1/4-inch strips
2 small plum (Roma) tomatoes, cut into quarters
8 ounces pepperoni (optional)
2/3 cup low fat Mozzarella cheese, shredded

CRUST
3/4 cup water (70 degrees-check yeast wrapper for temp)
1 tablespoon olive oil
1/2 teaspoon salt
2 1/3 cups flour
1 1/2 teaspoons bread machine yeast
1/2 teaspoon black pepper

COOKING INSTRUCTIONS: Pre-heat oven to 425 degrees. To make topping: In a large bowl, combine oil, vinegar, garlic, rosemary and salt; add veggies, tossing to coat. Arrange in a single layer in a foil-lined 15- x 10-inch baking pan; roast on bottom oven rack for 20 to 25 minutes, or until onions are tender, stirring occasionally. Remove from oven and set aside. To make crust: Measure all ingredients into bread machine pan in the order suggested by manufacturer. Process on dough/manual cycle. (Can be done ahead and wrapped in the refrigerator for the next day). To make pizza: When cycle is complete, remove dough to floured surface. If necessary, knead in enough flour to make dough easy to handle. Roll or press dough to fit the bottom and 1/2 inch up the sides of a greased 13- x 9-inch pan. Top evenly with caramelized vegetables, then pepperoni slices and cheese. Bake, uncovered, on bottom oven rack for 20 to 25 minutes, or until cheese is melted and crust is golden brown. Cut into 12 slices; serve warm.

NUTRITION per serving: 234 Calories; 12g Fat; 9g Protein; 22g Carbohydrate; 2g Dietary Fiber; 18mg Cholesterol; 644mg Sodium. Exchanges: 1 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat. Points: 5

SERVING SUGGESTION: A large green salad is all you need.

Beefy Potato Cheese Pie

Day 2 – Serves 6

INGREDIENTS:

1 pound lean ground beef
2 cups Italian style bread crumbs (pre-made or homemade)
3 large onions, chopped, divided
1 egg, lightly beaten
Salt and pepper to taste
1 tablespoon olive oil
4 cups shredded russet potatoes
1/4 pound low fat Cheddar cheese, shredded

COOKING INSTRUCTIONS: Pre-heat oven to 375 degrees. Thoroughly combine ground beef, bread crumbs, 1 cup of the chopped onions, egg, salt, and pepper; press into bottom and up the sides of a 10-inch-deep pie pan (approximately 3/8-inch thick). Bake for 10 to 15 minutes. While beef mixture is baking, heat the olive oil in a large skillet. Add the remaining 2 cups of onion and the potatoes; sauté for 10 minutes over medium-high heat, turning to prevent sticking. Remove beef mixture from oven and fill with the onion and potato mixture. Cover with cheese and return to the oven for 20 to 25 minutes, until lightly browned.

NUTRITION per serving: 410 Calories; 18g Fat; 22g Protein; 41g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 951mg Sodium. Exchanges: 2 1/2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 2 Fat. Points: 9

SERVING SUGGESTION: Steamed cauliflower and baked sweet potatoes. Feel free to throw in yet another salad!
Roast Chicken and Potatoes
Day 3 – Serves 6

INGREDIENTS:
6 boneless skinless chicken thighs
1 pound small red potatoes, halved or quartered, depending on size
1/3 cup mayonnaise
3 tablespoons Dijon mustard
Salt and pepper to taste
2 teaspoons thyme
3 cloves garlic, pressed

COOKING INSTRUCTIONS: Preheat oven to 350 degrees. Lightly grease a 9- x13-inch baking dish or pan. Place chicken and potatoes in baking dish or pan. Combine remaining ingredients and brush over chicken and potatoes. Salt and pepper to taste. Bake, uncovered, for 30 to 35 minutes, or until potatoes are tender and juice of chicken runs clear.

NUTRITION per serving: 230 Calories; 12g Fat; 16g Protein; 15g Carbohydrate; 2g Dietary Fiber; 61mg Cholesterol; 221mg Sodium. Exchanges: 1 Grain (Starch); 2 Lean Meat; 1 Fat. Points: 5

SERVING SUGGESTION: Serve with creamed spinach and a loaf of your favorite bread (homemade or store-bought).

Manic Meatloaf
Day 4 – Serves 12 (save half for later in the week or freeze!)

INGREDIENTS:
2 teaspoons vegetable oil
3/4 cup chopped onion
1 medium carrot, chopped
1/2 of a large green bell pepper, seeded, de-ribbed and chopped
2 cloves garlic, pressed
2 teaspoons cumin
1/2 cup ketchup
2 egg whites, beaten
1/2 cup buttermilk
1 cup oatmeal
2 pounds lean ground beef
1 cup seasoned bread crumbs

COOKING INSTRUCTIONS: Pre-heat oven to 375 degrees. In a skillet, sauté onion, carrot, bell pepper and garlic in oil over medium heat until onion is translucent. In a large mixing bowl, combine remaining ingredients. Salt and pepper to taste. Add sautéed vegetables and mix thoroughly with your clean hands. Shape into a “blimp”. Or, divide the mixture into two “blimps”. Bake for about 45 minutes on a jellyroll pan (cookie sheet with about 1/2” sides to catch any meat juices). Check loaf for doneness as your cooking time will vary depending on the shape and thickness.

NUTRITION per serving: 293 Calories; 17g Fat; 17g Protein; 17g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 448mg Sodium. Exchanges: 1 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat. Points: 7

SERVING SUGGESTION: Serve with mashed potatoes and steamed green beans.
# Twin Bean Casserole

**Day 5 – Serves 6**

**INGREDIENTS:**
- 2 teaspoons vegetable oil
- 3/4 cup chopped onion
- 3 cloves garlic, pressed
- 1 (8-oz.) can whole kernel corn, drained and divided
- 1 (4-oz.) can diced chilies, drained, divided
- 1/2 cup salsa, your favorite
- 1 teaspoon cumin
- 2 (16-oz.) cans pinto beans, drained
- 1 (14.5-oz.) can stewed tomatoes, un-drained
- 1 cup low fat Cheddar cheese, shredded, divided
- 3/4 cup cornmeal
- 1/4 cup flour
- 1/2 cup buttermilk
- 2 egg whites, lightly beaten

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. Heat the 2 teaspoons of oil in a large skillet over medium-high heat. Sauté onions and garlic until onions are translucent. Add 1/2 of the corn, 1/2 of the chilies, salsa, cumin, pinto beans and tomatoes. Reduce heat and simmer for about 10 minutes. Pour mixture into a 9- x 13-inch baking dish, sprinkled with 1/2 cup of the cheese. Set casserole dish aside. Combine cornmeal, flour, honey and salt in a large mixing bowl. In another mixing bowl, combine remaining corn and chilies, 1/2 cup cheese, buttermilk and 1/4 cup oil with the beaten egg whites. Add wet mixture to dry mixture, stirring until just moist. Spread batter evenly over bean mixture. Bake casserole, uncovered, for 20 minutes, or until cornbread is lightly browned.

**NUTRITION per serving:** 348 Calories; 11g Fat; 15g Protein; 48g Carbohydrate; 8g Dietary Fiber; 4mg Cholesterol; 839mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 Lean Meat; 1 1/2 Vegetable; 2 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve with steamed broccoli and glazed baby carrots.

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# Crock Pot Veggie Soup

**Day 6 – Serves 12 (Freezes well)**

**INGREDIENTS:**
- 4 cups low sodium chicken broth
- 4 cups tomato juice
- 1 tablespoon basil
- 1 teaspoon salt
- 1/2 teaspoon oregano
- 1/4 teaspoon pepper
- 2 medium carrots, sliced
- 1 medium stalk celery, chopped
- 3/4 cup chopped onion
- 2 cloves garlic, pressed
- 1 (14.5-oz.) can diced tomatoes, un-drained
- 1 1/2 cups pasta shells (your choice, cooked)
- Parmesan cheese, grated

**COOKING INSTRUCTIONS:** Combine all ingredients, except pasta and cheese, in a slow cooker. Cover and cook on low for 7 to 8 hours, or until veggies are tender. Add warmed-up pasta and cook for about 5 minutes. Serve in bowls topped with grated Parmesan cheese.

**NUTRITION per serving:** 90 Calories; 1g Fat; 4g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 736mg Sodium. **Exchanges:** 1/2 Grain (Starch); 0 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 1

**SERVING SUGGESTION:** Serve with a loaf of crusty French bread and a big green salad for a perfect meal.
Frugal E-Book Menu and Shopping List for Six

Fall Week 5

MENU

Day 1: Turkey Italian Sausage with Red Sauce,
over spaghetti noodles topped with a little grated Romano cheese and extra sauce; add a big green salad

Day 2: Beefy Potato Cheese Pie, add steamed cauliflower and baked sweet potatoes

Day 3: Tomato and Squash Tart, spinach salad and a bowl of cold carrot sticks

Day 4: Oven Barbecued Fish, add baked potatoes and steamed cauliflower and broccoli

Day 5: Chicken Satay, add brown rice and creamed spinach

Day 6: Snappy Black Bean Soup, with sour cream and chopped green onions, add a big green salad and whole grain rolls

SHOPPING LIST:

MEAT
1 pound turkey Italian OR regular Italian sausage [D1]
1 pound extra-lean ground beef [D2]
6 fish fillets [D4]
12 boneless skinless chicken thighs [D5]
Turkey bacon (1 slice) [D4]

PRODUCE
3 pounds onions (keep on hand) [D1,D2,D3,D4,D6]
1 to 2 heads garlic (10 cloves) [D1,D5,D6]
3/4 pound mushrooms [D1]
1 medium green bell pepper [D1]
Russet potatoes (4 cups, shredded plus 1 large) [D2,D3]
**Additional (1 meal) [D4]
2 large beefsteak tomatoes [D3]
1 large zucchini [D3]
1 large yellow squash [D3]
1 bunch green onions [D5,D6]
1 bunch cilantro [D5]
1 lemon [D4]
Gingerroot (4 tablespoons, grated) [D5]
**Cauliflower (2 meals) [D2,D4]
**Broccoli (1 meal) [D4]
**Sweet potatoes (1 meal) [D2]
**Spinach (1 meal) [D3]
**Carrots (1 meal) [D3]
**Lettuce for 3 salads (not Iceberg—no nutrition) [D1,D2]
**Salad veggies (your choice) [D1,D2]

CANNED GOODS
2 (14.5-oz.) cans low sodium chicken broth [D1,D5,D6]
1 (15-oz.) can tomato sauce [D1]
1 (6-oz.) can tomato paste [D1]
1 (14.5-oz.) can stewed tomatoes [D1]

CONDIMENTS
Olive oil [D1,D2]
Vegetable oil [D6]
Apple cider vinegar [D5]
Dry white wine (1/4 cup or use chicken broth)
Honey [D4,D5]
Creamy peanut butter [D5]
Ketchup [D4]
Soy sauce (low sodium, if available) [D5]
Hoisin sauce (ethnic section of grocery store) [D5]
Sesame oil (ethnic section of grocery store – optional) [D5]
Salsa (1 cup of your favorite) [D6]
**Salad dressing(s) (your choice) [D1,D2]

SPICES
Italian seasoning [D1,D3]
Garlic powder [D4]
Crushed red pepper flakes [D5]
Cumin [D6]

DAIRY/ DAIRY CASE
Eggs (3) [D2,D3]
1/4 pound low fat Cheddar cheese [D2] **Additional (for garnish) [D4]
Swiss cheese (1 cup, shredded) [D3]
**Romano cheese, grated (for garnish) [D1]
**Sour cream (for garnish) [D6]

DRY GOODS
Italian-style bread crumbs (2 cups if not using homemade) [D2]
Black beans (2 cups) [D6]
**Spaghetti noodles (1 meal) [D1]
**Brown rice (1 meal) [D5]

FREEZER
**Creamed spinach (1 meal) [D5]

BAKERY
**Whole grain rolls (1 meal) [D6]

OTHER
Bamboo skewers [D5]
Aluminum foil wrap
Gallon-size zip-lock plastic bags

SHOPPING LIST LEGEND
** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
## Turkey Italian Sausage with Red Sauce

**Day 1 – Serves 6**

**INGREDIENTS:**
- 2 tablespoons olive oil, divided
- 1 pound fresh turkey Italian sausage (or regular Italian sausage)
- 1 cup chopped onion
- 3/4 pound mushrooms, sliced
- 3/4 cup green bell pepper, chopped
- 2 cloves garlic, pressed
- 1/4 cup low sodium chicken broth OR dry white wine
- 1 (15-oz.) can tomato sauce
- 1 (14.5-oz.) can stewed tomatoes, drained
- 3 tablespoons tomato paste
- 3/4 teaspoon Italian seasoning

**COOKING INSTRUCTIONS:** Heat 1 tablespoon of the oil in a large skillet over medium heat. Remove casing from sausage (easier to do if sausage is partially frozen), and brown for 8 to 10 minutes, breaking up into pieces and turning occasionally. Remove from skillet; set aside. Add the remaining 1 tablespoon of oil and the onion to the skillet; cook over medium-low heat for 5 minutes. Then add mushrooms, bell pepper and garlic; cook 5 minutes more. Add broth or wine and cook over medium-high heat for about 2 minutes. Add tomato sauce, stewed tomatoes, tomato paste and Italian seasoning. Bring to a boil. Return sausage to skillet. Cover and simmer over low heat for 15 minutes.

**NUTRITION per serving:** 255 Calories; 14g Fat; 17g Protein; 17g Carbohydrate; 3g Dietary Fiber; 64mg Cholesterol; 989mg Sodium. **Exchanges:** 0 Grain (Starch); 2 Lean Meat; 3 Vegetable; 1 1/2 Fat. **Points:** 6

**SERVING SUGGESTION:** Serve over spaghetti noodles topped with a little grated Romano cheese and extra sauce. Add a big green salad and you’re good to go.

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## Beefy Potato Cheese Pie

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1 pound extra-lean ground beef
- 2 cups Italian-style bread crumbs (pre-made or homemade)
- 3 cups chopped onion
- 1 egg, lightly beaten
- Salt and pepper to taste
- 1 tablespoon olive oil
- 4 cups shredded potatoes
- 1/4 pound low fat Cheddar cheese, shredded

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. Thoroughly combine ground beef, bread crumbs, 1 cup of the chopped onions, egg, salt and pepper; press into the bottom and up the sides of a 10-inch deep dish pie pan (approximately 3/8-inch thick). Bake for 10 to 15 minutes. While beef is baking, heat the olive oil in a large skillet. Add the remaining 2 cups of onion and the potatoes; sauté for 10 minutes over medium-high heat, turning to prevent sticking. Remove beef mixture from oven and fill with the sautéed onions and potato mixture. Cover with cheese and return to oven for 20 to 25 minutes, until lightly browned.

**NUTRITION per serving:** 410 Calories; 18g Fat; 22g Protein; 41g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 951mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 2 Fat. **Points:** 9

**SERVING SUGGESTION:** Steamed cauliflower and baked sweet potatoes. Feel free to throw in yet another salad!
**Tomato and Squash Tart**

Day 3 – Serves 8

**INGREDIENTS:**
- 2 large fully ripened beefsteak tomatoes, thinly sliced
- 1 large zucchini, thinly sliced
- 1 large yellow squash, thinly sliced
- 1 large russet potato, peeled and sliced
- 1/2 cup chopped onion
- 1 cup shredded Swiss cheese, divided
- 1 teaspoon salt
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon ground black pepper
- 2 eggs, lightly beaten

**COOKING INSTRUCTIONS:** Pre-heat oven to 400 degrees. Butter a 9-inch pie plate or shallow casserole dish. In a large bowl, combine zucchini, squash, potato, onion, 3/4 cup of the Swiss cheese, eggs, salt, Italian seasoning and pepper until well mixed. Arrange half of the tomato slices on bottom of pie plate. Evenly spoon vegetable mixture over tomatoes, pressing slightly to flatten. Arrange remaining tomato slices on top; sprinkle with remaining 1/4 cup cheese. Bake until vegetables are tender and glazed, about 40 minutes.

**NUTRITION per serving:** 105 Calories; 5g Fat; 7g Protein; 8g Carbohydrate; 1g Dietary Fiber; 60mg Cholesterol; 323mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 2

**SERVING SUGGESTION:** A nice big spinach salad would be perfect with this meal. A bowl of cold carrot sticks would be terrific too!

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**Oven Barbecued Fish**

Day 4 – Serves 6

**INGREDIENTS:**
- 6 fish fillets
- 1 lemon, sliced
- 1 slice turkey bacon, cooked and crumbled
- 1/2 cup honey
- 1 cup ketchup
- 1 medium onion, sliced

**COOKING INSTRUCTIONS:** Pre-heat oven to 400 degrees. Place fillets, skin side down, on a large sheet of aluminum foil in a baking pan. Add garlic powder and salt and pepper to taste; layer with lemon, onion, and bacon. Combine honey and ketchup; pour this mixture over the fillets. Seal the foil wrap and bake for 30 to 40 minutes. Fish will flake easily with a fork in the thickest part when it is done. Do not over-bake! Serve hot.

**NUTRITION per serving:** 333 Calories; 2g Fat; 43g Protein; 37g Carbohydrate; 1g Dietary Fiber; 101mg Cholesterol; 810mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** Baked potatoes and steamed cauliflower and broccoli topped with a little shredded low fat Cheddar cheese.
DO AHEAD TIP: Make marinade and marinate chicken overnight. Presoak bamboo skewers.

**Chicken Satay**

**Day 5 – Serves 6**

**INGREDIENTS:**
- 6 cloves garlic, pressed
- 4 tablespoons gingerroot, grated
- 4 tablespoons apple cider vinegar
- 4 green onions, thinly sliced
- 1/2 cup cilantro, chopped
- 1/2 cup low sodium chicken broth
- 1/2 cup Hoisin sauce
- 1/2 cup soy sauce (low sodium, if available)
- 4 tablespoons creamy peanut butter
- 4 tablespoons sesame oil (optional)
- 4 tablespoons honey
- 2 teaspoons crushed red pepper flakes
- 12 boneless skinless chicken thighs, sliced into strips
- 6 bamboo skewers

**COOKING INSTRUCTIONS:** To make marinade, combine the first 12 ingredients. Place chicken in a large zip-lock plastic bag. Pour half of the marinade over the chicken, reserving the remainder in an air-tight container for later use. Seal chicken and marinate in refrigerator overnight with the reserved marinade. Soak bamboo skewers in water for at least one hour. Pre-heat outdoor grill or indoor grill. Cook over grill, using marinade to baste chicken. Heat reserved marinade and use as sauce for chicken; serve.

**NUTRITION per serving:** 452 Calories; 21g Fat; 34g Protein; 33g Carbohydrate; 3g Dietary Fiber; 115mg Cholesterol; 2122mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 3 Fat; 1 1/2 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** Brown rice and creamed spinach would be great.

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**Snappy Black Bean Soup**

**Day 6 – Serves 12 (Freeze leftovers)**

**INGREDIENTS:**
- 2 cups black beans, rinsed and soaked overnight
- 2 tablespoons vegetable oil
- 3/4 cup chopped onion
- 2 cloves garlic, pressed
- 2 teaspoons cumin
- 2 cups low sodium chicken broth
- 2 cups water
- 1 cup jarred salsa, your favorite

**COOKING INSTRUCTIONS:** Drain soaked beans and place in a crock pot. In a skillet, sauté onions and garlic in oil for about 3 minutes, or until onions are soft. Add this mixture to the crock pot. Add cumin, chicken broth and water. Cover crock pot and cook on low for 8 hours. Add in salsa just before you are ready to serve.

**NUTRITION per serving:** 149 Calories; 3g Fat; 9g Protein; 23g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 182mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 2

**SERVING SUGGESTION:** Top with sour cream and chopped green onions, if desired. Serve with a big green salad and whole grain rolls.
**Frugal E-Book Menu and Shopping List for Six**

**Week 6**

**MENU**

**Day 1:** Spinach Lasagna, with a big green salad, a bowl of raw baby carrots and garlic bread

**Day 2:** Simple Baked Fish, with red potatoes, broccoli and a big green salad

**Day 3:** Nacho Stuffed Shells, and a big spinach salad

**Day 4:** Indian Chicken, add brown rice, sautéed yellow squash and zucchini

**Day 5:** Pork Chop Casserole with Apples, with sautéed spinach and sweet potatoes

**Day 6:** Italian Lentil Vegetable Stew, with a crusty sour dough bread and a salad

**SHOPPING LIST:**

**MEAT**

- 1 1/2 pounds firm white fish fillets (or buy frozen) [D2]
- 1/2 pound extra-lean ground beef [D3]
- 6 boneless skinless chicken thighs [D4]
- 6 pork chops (whatever is on sale) [D5]

**CONDIMENTS**

- Vegetable oil [D5]
- Picante sauce; mild, medium or hot (1/2 cup) [D3]
- 1 (2-oz.) can ripe (black) olives, sliced [D3]
- Salsa (your favorite, optional) [D3]
- **Salad dressing(s) (your choice) [D1] [D2] [D6]**

**PRODUCE**

- 3 pounds onions (keep on hand) [D5] [D6]
- 1 head garlic [D2] [D4] [D6]
- 1 bunch parsley [D2]
- 1 bunch cilantro (optional) [D3]
- 1 bunch green onions
- 1 avocado (optional) [D3]
- 3 large russet potatoes [D5]
- 1 1/2 pounds butternut squash [D6]
- 12 ounces green beans [D6]
- 1 large red bell pepper [D6]
- Lemons (1/4 cup juice plus 1 teaspoon zest and 6 wedges) [D2] [D4]
- 3 apples [D5]
- **Baby carrots (1 meal) [D1]**
- **Red potatoes (1 meal) [D2]**
- **Broccoli (1 meal) [D2]**
- **Spinach (2 meals) [D3] [D5]**
- **Yellow squash (1 meal) [D4]**
- **Zucchini (1 meal) [D4]**
- **Sweet potatoes (1 meal) [D5]**
- **Lettuce for 3 salads (not Iceberg—no nutrition) [D1] [D2] [D6]**
- **Salad veggies (your choice) [D1] [D2] [D6]**

**CANNED GOODS**

- 1 (28-oz.) can/jar Spaghetti sauce (plus 2 1/2 cups) [D1] [D6]
- 1 (16-oz.) can refried beans with chilies [D3]
- 1 (8-oz.) can low sodium tomato sauce [D3]
- Apple juice (2 cups) [D5]

**SPICES**

- Oregano [D1]
- Dry mustard [D4]
- Paprika [D4]
- Curry powder [D4]
- Ginger [D4]
- Cumin [D4]
- Cayenne pepper [D4]
- Nutmeg [D5]
- Italian seasoning [D6]
- **Garlic powder [D1]**

**DAIRY/DAIRY CASE**

- Butter [D2]
- Eggs (1) [D1]
- Plain yogurt (1 cup) [D4]
- 16 ounces cottage cheese [D1]
- Mozzarella cheese (1 1/2 cups, shredded) [D1]
- Low fat Cheddar cheese (3/4 cup, shredded plus optional garnish) [D3] [D6]
- Parmesan cheese (1/4 cup, grated) [D2]
- Romano cheese (grated, for garnish) [D6]

**DRY GOODS**

- Cornstarch [D5]
- 8 ounces Lasagna noodles [D1]
- 9 ounces Jumbo Shells (32 to 36 shells) [D3]
- Dry bread crumbs (1 1/2 cups if not using homemade) [D2]
- 1 (1.25-oz.) package low sodium taco seasoning mix [D3]
- Lentils; color of your choice (1 1/2 cups) [D6]
- **Brown rice (1 meal) [D1]**

**FREEZER**

- 1 1/2 pounds firm white fish fillets (if not using fresh) [D2]
- 1 (10-oz.) package chopped spinach [D1]

**BAKERY**

- Crusty bread (1 meal) [D1]
- Sourdough bread (1 meal) [D6]

**OTHER**

- Aluminum foil wrap [D1]
- Gallon-size zip-lock plastic bags

**SHOPPING LIST LEGEND**

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Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
## Spinach Lasagna

**Day 1 – Serves 8**

### INGREDIENTS:
- 16 ounces cottage cheese
- 1 1/2 cups Mozzarella cheese, shredded
- 1 egg, slightly beaten
- 1 (10-oz.) package frozen chopped spinach, thawed, and well drained
- 3/4 teaspoon oregano
- Salt and pepper to taste
- 1 (28-oz.) can/jar spaghetti sauce (your favorite)
- 8 ounces Lasagna noodles, uncooked
- 1 cup water
- Aluminum foil wrap to cover

### COOKING INSTRUCTIONS:
Pre-heat oven to 350 degrees. In a large bowl, mix cottage cheese, 1 cup of the Mozzarella cheese, egg, spinach, oregano and salt and pepper. In a greased 9 x 13-inch baking pan, layer 1/2 cup spaghetti sauce, 1/3 of noodles, and 1/2 of cheese mixture. Repeat. Top with remaining noodles. Sprinkle remaining Mozzarella cheese. Pour water around edges of baking dish. Cover dish tightly with foil. Bake for 1 hour and 15 minutes, or until bubbly. Let stand for 15 minutes before serving.

### NUTRITION per serving:
- 341 Calories
- 12g Fat
- 19g Protein
- 40g Carbohydrate
- 5g Dietary Fiber
- 47mg Cholesterol
- 1078mg Sodium

### Exchanges:
- 1 1/2 Grain (Starch)
- 2 Lean Meat
- 3 Vegetable
- 1 1/2 Fat

### Points: 7

### SERVING SUGGESTION:
Serve this delicious lasagna with a big green salad, a bowl of raw baby carrots and garlic bread.

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## Simple Baked Fish

**Day 2 – Serves 6**

### INGREDIENTS:
- 1 1/2 pounds firm white fish fillets (your choice, fresh or frozen)
- 3 teaspoons melted butter
- 1/4 cup grated Parmesan cheese
- 3/4 cup chopped parsley
- 2 cloves garlic, pressed
- 1 teaspoon lemon zest
- Salt and pepper to taste
- 6 lemon wedges

### COOKING INSTRUCTIONS:
Pre-heat oven to 325 degrees. Combine bread crumbs, parsley, garlic, salt, pepper, Parmesan cheese, and lemon zest. Rinse fillets gently and pat dry. Rub fillets with butter and dip each side in bread crumb mixture. Bake for 15 to 20 minutes, uncovered, and check for doneness. Garnish each dinner plate with a lemon wedge and serve.

### NUTRITION per serving:
- 271 Calories
- 7g Fat
- 29g Protein
- 21g Carbohydrate
- 1g Dietary Fiber
- 39mg Cholesterol
- 449mg Sodium

### Exchanges:
- 1 1/2 Grain (Starch)
- 3 1/2 Lean Meat
- 1 Fat

### Points: 6

### SERVING SUGGESTION:
Serve this easy fish recipe with steamed red potatoes, steamed broccoli and a big green salad.
**Nacho Stuffed Shells**
Day 3 – Serves 6

**INGREDIENTS:**
- 9 ounces Jumbo Shells (32 to 36 shells), uncooked
- 1/2 pound extra-lean ground beef
- 3/4 of a 1.25-oz. package low sodium taco seasoning mix
- 3/4 cup water
- 3/4 of a 16-oz. can refried beans with chilies
- 3/4 cup low fat Cheddar cheese, shredded
- 1/2 cup mild, medium, or hot Picante sauce
- 3/4 of an 8-oz. can low-sodium tomato sauce
- 3/8 cup thinly sliced green onions
- Optional garnishes: Low fat Cheddar cheese, shredded, Avocado, diced, Cilantro, chopped, Salsa

**COOKING INSTRUCTIONS:** Prepare pasta according to package directions; drain and set aside. While pasta is cooking, sauté beef in a large skillet until browned; drain well (to reduce fat grams, blot the beef with paper towels). Add taco seasoning mix and water; simmer 5 minutes, or until thickened. Add beans and cheese. Cook until smooth and well blended. Fill shells with beef mixture (1 to 2 tablespoons per shell). Combine Picante sauce and tomato sauce in a saucepan. Cook until heated, stirring occasionally. Spread 1/2 cup of the sauce over the bottom of a 9 x 13-inch baking pan that has been coated with cooking spray. Place filled shells side by side on top of sauce; pour remaining sauce evenly over shells. Sprinkle with olives. Cover with aluminum foil; bake for 35 to 40 minutes, or until thoroughly heated. Sprinkle with green onions. Cover and let stand for 5 minutes before serving. Serve immediately. Garnish as desired.

**NUTRITION per serving:** 378 Calories; 10g Fat; 21g Protein; 49g Carbohydrate; 5g Dietary Fiber; 32mg Cholesterol; 893mg Sodium. **Exchanges:** 3 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 8

**SERVING SUGGESTION:** A big spinach salad would be perfect!

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**Indian Chicken**
Day 4 – Serves 6

**INGREDIENTS:**
- 6 boneless skinless chicken thighs
- 1/2 cup water
- 1/4 teaspoon dry mustard
- 1 cup plain yogurt
- 1/4 cup lemon juice
- 2 cloves garlic, pressed
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons paprika
- 1/2 teaspoon curry powder
- 1/4 teaspoon ginger
- 1/4 teaspoon cumin
- 1/4 teaspoon cayenne pepper, or as needed
- 1/4 teaspoon pepper

**COOKING INSTRUCTIONS:** Place chicken in a large zip-lock plastic bag. To make marinade, in a small bowl, gradually add water to mustard till smooth, then add remaining ingredients. Pour over chicken in bag and seal. Turn bag until chicken is well coated; refrigerate overnight. Pre-heat oven to 375 degrees. Remove chicken from marinade, discard marinade. Place chicken in a 13 x 9-inch baking dish; bake, uncovered, for 45 minutes, or until fully cooked.

**NUTRITION per serving:** 115 Calories; 4g Fat; 15g Protein; 4g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 613mg Sodium. **Exchanges:** 0 Grain (Starch); 2 Lean Meat; 1/2 Fat. **Points:** 2

**SERVING SUGGESTION:** Brown rice, sautéed yellow squash and zucchini is what I had! Enjoy it!
**Pork Chop Casserole with Apples**
*Day 5 – Serves 6*

**INGREDIENTS:**
- 6 pork chops (whatever you can find on sale)
- 1 1/2 tablespoons vegetable oil
- 3 large russet potatoes, sliced
- 1 large onion, sliced
- Salt and pepper to taste
- 1/3 teaspoon nutmeg
- 3 apples, peeled, cored, and cut into wedges
- 2 cups apple juice
- 1 1/2 tablespoons cornstarch

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. In a large skillet, brown chops in oil on both sides over medium-high heat. Remove from skillet and place in a 2-quart casserole dish. Add potato and onion slices to skillet. Heat thoroughly, stirring carefully to get up all the brown bits from the bottom of the pan. Sprinkle potatoes and onions with salt, pepper and nutmeg. Add apple wedges and heat through. Spoon apple/vegetable mixture over pork chops. Add 1 1/2 cups apple juice to skillet and heat to a simmer. Pour over apple/vegetable mixture. Cover casserole and bake for about 35 minutes, or until chops and vegetables are tender. A few minutes before chops are ready to come out of the oven, combine remaining apple juice and cornstarch; stir until lump-free. Pour into the skillet/pan juices and cook until thickened. Using a slotted spoon, place a portion of apple/vegetable mixture on each dinner plate and top with a pork chop. Serve sauce over chops.

**NUTRITION per serving:** 324 Calories; 10g Fat; 23g Protein; 35g Carbohydrate; 3g Dietary Fiber; 67mg Cholesterol; 59mg Sodium. **Exchanges:** 1 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 1/2 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve with sautéed spinach and sweet potatoes.

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**Italian Lentil Vegetable Stew**
*Day 6 – Serves 6*

**INGREDIENTS:**
- 1 1/2 cups lentils (color of your choice)
- 3 cups water
- 1 1/2 pounds butternut squash, peeled and cut into 2 inch chunks
- 2 1/2 cups spaghetti sauce (your favorite brand)
- 12 ounces green beans, trimmed and halved
- 1 large red bell pepper, de-ribbed, seeded and chopped
- 1 teaspoon Italian seasoning
- 1 cup chopped onion
- 2 cloves garlic, pressed
- Romano cheese

**COOKING INSTRUCTIONS:** Mix together all ingredients, except Romano cheese in crock pot. Cover and cook on low for 8 to 10 hours. Spoon stew into bowls, sprinkle with grated Romano cheese and serve.

**NUTRITION per serving:** 357 Calories; 6g Fat; 18g Protein; 62g Carbohydrate; 22g Dietary Fiber; 2mg Cholesterol; 559mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 1/2 Lean Meat; 4 1/2 Vegetable; 1 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve with a loaf of warm crusty sour dough bread and a big salad.
Frugal E-Book Menu and Shopping List for Six

Fall Week 7

MENU

Day 1: Very Easy Apricot Fish, with mashed potatoes and steamed green beans
Day 2: Chilies Rellenos Casserole, with brown rice and glazed carrots; add a salad
Day 3: Double Decker Pizza, and a big green salad
Day 4: Lower in Fat Turkey Tetrazzini, with zucchini, yellow squash and a big spinach salad
Day 5: Cottage Pie, with whole grain rolls, steamed broccoli and a salad
Day 6: White Chili, with cornbread and a big salad

SHOPPING LIST:

MEAT
6 white fish fillets (or buy frozen) [D1]
1/2 pound extra-lean ground beef [D3,D5]
1 pound lean ground beef
Turkey breast meat (2 1/4 cups, cooked and chopped) [D4]
2 pounds skinless boneless chicken thighs [D6]

CONDIMENTS
Apricot jam (1/2 cup) [D1]
Vegetable oil [D6]
White vinegar [D1]
Hot sauce [D2]
1 (4-oz.) jar sliced pimentos [D3]
Worcestershire sauce [D5]
**Salad dressing(s) (your choice) [D2,D3,D5,D6]

PRODUCE
3 pounds onions (keep on hand) [D2,D3,D5,D6]
1 head garlic [D3,D4,D5]
1 large green bell pepper [D3]
1 small zucchini [D3] **Additional (1 meal) [D4]
1 medium carrot [D2,D5] **Additional (1 meal)
1/2 pound mushrooms [D5]
1 bunch cilantro [D6]
**Russet potatoes (2 meals) [D1,D5]
**Green beans (1 meal) [D1]
**Spinach (1 meal) [D4]
**Yellow squash (1 meal) [D4]
**Broccoli (1 meal) [D5]
**Lettuce for 4 salads (not Iceberg—no nutrition) [D2,D3,D5,D6]
**Salad veggies (your choice) [D2,D3,D5,D6]

CANNED GOODS
1 (15-oz.) can refried beans [D2]
3 (4-oz.) cans diced green chilies [D2,D6]
Spaghetti sauce (3/4 cup) [D3]
1 can beef gravy (3/4 cup) [D5]
1 (15-oz.) can tomatillos OR tomatoes [D6]
White beans (24 ounces if not using homemade) [D6]
Chicken broth (24 ounces if not using homemade) [D6]

SPICES
Tarragon [D1]
Cumin [D2,D6]
Oregano [D2,D6]
Garlic powder [D2,D6]
Thyme [D5]

DAIRY/DAIRY CASE
Butter [D3,D5]
Eggs (4) [D2]
Skim milk (1 1/3 cups) [D2]
Low fat Ricotta cheese (1 1/2 cups) [D4]
Low fat Cheddar cheese (1 cup, shredded) [D2]
1/2 pound low fat Jack cheese [D6]
Mozzarella cheese (3/4 cup, shredded) [D3]
Parmesan cheese (4 tablespoons, grated) [D3,D4]

DRY GOODS
Flour [D2,D5]
6 ounces spaghetti noodles [D4]
White beans (3 cups cooked if not using canned) [D6]
**Brown rice (1 meal) [D2]

FREEZER
6 white fish fillets (if not using fresh)
Whole kernel corn (1 cup) [D2]
Petite peas (1/2 cup) [D5]
Creamed spinach (14 ounces) [D4]

BAKERY
1 (18-inch) loaf Italian bread [D3]
**Whole grain rolls (1 meal) [D5]
**Cornbread (1 meal) [D6]

OTHER
Aluminum foil wrap

SHOPPING LIST LEGEND
** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
**DO AHEAD TIP:** Make enough mashed potatoes to have 2 cups left over for Cottage Pie on Day 5.

### Very Easy Apricot Fish
**Day 1 – Serves 6**

**INGREDIENTS:**
- 6 white fish fillets (fresh or frozen)
- 1/2 cup apricot jam
- 2 tablespoons white vinegar
- 1/2 teaspoon tarragon

**COOKING INSTRUCTIONS:** Set the oven to broil and lightly grease the broiler pan. Place fish on pan. Broil fish about 4 inches away from the heat source for about 4 minutes, turning once and cooking 4 minutes longer on the other side. MAKE SURE YOU CHECK YOUR BROILER, THOUGH—ALL STOVES ARE DIFFERENT. Combine remaining ingredients; spoon onto fish; serve.

**NUTRITION per serving:** 177 Calories; 2g Fat; 21g Protein; 17g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 66mg Sodium.** Exchanges:** 3 Lean Meat; 1 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTION:** Serve with mashed potatoes and steamed green beans.

### Chilies Rellenos Casserole
**Day 2 – Serves 6**

**INGREDIENTS:**
- 3/4 cup chopped onion
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 tablespoon garlic powder
- Salt and pepper to taste
- 1 (15-oz.) can refried beans
- 2 (4-oz.) cans green chilies, drained
- 1 cup low fat Cheddar cheese, shredded
- 1 cup frozen whole kernel corn
- 1/3 cup flour
- 1/4 teaspoon salt
- 1 1/3 cups skim milk
- 1/8 teaspoon hot sauce
- 2 eggs, lightly beaten
- 2 egg whites, well beaten

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. In a bowl, mix the onion, cumin, oregano, garlic powder, salt and pepper with the refried beans. Arrange half of the green chilies in an 11 x 7-inch baking dish, lightly greased. Top with half of the cheese. Spoon beans in mounds over the top and spread gently, leaving a 1/4-inch border around the edge of the dish. Top with corn. Arrange remaining chilies over the corn, then top with remaining cheese. Set aside. In a bowl, combine flour and salt; add milk and hot sauce, stirring with a wire whisk until thoroughly blended. Carefully fold in beaten eggs and egg whites, blending well. Pour mixture over the top of the casserole. Bake, uncovered, for 1 hour, or until set. Allow casserole to sit at room temperature for five minutes, then cut into squares to serve.

**NUTRITION per serving:** 194 Calories; 4g Fat; 14g Protein; 27g Carbohydrate; 4g Dietary Fiber; 67mg Cholesterol; 454mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat. **Points:** 3

**SERVING SUGGESTION:** Serve with brown rice and glazed carrots. A salad would be nice, too!
**Double Decker Pizza**

**INGREDIENTS:**
- 1 (18-inch) loaf Italian bread
- 3/4 cup shredded Mozzarella cheese
- 1 3/4 cup spaghetti sauce (homemade or canned/jarred, your choice)
- 1/2 pound extra-lean ground beef
- 1/2 of a large green bell pepper, seeded, de-ribbed and sliced
- 1/4 cup chopped onion

**FILLING ONE**
- 1/2 pound extra-lean ground beef
- 1/2 of a large green bell pepper, seeded, de-ribbed and sliced

**FILLING TWO**
- 1/2 pound extra-lean ground beef
- 1/2 of a large green bell pepper, seeded, de-ribbed and sliced
- 1 small zucchini, sliced
- 1 clove garlic, minced
- 1 teaspoon butter
- 1 (4-oz.) jar sliced pimentos, drained
- 1 tablespoon grated Parmesan cheese

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. In a small skillet, sauté ground beef, pepper and onion until beef is browned; drain fat and set aside. In another small skillet, sauté zucchini and garlic in butter until zucchini is almost tender. Add pimentos and Parmesan cheese; set aside. Slice bread into 10 slices, without cutting completely through the bread. Alternate fillings and sauce between slices. Sprinkle with Mozzarella cheese. Loosely wrap pizza in aluminum foil. Bake for 25 to 30 minutes, or until heated through.

**NUTRITION per serving:** 482 Calories; 15g Fat; 19g Protein; 45g Carbohydrate; 4g Dietary Fiber; 41mg Cholesterol; 990mg Sodium. Exchanges: 3 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 2 Fat. Points: 10

**SERVING SUGGESTION:** A big green salad with lots of veggies in it (raid the crisper and chop, chop, chop!) Just about anything will work in your salad if you’re adventurous!

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**Lower in Fat Turkey Tetrazzini**

**INGREDIENTS:**
- 6 ounces spaghetti noodles, broken into 3-inch to 4-inch pieces
- 2 1/4 cups cooked turkey breast, cut into bite-sized pieces
- 14 ounces frozen creamed spinach, thawed
- 2 large cloves garlic, pressed
- 3 tablespoons grated Parmesan cheese
- 1 1/2 cups low fat Ricotta cheese

**COOKING INSTRUCTIONS:** Pre-heat oven to 500 degrees. Cook spaghetti according to package directions; drain, BUT reserve 1/4 cup plus 2 tablespoons of the cooking liquid. In a bowl, combine spaghetti, turkey, spinach, Ricotta cheese and garlic with the reserved cooking liquid and half of the Parmesan cheese. Season with salt and pepper to taste and mix thoroughly. Spread mixture in a shallow baking PAN—DO NOT USE GLASS! Sprinkle with remaining Parmesan cheese. Bake for 10 minutes, or until heated through and top is golden.

**NUTRITION per serving:** 397 Calories; 16g Fat; 33g Protein; 29g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 561mg Sodium. Exchanges: 1 1/2 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1 1/2 Fat. Points: 9

**SERVING SUGGESTION:** Sautéed zucchini and yellow squash and a big spinach salad.
### Cottage Pie

**Day 5 – Serves 6**

**INGREDIENTS:**
- 2 cups leftover mashed potatoes (or make them)
- 4 cloves garlic, pressed
- 2 tablespoons butter
- Salt and pepper to taste
- 1/2 pound mushrooms, sliced
- 2 tablespoons flour
- 1 pound lean ground beef
- 1 medium carrot, sliced
- 1 cup chopped onion
- 1/2 cup frozen petite peas
- 3/4 cup beef gravy (leftover is fine or make some, if need be)
- 1/2 teaspoon thyme
- 1 tablespoon Worcestershire sauce

**COOKING INSTRUCTIONS:** Preheat oven to 350 degrees. Melt butter in a large skillet over medium heat. Add mushrooms and sauté till tender; remove from skillet and set aside. To the same skillet, add beef, onion and garlic; cook over medium heat until beef is browned. Salt and pepper to taste. Add flour and stir for about 2 minutes. Add the cooked mushrooms, gravy, carrots, Worcestershire sauce and thyme. Simmer for about 4 minutes. Add peas and blend into beef mixture. Spoon beef mixture into an 8-inch square baking dish. Spoon mashed potatoes on top, as if you are frosting a cake. Bake, uncovered, until potatoes are heated through and browned, about 25 minutes.

**NUTRITION per serving:** 350 Calories; 22g Fat; 18g Protein; 20g Carbohydrate; 3g Dietary Fiber; 69mg Cholesterol; 463mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 1 Vegetable; 3 Fat. **Points:** 8

**SERVING SUGGESTION:** Serve with whole grain rolls, steamed broccoli and a salad.

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### White Chili

**Day 6 – Serves 6**

**INGREDIENTS:**
- 1 tablespoon oil
- 2 pounds skinless boneless chicken thighs
- 1/2 cup chopped onion
- 2 1/2 cups chicken broth, canned or homemade
- 1 (4-oz.) can diced green chilies
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 1 teaspoon oregano
- 3 cups white beans, canned, OR cook yourself
- 1/2 bunch cilantro, chopped
- 1/2 pound low fat Jack cheese, shredded

**COOKING INSTRUCTIONS:** In a large saucepan, heat a small amount of oil and sauté the onion. When the onion is translucent, add chicken. Cook for a couple of minutes, max. Don't let it stick and don't add a ton of oil to keep it cooking either. Add remaining ingredients, except the cilantro and cheese. If you want, after sautéing the chicken and onion together, you could finish the recipe in a crock pot. If you do, cook on high for about 3 hours OR, if you want it to cook all day, put it on low. You just need to get it nice and hot. If you are doing this on the stovetop, simmer for about 20 minutes. Serve in nice big bowls, sprinkle with cilantro and cheese.

**NUTRITION per serving:** 432 Calories; 11g Fat; 43g Protein; 41g Carbohydrate; 9g Dietary Fiber; 92mg Cholesterol; 501mg Sodium. **Exchanges:** 2 Grain (Starch); 5 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** Serve with cornbread and a big salad. This is a wonderful, yummy meal!
**Frugal E-Book Menu and Shopping List for Six**

### Fall Week 8

**MENU**

**Day 1:** *Eeny Beany Chili Beany*, add corn muffins, a salad and a bowl of raw carrot sticks

**Day 2:** *Saucy Salsa Cornmeal Coated Chicken*, with steamed brocoli and baked russet potatoes

**Day 3:** *Spinach Noodle Casserole*, with a big green salad and some carrot sticks and cherry tomatoes

**Day 4:** *Rosemary Mustard Fish*, add roasted red potatoes, steamed green beans and baked butternut squash

Day 5: Easy Hamburger Casserole, with **braised kale and a green salad**

Day 6: Crock Pot Chinese Chicken with Beans, over a bed of brown rice with a big spinach salad

**SHOPPING LIST:**

**MEAT**
- 2 1/2 pounds chicken, cut up and skinned [D2]
- 6 fish fillets (or buy frozen) [D4]
- 1 1/2 pounds lean ground beef [D5]
- 3 large boneless skinless chicken breast halves [D6]

**CONDIMENTS**
- Vegetable oil [D1,D2]
- Dijon mustard [D4]
- Low sodium soy sauce [D6]
- **Olive oil [D4]**
- **Salad dressing(s) (your choice) [D1,D3,D5]**

**PRODUCE**
- 3 pounds onions (keep on hand) [D1,D2,D5]
- 1 head garlic [D1,D2,D6]
- 1 tomato [D2]
- 1 jalapeno pepper [D2]
- 1 bunch cilantro [D2]
- 3 medium carrots [D6] **Additional (2 meals) [D1,D3]**
- Gingerroot (3 teaspoons, grated) [D6]
- **Broccoli (1 meal) [D2]**
- **Russet potatoes (1 meal) [D2]**
- **Red potatoes (1 meal) [D4]**
- **Cherry tomatoes (1 meal) [D3]**
- **Green beans (1 meal) [D4]**
- **Butternut squash (1 meal) [D4]**
- **Kale (1 meal) [D5]**
- **Spinach (1 meal) [D6]**
- **Lettuce for 3 salads (not Iceberg—no nutrition) [D1,D3,D5]**
- **Salad veggies (your choice) [D1,D3,D5]**

**CANNED GOODS**
- 1 (4-oz.) can diced green chilies [D1]
- 1 (4-oz.) can sliced mushrooms [D5]
- 1 (28-oz.) can pinto beans [D1]
- 1 (16-oz.) can black beans [D1]
- 1 (16-oz.) can navy beans [D6]
- 1 (16-oz.) can red beans [D6]
- 1 (8-oz.) can whole kernel corn [D1]
- 2 (14.5-oz.) cans whole kernel corn [D5]
- 1 (14.5-oz.) can low sodium chicken broth [D6]

**SPICES**
- Chili powder [D2]
- Oregano [D2]
- Paprika [D3]
- Nutmeg [D3]
- Rosemary [D4]
- White pepper (optional) [D4]
- Crushed red pepper flakes [D6]
- **Garlic powder [D4]**

**DAIRY/ DAIRY CASE**
- Butter [D2,D3]
- Low fat milk (1 cup) [D3]
- Low fat OR regular sour cream (3 tablespoons) [D4]
- 1/2 pound Swiss cheese [D3]
- 2 (8-oz.) packages cream cheese, preferably low fat [D5]

**DRY GOODS**
- Cornstarch [D6]
- Flour [D3]
- 1 (.75-oz.) envelope taco seasoning mix [D1]
- Cornmeal (2 tablespoons) [D2]
- 24 ounces egg noodles [D3,D5]
- **Brown rice (1 meal) [D6]**

**FREEZER**
- 6 fish fillets (if not using fresh) [D4]
- 2 (10-oz.) packages spinach [D3]

**BAKERY**
- **Corn muffins (1 meal) [D1]**

**OTHER**
- Gallon-size zip-lock plastic bags (optional)

**SHOPPING LIST LEGEND**

**= Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
### Eeny Beany Chili Beany

**Day 1 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
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<tbody>
<tr>
<td>1 tablespoon vegetable oil</td>
<td>1 (28-oz.) can pinto beans, drained</td>
<td></td>
</tr>
<tr>
<td>4 cloves garlic, pressed</td>
<td>1 (15-oz.) can black beans, drained</td>
<td></td>
</tr>
<tr>
<td>3/4 cup chopped onion</td>
<td>1 (.75-oz.) envelope taco seasoning</td>
<td></td>
</tr>
<tr>
<td>1 (4-oz.) can diced green chilies</td>
<td>1 (8-oz.) can whole kernel corn, drained</td>
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<td></td>
<td>Salt and pepper to taste</td>
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**COOKING INSTRUCTIONS:** In a skillet over medium heat, cook the onion and garlic in oil until the onion is softened. Add chilies, taco seasoning, pinto beans, black beans and corn. Stir until seasoning is dissolved and all ingredients are heated through. Season with salt and pepper to taste.

**NUTRITION per serving:** 234 Calories; 3g Fat; 11g Protein; 40g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1108mg Sodium. **Exchanges:** 2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTION:** Corn muffins, a salad and a bowl of raw carrot sticks.

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### Saucy Salsa Cornmeal Coated Chicken

**Day 2 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
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<tbody>
<tr>
<td>2 1/2 pounds chicken, cut up and skinned (done by your butcher or do it yourself)</td>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cornmeal</td>
<td>2 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td>1 cup chopped tomato</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon chili powder</td>
<td>3/4 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon garlic powder</td>
<td>1 clove garlic, pressed</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon oregano</td>
<td>1 jalapeno pepper, seeded and finely chopped (or use half if you like it mild)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4 sprigs cilantro, chopped</td>
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</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. If you didn't purchase your chicken cut up, then you need to cut up your chicken and remove the skin. It's easier to cut if partially frozen. Combine cornmeal, salt, pepper, garlic powder, chili powder and oregano. Coat chicken with cornmeal mixture by pressing mixture firmly into the flesh of the chicken. Meanwhile, heat butter and oil in a 9- x 13-inch baking pan in the oven until the butter is melted. Place chicken in pan, meaty side down. Bake, uncovered, for 30 minutes. Turn chicken and cook for another 20 to 30 minutes. While chicken is baking, prepare saucy salsa by mixing together tomato, onion, garlic, jalapeno and cilantro. Top cooked chicken with salsa and serve.

**NUTRITION per serving:** 397 Calories; 30g Fat; 25g Protein; 6g Carbohydrate; 1g Dietary Fiber; 135mg Cholesterol; 142mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 1/2 Vegetable; 4 Fat. **Points:** 10

**SERVING SUGGESTION:** Steamed broccoli and baked russet potatoes.
Spinach Noodle Casserole
Day 3 – Serves 6

INGREDIENTS:
- 8 ounces egg noodles, cooked
- 3 tablespoons butter
- 1 cup low fat milk
- 1/2 teaspoon paprika
- 1/2 teaspoon nutmeg
- 2 (10-oz.) packages frozen spinach, cooked and drained
- 1/2 pound Swiss cheese, shredded

COOKING INSTRUCTIONS: Prepare noodles according to package directions. Pre-heat oven to 400 degrees. In a saucepan, melt butter, stir in flour and cook for about one minute. Gradually add milk and bring to a boil. Cook until thickened, stirring constantly. Add seasonings and spinach. Stir and remove from heat. In a greased baking dish, arrange half the noodles, sprinkle with half the cheese, spoon spinach mixture over cheese. Add another layer of noodles and sprinkle with remaining cheese. Cover and bake at 400 degrees for 15 minutes. Remove cover and bake for 15 minutes more.

NUTRITION per serving: 284 Calories; 14g Fat; 15g Protein; 26g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 192mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 2 Fat. Points: 6

SERVING SUGGESTION: A big green salad and some carrot sticks and cherry tomatoes.

Rosemary Mustard Fish
Day 4 – Serves 6

INGREDIENTS:
- 3 tablespoons low fat sour cream (or use full fat, if you prefer)
- 3 tablespoons Dijon mustard
- 1 teaspoon dried rosemary leaves, crushed
- 1/4 teaspoon white pepper (or use black pepper if you prefer)
- 6 fish fillets (frozen or fresh)

COOKING INSTRUCTIONS: Mix all ingredients, except fish, in large glass or plastic dish (I use a big zip-lock plastic bag so that I can move the fish around easily for better marination without having to uncover and get out a fork). Add fish; turn to coat with marinade. Cover and refrigerate for at least 3 hours but no longer than 24 hours. Pre-heat oven to 400 degrees. Lightly grease a 13- x 9-inch pan and place fish in pan. Bake, uncovered, for about 15 minutes, or until fish flakes easily when tested with a fork.

NUTRITION per serving: 205 Calories; 2g Fat; 42g Protein; 2g Carbohydrate; trace Dietary Fiber; 101mg Cholesterol; 227mg Sodium. Exchanges: 0 Grain (Starch); 5 1/2 Lean Meat. Points: 4

SERVING SUGGESTION: Roasted red potatoes (toss cut-up potatoes in a little olive oil, garlic powder and salt and pepper and roast in another pan while chicken is cooking), steamed green beans and baked butternut squash.
# Easy Hamburger Casserole

**Day 5 – Serves 6**

**INGREDIENTS:**
- 16 ounces egg noodles
- 1 1/2 pounds lean ground beef
- 1 cup chopped onion
- 1 (4-oz.) can sliced mushrooms, drained
- 1 1/2 (14.5-oz.) cans whole kernel corn, drained
- 2 (8-oz.) packages cream cheese (preferably low fat)

**COOKING INSTRUCTIONS:**
Pre-heat oven to 350 degrees. Prepare noodles according to package directions. Drain and set aside. While noodles are boiling, cook ground beef with onion in a large skillet over medium-high heat. Drain off any fat from meat. Add sliced mushrooms, corn and cream cheese to hot beef and blend well. Mix warm ground beef mixture with noodles and stir well to incorporate. Pour this mixture into a lightly greased 2-quart casserole dish. Bake until warm and bubbly, or about 15 minutes.

**NUTRITION per serving:**
- 771 Calories; 36g Fat; 42g Protein; 68g Carbohydrate; 4g Dietary Fiber; 192mg Cholesterol; 624mg Sodium.
- **Exchanges:** 4 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.
- **Points:** 18

**SERVING SUGGESTION:**
Braised kale and a green salad.

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# Crock Chinese Chicken and Beans

**Day 6 – Serves 6**

**INGREDIENTS:**
- 1 (16-oz.) can navy beans, drained and rinsed
- 1 (16-oz.) can red beans, drained and rinsed
- 3 large boneless, skinless chicken breast halves, cut into 1/2 inch cubes
- 3 medium carrots, diagonally sliced
- 3 cloves garlic, pressed
- 3 teaspoons fresh gingerroot, grated
- 1 3/4 cups low sodium chicken broth, divided
- 2 tablespoons cornstarch
- 1/2 teaspoon crushed red pepper flakes
- 2 1/2 tablespoons low sodium soy sauce

**COOKING INSTRUCTIONS:**
Place beans, chicken, carrots, garlic, ginger, and 1 1/4 cups of the chicken broth in a slow cooker; stir well. Cover and cook on low heat setting until ingredients are tender, about 5 hours. Turn slow cooker to high heat setting. Stir in combined cornstarch and remaining chicken broth and crushed red pepper flakes. Cover and cook until thickened, about 30 minutes. Stir in soy sauce. Serve.

**NUTRITION per serving:**
- 250 Calories; 1g Fat; 27g Protein; 33g Carbohydrate; 7g Dietary Fiber; 34mg Cholesterol; 1016mg Sodium.
- **Exchanges:** 1 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable.
- **Points:** 4

**SERVING SUGGESTION:**
Serve over a bed of brown rice with a big spinach salad on the side.
Frugal E-Book Menu and Shopping List for Six

Week 9

**MENU**

**Day 1:** Package O’ Fish, with brown rice, steamed green beans, and a green salad
**Day 2:** Roast Chicken with Herbed Butter, with garlic mashed potatoes, steamed broccoli, and baked butternut squash
**Day 3:** Pasta with Sausage and Olives, with sautéed spinach, and whole grain rolls
**Day 4:** Barbecue Bean Soup, with grilled cheese sandwiches, and a green salad
**Day 5:** Orange Pork Stir-Fry, with brown rice, and a spinach salad
**Day 6:** Easy Crock Pot Chili, with cornbread, and a big green salad

**SHOPPING LIST:**

**MEAT**
- 6 pieces white fish (your choice, I like halibut) [D1]
- 1 large roasting chicken, about 6 pounds [D2]
- 8 ounces Italian-style turkey sausage [D3]
- 1 1/2 pounds pork loin [D5]
- Ground turkey (2 cups, cooked) [D6]

**CONDIMENTS**
- Olive oil [D3]
- Vegetable oil [D1,4,5]
- White wine (1 cup or use broth) and white grape juice [D1,2]
- Black olives (12 medium) [D3]
- Apple cider vinegar [D4]
- Molasses [D4]
- Italian salad dressing (1/3 cup) [D5]
- Low sodium soy sauce [D5]
- Hot pepper sauce [D6]
  **Salad dressing(s) (your choice) [D1,4,6]

**PRODUCE**
- 5 pounds onions [D3,4,6]
- 2 to 3 heads garlic (20 cloves) [D2,3,4,6]
- 1 to 2 lemons (6 slices) [D1]
- 1 orange [D5]
- 1 bunch parsley [D1,2]
- 1 bunch Italian parsley [D3]
- Broccoli (3 cups florets) [D5]
- Carrots (3 cups, sliced) [D5]
  **Green beans (1 meal) [D1]
  **Russet potatoes (1 meal) [D2]
  **Broccoli (1 meal) [D2]
  **Butternut squash (1 meal) [D2]
  **Spinach (2 meals) [D3,5]
  **Lettuce for 3 salads (not Iceberg—no nutrition) [D1,4,6]
  **Salad veggies (your choice) [D1,4,6]

**CANNED GOODS**
- White grape juice (1/2 cup if not using white wine) [D1,2]
- Low sodium chicken broth (1 1/2 cups or 1 cup if using white wine) [D1,2]
- 3 (14.5-oz.) cans low sodium beef broth [D4]
- Italian plum tomatoes, crushed (2 cups) [D3]
- 2 (32-oz.) cans peeled whole tomatoes [D4]
- 1 to 2 (14.5-oz.) cans peeled whole tomatoes [D6]
- 3 (16-oz.) cans pinto beans (or use homemade) [D4]
- 2 (16-oz.) cans black beans (or use homemade) [D6]
- 1 (7.5-oz.) jar roasted red peppers [D4]
- 1 (4.25-oz.) can diced green chilies [D6]

**SPICES**
- Thyme [D1,2]
- Rosemary [D2]
- Fennel seeds [D1,2]
- Crushed red pepper flakes [D3,6]
- Chili powder [D4,6]
- Cumin [D4,6]
- Allspice [D4]
- Oregano [D6]

**DAIRY/DAIRY CASE**
- Butter [D2]
- Parmesan cheese, grated, for garnish (optional) [D3]
  **Cheese (your choice for grilled cheese sandwiches) [D4]

**DRY GOODS**
- Flour [D2]
- 1 pound Mostaccioli, Rigatoni or other medium pasta shape [D3]
- Pinto beans (or use canned) [D4]
- Black beans (or used canned) [D6]
- Cashews OR almonds OR peanuts (1/3 cup, chopped) [D5]
  **Brown rice (2 meals) [D1,5]

**BAKERY**
  **Whole grain rolls (1 meal) [D3]
  **Bread (1 meal) [D4]
  **Corn bread (1 meal) [D6]

**OTHER**
- Aluminum foil wrap [D1]

**SHOPPING LIST LEGEND**

**= Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Package O'Fish
Day 1 – Serves 6

INGREDIENTS:
- 2 teaspoons vegetable oil
- 6 pieces of white fish (your choice—I like halibut)
- 1 1/2 cups dry white wine (or use 1/2 broth and 1/2 white grape juice)
- 1 teaspoon thyme
- 6 lemon slices
- 1 1/2 teaspoons fennel seeds
- 6 fresh parsley sprigs
- Salt and pepper to taste
- Aluminum foil wrap

COOKING INSTRUCTIONS: Pre-heat oven to 350 degrees. Tear foil into 6 large squares and brush each square with some oil. Place the fish in the center of the square. Drizzle each fish piece with some of the wine or broth/juice mixture. Sprinkle with thyme and place a lemon slice, a few fennel seeds and a parsley sprig on each piece of fish, then sprinkle salt and pepper over the top. Seal foil into packets. Place all packets on a baking sheet and bake for 10 to 15 minutes. Place a packet on each dinner plate and let each person carefully open his/her packet (watch the steam!).

NUTRITION per serving: 143 Calories; 4g Fat; 21g Protein; 1g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 57mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 1/2 Fat. Points: 3

SERVING SUGGESTION: Brown rice, steamed green beans and a green salad.

Roast Chicken with Herbed Butter
Day 2 – Serves 8

INGREDIENTS:
- 5 tablespoons butter, softened
- 1 tablespoon parsley, chopped
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed
- 1/4 teaspoon fennel seeds, crushed
- 1 great big roasting chicken, rinsed and patted dry (about 6 pounds)
- 3 medium onions, peeled and quartered
- Salt and pepper to taste
- 14 cloves garlic, peeled
- 1/2 cup white wine or grape juice
- 1 cup low sodium chicken broth (or use homemade)
- 1 1/2 teaspoon flour
- 1 1/2 teaspoons flour

COOKING INSTRUCTIONS: Pre-heat oven to 400 degrees. Combine butter, herbs, fennel seed and salt and pepper into a small bowl; blend well. Starting at the neck of the chicken, slide your fingers under the skin of the breast and the upper part of the legs, loosening the chicken’s skin. Spread 3 tablespoons of herb butter under the skin on the breast and upper leg meat. Place chicken on a rack in a large roasting pan. Put the onions around the buttered bird and season liberally with salt and pepper. Roast chicken for about 30 minutes, then pull from oven and add garlic cloves to the pan and brush chicken with some of the reserved herb butter. Return chicken to the oven continue to cook until it is golden brown (about 45 minutes) and a meat thermometer reaches 180 degrees when inserted into the thickest part of the breast. I like to flip the bird if it looks like it is getting too brown on one side or the other. This also helps the juices run all the way through the bird to the breast, to keep it juicier. When the chicken is finished, remove it from the pan and set it on a cutting board. Set the roasting pan on the stovetop over medium-high heat; add broth and wine. Bring to a simmer, scraping up all the browned bits from the bottom and edges of the pan. Remove any visible fat with a spoon. Pour juice into a medium saucepan. In a small bowl, blend the final tablespoon of herb butter and the flour into a paste. Bring pan juices to a boil and add flour/butter paste to saucepan. Simmer till thickened, whisking almost constantly. Serve chicken with sauce.

NUTRITION per serving: 636 Calories; 46g Fat; 45g Protein; 7g Carbohydrate; 1g Dietary Fiber; 243mg Cholesterol; 313mg Sodium. Exchanges: 0 Grain (Starch); 6 Lean Meat; 1 Vegetable; 5 1/2 Fat. Points: 16

SERVING SUGGESTION: Serve with garlic mashed potatoes, steamed broccoli and baked butternut squash.
Pasta with Sausage and Olives
Day 3 – Serves 6

INGREDIENTS:
1 pound Mostaccioli, Rigatoni or other medium pasta shape, uncooked
8 ounces Italian-style turkey sausage
2 tablespoons olive oil, divided
ingridient 6
1 clove pressed garlic
2 cups canned Italian plum tomatoes, crushed
12 medium black olives, pitted and sliced
Pinch of crushed red pepper flakes
Salt and freshly ground pepper to taste
2 tablespoons chopped Italian parsley
Grated Parmesan cheese (optional)

COOKING INSTRUCTIONS: Remove sausage from casing (easier to do if lightly frozen) and crumble into a lightly oiled skillet. Place over medium heat and sauté, stirring often to break up the meat, until the sausage is cooked through. Drain and cool. Heat oil in a medium skillet over medium heat. Add garlic and cook until golden brown. Add tomatoes, olives and crushed red pepper flakes. Return the sausage to the skillet and add salt and pepper to taste. Reduce heat and simmer until the sauce is thickened, about 5 minutes. Prepare pasta according to package directions. Before draining, reserve one cup of the pasta cooking liquid. Drain the pasta and return it to the pot over low heat. Add the sauce. If the sauce is too thick to evenly coat the pasta, add some of the reserved pasta cooking liquid. Add the parsley. Divide pasta among dinner plates. Garnish with grated Parmesan cheese, if desired.

NUTRITION per serving: 387 Calories; 8g Fat; 17g Protein; 61g Carbohydrate; 3g Dietary Fiber; 32mg Cholesterol; 470mg Sodium. Exchanges: 4 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 1 Fat. Points: 8

SERVING SUGGESTION: Serve with sautéed spinach (add a little garlic and olive oil) and some whole grain rolls.

Barbecue Bean Soup
Day 4 – Serves 12 (Freezes well)

INGREDIENTS:
3 medium onions, chopped
3 cloves garlic, pressed
2 tablespoons vegetable oil
2 tablespoons chili powder
2 tablespoons cumin
1 teaspoon allspice
2 (32-oz.) cans whole peeled tomatoes, un-drained and chopped
3 (16-oz.) cans pinto beans, drained and rinsed (or use homemade)
1 (7.5-oz.) jar roasted red peppers, rinsed, drained and chopped
3 (14.5-oz.) cans low sodium beef broth (or use homemade)
1/8 cup molasses
Salt and pepper to taste
2 teaspoons apple cider vinegar

COOKING INSTRUCTIONS: In a skillet, heat oil over medium heat and cook onions and garlic until softened. Add chili powder, cumin and allspice; simmer for about a minute. Transfer onions to a large stockpot, then add tomatoes, beans, peppers, broth, molasses and salt and pepper to taste. Bring to a low boil, then reduce heat and simmer for about 1 hour. Add vinegar and stir. Simmer for another couple of minutes before serving.

NUTRITION per serving: 186 Calories; 4g Fat; 12g Protein; 30g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 489mg Sodium. Exchanges: 1 Grain (Starch); 1 Lean Meat; 2 Vegetable; 1/2 Fat. Points: 3

SERVING SUGGESTION: Serve with grilled cheese sandwiches and a green salad.
### Orange Pork Stir Fry

**Day 5 – Serves 6**

**INGREDIENTS:**
- 1 1/2 pounds pork loin, thinly sliced
- 1 tablespoon vegetable oil
- 3 cups broccoli florets
- 3 cups carrots, sliced
- 1/3 cup Italian salad dressing
- 3 teaspoons low sodium soy sauce
- 1 orange, peeled and cut into chunks
- 1/3 cup cashews, almonds or peanuts, chopped

**COOKING INSTRUCTIONS:** In a wok or large skillet, sauté pork in oil over medium-high heat for about 3 minutes. Add broccoli, carrots, soy sauce and dressing. Stir-fry for another 5 minutes or so, then add oranges and nuts; stir-fry for another 2 minutes. Serve.

**NUTRITION per serving:** 259 Calories; 15g Fat; 18g Protein; 14g Carbohydrate; 4g Dietary Fiber; 36mg Cholesterol; 255mg Sodium. **Exchanges:** 0 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** Serve over brown rice with a spinach salad on the side.

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### Easy Crock Pot Chili

**Day 6 – Serves 6**

**INGREDIENTS:**
- 2 cups onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon oregano, ground
- 1/2 teaspoon crushed red pepper flakes
- 1/8 teaspoon hot pepper sauce
- 1 (4.25-oz.) can diced green peppers or chilies
- 1 (14.5-oz.) can peeled whole tomatoes (up to 2 cans if you wish)
- 2 teaspoons salt
- 2 cups cooked ground turkey meat
- 2 (16-oz.) cans black beans (or use homemade)

**COOKING INSTRUCTIONS:** Throw everything in a crock pot and cook on low heat setting for 7 hours.

**NUTRITION per serving:** 334 Calories; 4g Fat; 29g Protein; 48g Carbohydrate; 12g Dietary Fiber; 35mg Cholesterol; 934mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable. **Points:** 6

**SERVING SUGGESTION:** Serve with corn bread and a big green salad.
**MENU**

**Day 1:** Pasta with Sausage and Olives, with a salad and garlic toast  
**Day 2:** Salmon Garden Salad, and whole grain rolls  
**Day 3:** Vermicelli Lo Mein, and egg rolls  
**Day 4:** Beef and Spinach Pitas, with zucchini, squash, and a big salad  
**Day 5:** Honey Grilled Pork Chops, with red potatoes, broccoli, and corn on the cob  
**Day 6:** Mexican Chili Bean Chicken, with a salad and corn muffins

**SHOPPING LIST:**

**MEAT**
- 8-oz. Italian-style turkey sausage [D1]  
- 6 pork chops [D5]  
- 1 pound lean ground beef [D4]  
- 3 boneless skinless chicken thighs [D6]

**PRODUCE**
- 3 pounds onions (keep on hand) [D3,D4,D6]  
- Red onion (1 medium) [D2]  
- Garlic (9 cloves) [D1,D3,D4,D5,D6]  
- Green bell peppers (2 medium plus 1 cup, thinly sliced) [D2,D3,D6]  
- Tomatoes (1 large and 3 medium) [D2,D4]  
- Carrots (3 medium) [D2,D3]  
- Celery (1 medium stalk) [D2]  
- Green onions (2) [D3]  
- Broccoli florets (1 1/2 cups) [D3]  
- Bok choy (1 1/2 cups, sliced) [D3]  
- Mushrooms (12-oz.) [D3,D4]  
- 1 10-oz. bag spinach [D4]  
- Basil (1/2 cup, chopped) [D2]  
- Italian parsley (2 tablespoons, chopped) [D1]  
- Assorted salad greens (6 cups) [D2]  
- **Lettuce for 3 salads (not Iceberg—no nutrition) [D1,D4,D6]  
- **Salad veggies—your choice [D1,D4,D6]  
- **Zucchini and yellow squash (1 meal) [D4]  
- **Red potatoes (1 meal) [D5]  
- **Broccoli spears (1 meal) [D5]  
- **Corn on the cob (1 meal) [D5]

**CANNED GOODS**
- Italian plum tomatoes (2 cups, crushed) [D1]  
- 2 (14.5-oz.) cans stewed tomatoes [D6]  
- 2 (16-oz.) cans pinto beans (if not using homemade) [D6]  
- Low sodium chicken broth (1 cup if not using homemade) [D3]  
- 1 (14.75-oz.) can Alaska salmon [D2]

**CONDIMENTS**
- Olive oil [D3]  
- Vegetable oil [D1]  
- Sesame oil (optional; found in ethnic section of grocery store) [D3]  
- Balsamic vinegar [D2]  
- Vinegar (if not using white wine) [D5]  
- Dijon-style mustard [D2]  
- Honey (1/2 cup) [D5]  
- Low sodium soy sauce [D3]  
- Salsa (your favorite) (2/3 cup) [D6]  
- Low calorie Italian salad dressing (1/2 cup) [D2]  
- Black olives, pitted (12 medium) [D1]  
- White wine (4 1/2 tablespoons or use white grape juice with a splash of vinegar) [D5]  
- White grape juice (4 1/2 tablespoons if not using white wine) [D5]  
- **Salad dressing(s) (your choice) [D1,D4,D6]

**SPICES**
- Crushed red pepper flakes [D1]  
- Cumin [D4,6]  
- Oregano [D4]  
- Chili powder [D4,6]  
- Thyme [D5]  
- **Garlic powder [D1]

**DAIRY/DAIRY CASE**
- Low fat sour cream (1/2 cup) [D4]  
- Part skim milk Mozzarella cheese (3/4 cup, shredded) [D2]  
- Parmesan cheese, grated (for garnish, optional) [D1]  
- **Butter [D1,D2,D6]

**DRY GOODS**
- Cornstarch [D3]  
- 1 pound Mostaccioli, Rigatoni or other medium pasta shape [D1]  
- 8-oz. Vermicelli pasta [D3]

**FREEZER**
- **Egg rolls—shrimp, or your choice [D3]  

**BAKERY**
- 6 whole wheat pita breads [D4]  
- **Bread for garlic toast [D1]  
- **Whole grain rolls (1 meal) [D2]  
- **Corn muffins (1 meal) [D6]

**OTHER**
- Gallon-size zipper-topped plastic bags [D5]

**SHOPPING LIST LEGEND**
- ** = Serving Suggestions  
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
# Pasta with Sausage and Olives

**Day 1 – Serves 6**

**INGREDIENTS:**
- 8-oz. Italian-style turkey sausage
- 2 tablespoons vegetable oil, divided
- 1 clove garlic, minced
- 2 cups canned Italian plum tomatoes, crushed
- 1 pound Mostaccioli, Rigatoni or other medium pasta shape, uncooked
- 12 medium black olives, pitted and sliced
- Pinch of crushed red pepper flakes
- Salt and freshly ground pepper to taste
- 2 tablespoons chopped Italian parsley
- Grated Parmesan cheese (optional)

**COOKING INSTRUCTIONS:** Remove sausage from casing (easier to do if slightly frozen) and crumble into a lightly oiled skillet. Place over medium heat and sauté, stirring often to break up the meat, until the sausage is cooked through. Drain and cool. In the same skillet, heat oil over medium heat; add garlic and cook until golden brown. Add tomatoes, olives and crushed red pepper flakes. Return the sausage to the skillet and add salt and pepper to taste. Reduce heat and simmer, uncovered, until the sauce is thickened, about 5 minutes. Meanwhile, prepare pasta according to package directions. Before draining, reserve one cup of the pasta cooking liquid. Drain pasta and return it to the pot over low heat. Add the sauce to the pasta; if it is too thick to evenly coat the pasta, add some of the reserved pasta cooking liquid. Add the parsley. Divide pasta among dinner plates. Garnish with grated Parmesan cheese, if desired.

**NUTRITION per serving:** 387 Calories; 8g Fat; 17g Protein; 61g Carbohydrate; 3g Dietary Fiber; 32mg Cholesterol; 470mg Sodium.

**Exchanges:** 4 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat. **Points:** 8

**SERVING SUGGESTION:** A big salad and garlic toast.

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# Salmon Garden Salad

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1 (14.75-oz.) can Alaska salmon, drained and flaked
- 1 medium red onion, sliced thin
- 3 medium tomatoes, seeded and diced
- 1 medium green bell pepper, seeded, de-ribbed and diced
- 6 cups assorted salad greens
- 1/2 cup fresh basil, finely chopped
- 1 carrot, peeled and shredded
- 1 medium stalk celery
- 1/2 cup low calorie Italian salad dressing
- 4 tablespoons Dijon-style mustard
- 1 teaspoon balsamic vinegar (up to 2 teaspoons)
- Salt and pepper to taste
- 3/4 cup part skim milk Mozzarella cheese, shredded

**COOKING INSTRUCTIONS:** In a large bowl, combine red onion, tomato, bell pepper, salad greens, basil, carrot and celery; blend well. In a separate bowl, combine Italian salad dressing, mustard and vinegar. Add the dressing mixture and the salmon to the salad greens and blend thoroughly. Portion evenly on chilled serving plates; top with cheese and salt and pepper to taste. Serve.

**NUTRITION per serving:** 139 Calories; 4g Fat; 16g Protein; 11g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 700mg Sodium. **Exchanges:** 1 1/2 Lean Meat; 1 1/2 Vegetable. **Points:** 3

**SERVING SUGGESTION:** A big basket of whole grain rolls.
### Vermicelli Lo Mein

**Day 3 – Serves 6**

**INGREDIENTS:**
- 8-oz. Vermicelli pasta, uncooked
- 1 cup low sodium chicken broth, canned OR homemade
- 3 tablespoons low sodium soy sauce
- 1 tablespoon cornstarch
- 2 tablespoons olive oil
- 1/2 medium onion, chopped
- 1 1/2 cups fresh broccoli florets
- 2 medium carrots, sliced
- 1 1/2 cups thinly sliced bok choy
- 1 1/2 cups sliced fresh mushrooms (about 4 oz.)
- 1 cup thinly sliced green bell pepper, de-ribbed and seeded
- 2 green onions, sliced
- 2 cloves garlic, pressed
- Sesame oil, (optional, but wonderful in this!)

**COOKING INSTRUCTIONS:** Prepare pasta according to package directions; drain and set aside. In a small bowl, combine broth, soy sauce and cornstarch; set aside. Meanwhile, heat olive oil in a large skillet or wok over medium-high heat (but don't let it smoke). Add onion, broccoli, and carrots; stir-fry for about 3 minutes. Add bok choy, mushrooms, bell pepper, green onion, and garlic; stir-fry for 3 minutes, or until tender-crisp. Stir cornstarch mixture into vegetables. Cook, stirring constantly, until mixture thickens. Remove from heat. Add hot pasta; toss until well blended. Sprinkle with sesame oil and serve.

**NUTRITION per serving:**
- 246 Calories; 6g Fat; 7g Protein; 44g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 598mg Sodium.
- *Exchanges*: 2 1/2 Grain (Starch); 1 1/2 Vegetable; 1 Fat. *Points*: 5

**SERVING SUGGESTION:** Some frozen (cooked) egg rolls (shrimp or your choice) would go nicely with this meal.

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### Beef and Spinach Pitas

**Day 4 – Serves 6**

**INGREDIENTS:**
- 1 pound lean ground beef
- 1 large onion, chopped
- 2 cloves garlic, pressed
- 8-oz. mushrooms, sliced
- 1 (10-oz.) bag washed spinach
- 1 teaspoon cumin (I like a little more)
- 1/2 teaspoon oregano
- 1 teaspoon chili powder
- Salt and pepper to taste
- 6 whole wheat pita breads
- 1 large tomato, chopped
- 1/2 cup low fat sour cream

**COOKING INSTRUCTIONS:** In a skillet, cook beef and onion over medium-high heat till browned. Drain and blot with paper towels to absorb excess grease. With beef still in the skillet, add garlic, mushrooms, spinach, and spices and cook for about 3 minutes, till spinach wilts. Add salt and pepper to taste. Spoon beef mixture into pitas and top with chopped tomato and sour cream.

**NUTRITION per serving:**
- 394 Calories; 16g Fat; 23g Protein; 42g Carbohydrate; 6g Dietary Fiber; 56mg Cholesterol; 421mg Sodium. *Exchanges*: 2 1/2 Grain (Starch); 2 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates. *Points*: 8

**SERVING SUGGESTION:** Stir-fried zucchini and yellow squash and a big salad.
Honey Grilled Pork Chops
Day 5 – Serves 6

INGREDIENTS:
1/2 cup honey
4 1/2 tablespoons white wine (or use white grape juice with a splash of vinegar)
2 cloves garlic, pressed
1 1/2 teaspoons thyme
3/4 teaspoon salt
3/4 teaspoon pepper
6 pork chops

COOKING INSTRUCTIONS: Combine honey, wine (or juice/vinegar), garlic, thyme, salt and pepper in a large zipper-topped plastic bag; blend well. Place pork chops in the bag and smoosh around to coat; seal bag and refrigerate overnight or for at least 4 hours. Preheat outdoor or indoor grill, or oven broiler. Remove chops from marinade; reserve marinade. Grill chops for 12 to 15 minutes, turning once and basting occasionally with reserved marinade. Discard remaining marinade.

NUTRITION per serving: 328 Calories; 15g Fat; 23g Protein; 24g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 327mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Fat; 1 1/2 Other Carbohydrates. Points: 8

SERVING SUGGESTION: Steamed red potatoes, steamed broccoli spears and corn on the cob.

Mexican Chili Bean Chicken
Day 6 – Serves 6

INGREDIENTS:
3 boneless skinless chicken thighs, cut into bite-sized pieces
1/4 cup chopped onion
1 medium green bell pepper, seeded, de-ribbed and chopped
2 cloves garlic, pressed
2 (14.5-oz.) cans stewed tomatoes, undrained
2 (16-oz.) cans pinto beans, undrained (feel free to use equivalent homemade)
1 teaspoon chili powder
1 1/2 teaspoons cumin
Salt and pepper to taste

COOKING INSTRUCTIONS: Place all ingredients in a slow cooker; stir. Cover and cook on low heat setting for 6 to 8 hours.

NUTRITION per serving: 216 Calories; 2g Fat; 16g Protein; 36g Carbohydrate; 8g Dietary Fiber; 29mg Cholesterol; 787mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable. Points: 4

SERVING SUGGESTION: A big salad and some corn muffins.
Frugal E-Book Menu and Shopping List for Six

**Fall Week 11**

**MENU**

**Day 1:** Huevos con Tortillas, salsa, and creamed spinach

**Day 2:** Very Garlicky Chicken Caesar Salad, and baked potatoes

**Day 3:** Yummy Glazed Pork Chops, baked acorn squash, and brown rice

**Day 4:** Chicken Pasta Skillet, and spinach salad

**Day 5:** Sweet and Sour Meatloaf, steamed red potatoes, broccoli and sourdough bread

**Day 6:** London Fog Split Pea Soup, crusty bread, and salad

**SHOPPING LIST:**

**MEAT**
- 6 boneless skinless chicken breast halves [D2]
- 6 boneless skinless chicken thighs [D4]
- 6 pork chops [D3]
- 1 1/2 pounds lean ground beef [D5]
- 1 ham hock OR 1 smoked turkey leg [D6]

**CONDIMENTS**
- Olive oil [D2]
- Vegetable oil [D1,D3,D4,D6]
- Dijon mustard [D2]
- Yellow mustard [D5]
- Red wine vinegar [D2]
- Apple cider vinegar [D5]
- Worcestershire sauce [D2]
- Catalina-style salad dressing (3/4 cup) [D3]
- **Salsa (your favorite) [D1]
- **Salad dressing(s) (your choice) [D4,D6]

**PRODUCE**
- 3 pounds onions (keep on hand) [D4,D5,D6]
- 1 head garlic [D2]
- 1 medium green bell pepper [D1]
- 2 small green bell peppers [D4]
- 2 medium carrots [D6]
- Celery (1 large stalk) [D6]
- 1 bunch green onions [D1]
- 1 bunch cilantro [D1]
- 1 lemon [D2]
- 2 heads Romaine lettuce [D2]
- Gingerroot (3 tablespoons, grated) [D3]
- **Russet potatoes (1 meal) [D2]
- **Red potatoes (1 meal) [D5]
- **Acorn squash (1 meal) [D3]
- **Spinach (1 meal) [D4]
- **Broccoli (1 meal) [D5]
- **Lettuce for 1 salad (not Iceberg—no nutrition) [D6]
- **Salad veggies (your choice) [D4,D6]

**CANNED GOODS**
- 2 (2-oz.) cans anchovy fillets [D2]
- Spaghetti sauce (your favorite) (3 cups if not using homemade) [D4]
- 1 (15-oz.) can tomato sauce [D5]

**SPICES**
- Cumin [D1]
- Thyme [D6]
- **Garlic Powder [D2]

**DAIRY/ DAIRY CASE**
- Eggs (14 for 2 recipes) [D1,D5]
- Cheddar cheese (2 cups, shredded) OR can substitute 1/2 cup Jalapeno Jack cheese [D1,D4]
- Romano cheese (1/3 cup, grated) [D2]
- **Butter (for baked potatoes) [D2]
- **Sour cream (for baked potatoes) [D2]

**DRY GOODS**
- Sugar [D5]
- Brown sugar [D5]
- Bread crumbs (1 cup if not using homemade) [D5]
- Croutons (if not making your own) [D2]
- 16 ounces Rotini pasta [D4]
- Split peas (2 cups) [D6]
- **Brown rice (1 meal) [D3]

**FREEZER**
- **Creamed spinach (1 meal) [D1]

**BAKERY**
- 6 corn tortillas [D1]
- **Sourdough bread (1 meal) [D5]
- **Crusty bread (1 meal) [D6]
- **Bread slices (for homemade croutons) [D2]

**SHOPPING LIST LEGEND**

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
### Huevos Con Tortillas
**Day 1 – Serves 6**

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>tablespoon vegetable oil</td>
<td>1/4</td>
<td>cup cilantro, chopped</td>
</tr>
<tr>
<td>6</td>
<td>corn tortillas, halved</td>
<td>2</td>
<td>teaspoons, cumin</td>
</tr>
<tr>
<td>12</td>
<td>eggs</td>
<td>1/2</td>
<td>cup Cheddar cheese (or if you want to add some spice to the meal, use Japeno Jack cheese instead), shredded and divided</td>
</tr>
<tr>
<td>4</td>
<td>large green onions, sliced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2</td>
<td>medium green bell pepper, seeded, de-ribbed and diced</td>
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</tbody>
</table>

**COOKING INSTRUCTIONS:** Pre-heat oven to 425 degrees. Using a non-aerosol spray pump, spray tortilla halves with oil and bake for 5 to 10 minutes. Watch them like a hawk so they don't burn! Set aside. Beat eggs, green onions, bell pepper, cilantro, cumin and half of the cheese in a bowl. Season with salt and pepper to taste. Heat oil in a non-stick skillet over medium heat. Add egg mixture and cook until just set, stirring frequently, for about 3 minutes. Divide among dinner plates. Sprinkle remaining cheese over eggs. Stand two tortilla halves in each serving.

**NUTRITION per serving:** 256 Calories; 15g Fat; 15g Protein; 15g Carbohydrate; 2g Dietary Fiber; 384mg Cholesterol; 215mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 0 Vegetable; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** Top with salsa and sprinkle with a little chopped green onion and cilantro, if desired. Serve with creamed spinach.

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### Very Garlicky Chicken Caesar Salad
**Day 2 – Serves 6**

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>boneless skinless chicken breast halves, grilled or cooked and sliced</td>
</tr>
<tr>
<td>1 1/2</td>
<td>heads romaine lettuce, chopped</td>
</tr>
<tr>
<td>Generous</td>
<td>handful of croutons (make yourself with stale bread-recipe included)</td>
</tr>
<tr>
<td>3</td>
<td>cloves garlic, pressed</td>
</tr>
<tr>
<td>3</td>
<td>teaspoons lemon juice</td>
</tr>
<tr>
<td>3/4</td>
<td>teaspoon Dijon mustard</td>
</tr>
<tr>
<td>1 1/2</td>
<td>(2-oz.) cans anchovy fillets, drain oil off</td>
</tr>
<tr>
<td>1/3</td>
<td>cup grated Romano cheese</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons red wine vinegar</td>
</tr>
<tr>
<td>1/2</td>
<td>cup olive oil</td>
</tr>
<tr>
<td>1 1/2</td>
<td>teaspoons Worcestershire sauce</td>
</tr>
<tr>
<td></td>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** Make croutons by chopping up stale bread, brushing with olive oil and sprinkling with garlic powder. Toast in a 350-degree oven till brown, probably no more than 10 minutes. Check them often, though! **Salad directions:** Wash Romaine and chop into bite-sized pieces. Normally, you only want to tear lettuce, but if you are going to be serving it quickly, chop away and save yourself some time. In a bowl, combine oil, vinegar, Worcestershire, salt and pepper to taste, garlic, lemon juice, anchovies and mustard. Or, use your food processor (that's what I do). Combine cooked chicken and salad and dressing and enjoy.

**NUTRITION per serving:** 414 Calories; 23g Fat; 38g Protein; 14g Carbohydrate; 4g Dietary Fiber; 86mg Cholesterol; 770mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:** Baked potatoes with all your favorite toppings.
# Yummy Glazed Pork Chops

**Day 3 – Serves 6**

**Ingredients:**
- 3/4 cup Catalina-style salad dressing, your favorite brand
- 3/4 cup water
- 3 tablespoons gingerroot, grated
- 6 pork chops
- 1 tablespoon vegetable oil

**Cooking Instructions:** Combine dressing, water and ginger; set aside. In a large skillet over medium-high heat, cook chops in oil for about 3 minutes per side. Reduce heat to low and add dressing marinade to skillet. Cover and cook for about 6 or 7 minutes. Turn chops at least once while they are simmering.

**Nutrition per serving:**
- 384 Calories
- 28g Fat
- 23g Protein
- 8g Carbohydrate
- trace Dietary Fiber
- 74mg Cholesterol
- 470mg Sodium

**Exchanges:**
- 3 1/2 Lean Meat
- 3 1/2 Fat
- 1/2 Other Carbohydrates

**Points:** 10

**Serving Suggestion:** Serve with baked acorn squash. Try topping the squash with some of the marinade from the skillet--you’ll love it! Add some brown rice and you’re good to go.

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# Chicken Pasta Skillet

**Day 4 – Serves 6**

**Ingredients:**
- 16 ounces Rotini pasta
- 6 boneless skinless chicken thighs, cut into chunks
- 1 tablespoon vegetable oil
- 2 small green bell peppers, seeded, de-ribbed and cut into strips
- 1/4 cup chopped onion
- 1/2 cups Cheddar cheese, shredded
- 3 cups spaghetti sauce, your favorite brand or homemade

**Cooking Instructions:** Cook pasta as directed on package. Drain and set aside. Meanwhile, in a large skillet, cook chicken in oil and stir-fry for about 5 minutes. Add bell pepper and onion; cook until chicken is cooked through and vegetables are tender-crisp. Add spaghetti sauce and cooked pasta. Blend well. Cook until heated through, stirring occasionally. Top with cheese.

**Nutrition per serving:**
- 650 Calories
- 22g Fat
- 33g Protein
- 81g Carbohydrate
- 7g Dietary Fiber
- 87mg Cholesterol
- 859mg Sodium

**Exchanges:**
- 4 Grain (Starch)
- 3 Lean Meat
- 4 1/2 Vegetable
- 3 Fat

**Points:** 14

**Serving Suggestion:** A big spinach salad.
**DO-AHEAD TIP:** Form meatloaf tonight to speed up cooking time for tomorrow’s meal.

### Sweet and Sour Meatloaf
**Day 5 – Serves 6**

**INGREDIENTS:**
- 1 1/2 pounds lean ground beef
- 1 cup bread crumbs (homemade or store bought)
- Salt and pepper to taste
- 2 eggs, beaten
- 1/2 of a medium onion, finely chopped
- 1 (15-oz.) can tomato sauce, divided
- 2 tablespoons brown sugar
- 2 tablespoons apple cider vinegar
- 1/2 cup sugar
- 2 teaspoons yellow mustard

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. In a large bowl, combine ground beef, bread crumbs, salt, pepper, eggs, onion and half of the can of tomato sauce. Blend well and place in a loaf pan. Push the meatloaf down into the pan forming a “moat” for the juices around all of the edges. Bake for 40 minutes. Meanwhile, in a small saucepan over medium heat, combine the remaining tomato sauce, brown sugar, vinegar, white sugar and mustard. Bring to a boil and remove from heat. After meatloaf has cooked for 40 minutes, remove from oven and pour sauce over the top of the meatloaf. Return to oven and bake for another 20 minutes, or until done.

**NUTRITION per serving:** 345 Calories; 14g Fat; 15g Protein; 39g Carbohydrate; 2g Dietary Fiber; 105mg Cholesterol; 664mg Sodium. **Exchanges:** 1 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 2 Fat; 1 1/2 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:** Steamed red potatoes, and broccoli and a loaf of warm, sourdough bread.

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### London Fog Split Pea Soup
**Day 6 – Serves 6**

**INGREDIENTS:**
- 2 cups split peas, rinsed and picked over
- 2 tablespoons vegetable oil
- 3/4 cup chopped onion
- 2 medium carrots, diced
- 1 large stalk celery, chopped
- 1 ham hock (or one smoked turkey leg)
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** Put cleaned split peas in slow cooker. In a skillet, heat the oil over medium heat. Sauté onion, carrot and celery for about 3 minutes, then add to slow cooker. Fill the slow cooker with water and bury the ham hock or smoked turkey leg in the peas. Add thyme and salt and pepper to taste. Cook on low heat setting for 8 to 10 hours.

**NUTRITION per serving:** 326 Calories; 8g Fat; 20g Protein; 44g Carbohydrate; 18g Dietary Fiber; 18mg Cholesterol; 29mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** Serve with crusty bread and a big salad.
Frugal E-Book Menu and Shopping List for Six

Week 12

**MENU**

**Day 1:** Tunisian Couscous, add lots of roasted eggplant, red onions and green and red bell peppers

**Day 2:** Frugal Swiss Chicken, with steamed red potatoes and broccoli spears

**Day 3:** Spicy Sweet Potato and Smoked Sausage Soup, add a big spinach salad and some crusty bread

**Day 4:** Cajun Fish, with wild rice pilaf and green beans

**Day 5:** Sautéed Pork and Veggies, serve over wide noodles and add baked butternut squash

**Day 6:** Southwestern Crock Stew, with baked russet potatoes and steamed kale

**SHOPPING LIST:**

**MEAT**
Turkey bacon (need 12 slices) [D2]
6 boneless skinless chicken thighs [D2]
12-oz. smoked sausage [D3]
6 boneless pork chops [D5]
1 1/2 pounds top round steak [D6]
6 fish fillets (preferably salmon)—or buy frozen [D4]

**PRODUCE**
3 pounds onions (keep on hand) [D3]
Garlic (need 3 cloves) [D4]
Sweet potatoes (need 4 1/2 cups diced) [D3]
Carrots (need 1 cup sliced) [D5]
Celery (need 1 1/4 cups chopped/sliced) [D3,D5]
Green onions (need 1/2 cup sliced) [D5]
Broccoli (need 1 1/2 cups) [D5]
Red bell peppers (need 1 large) [D6]
Cilantro [D6]
Lemons (need 1 1/2 teaspoons grated peel plus wedges) [D4,D5]
**Eggplant (1 meal) [D1]**
**Red onions (1 meal) [D1]**
**Green and red bell peppers (1 meal) [D1]**
**Red potatoes (1 meal) [D2]**
**Russet potatoes (1 meal) [D6]**
**Broccoli (1 meal) [D2]**
**Spinach (1 meal) [D3]**
**Green beans (1 meal) [D4]**
**Butternut squash (1 meal) [D5]**
**Kale (1 meal) [D6]**

**CONDIMENTS**
Vegetable oil [D5,D6]
Honey mustard [D2]
Salsa—your favorite (need 1 1/8 cups) [D6]
Vermouth (need 3/4 cup)—or use balsamic vinegar and apple juice (half and half) [D4]
Balsamic vinegar—if not using vermouth [D4]
Apple juice—if not using vermouth [D4]

**CANNED GOODS**
Low sodium chicken broth (need 62-oz.) [D1,D3,D5]
Low sodium beef broth (need 1 1/2 14.5-oz. cans) [D6]

**SPICES**
Cumin [D1,D6]
Garlic powder [D1]
Cayenne pepper [D3]
Cajun seasoning [D4]
Ginger [D5]

**DAIRY/DAIRY CASE**
Butter [D2,D4]
Baby Swiss cheese (need 6 slices) [D2]
Sour Cream [D6]

**DRY GOODS**
Flour [D3]
Cornstarch [D5]
Couscous—whole wheat, if available (need 2 1/4 cups) [D1]
**Wild rice pilaf (1 meal) [D4]**
**Wide noodles (1 meal) [D5]**

**FREEZER**
6 fish fillets (preferably salmon)—if not using fresh [D4]

**BAKERY**
**Crusty bread (1 meal) [D3]**

**SHOPPING LIST LEGEND**

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
### Tunisian Couscous
**Day 1 – Serves 6**

**INGREDIENTS:**
- 3 cups low sodium chicken broth
- 2 1/4 cups couscous, whole wheat, if available
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons garlic powder
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** In a large saucepan, bring broth to a boil. Add couscous and spices and stir. (Feel free to rev up the spices if you like - I certainly don't use such miniscule amounts...I'm just trying to be conservative here for the sake of uninitiated taste buds.) Remove couscous from heat and let it sit for 10 to 15 minutes, then salt and pepper to taste, fluff with a fork and serve.

**NUTRITION per serving:** 329 Calories; 2g Fat; 11g Protein; 64g Carbohydrate; 5g Dietary Fiber; 1mg Cholesterol; 821mg Sodium. **Exchanges:** 4 Grain (Starch); 0 Lean Meat; 1/2 Fat. **Points:** 6

**SERVING SUGGESTION:** Lots of roasted eggplant, red onions and green and red bell peppers (toss sliced veggies in a little oil, sprinkle with garlic powder and bake on a large cookie sheet in a 375-degree oven, turning as needed, till golden; salt and pepper to taste).

### Frugal Swiss Chicken
**Day 2 – Serves 6**

**INGREDIENTS:**
- 12 slices turkey bacon, cooked
- 6 boneless skinless chicken thighs
- Salt and pepper to taste
- 2 tablespoons butter
- 6 teaspoons honey mustard
- 6 slices baby Swiss cheese

**COOKING INSTRUCTIONS:** Season chicken with salt and pepper to taste. In a large skillet over medium-high heat, sauté chicken in the oil until juices run clear when pierced. Place one piece of chicken on each dinner plate, spread each with honey mustard and top with 2 slices of cooked bacon and a slice of Swiss cheese; serve.

**NUTRITION per serving:** 663 Calories; 42g Fat; 64g Protein; 5g Carbohydrate; trace Dietary Fiber; 208mg Cholesterol; 568mg Sodium. **Exchanges:** 0 Grain (Starch); 9 Lean Meat; 5 Fat. **Points:** 16

**SERVING SUGGESTION:** Steamed red potatoes and steamed broccoli spears.
### Spicy Sweet Potato and Smoked Sausage Soup

**Day 3 – Serves 6**

**INGREDIENTS:**
- 12-oz. smoked sausage, diced
- 3/4 cup diced onion
- 3/4 cup chopped celery
- 1 teaspoon cayenne pepper (more or less to taste)
- 4 1/2 cups peeled and diced sweet potatoes
- 3 tablespoons flour
- 4 1/2 cups low sodium chicken broth
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** In a large saucepan over medium heat, sauté sausage for 5 minutes; add vegetables and sauté for an additional 5 minutes. Add flour and cook for 2 more minutes. Add broth, salt and pepper to taste and stir until smooth. Simmer for 20 minutes, or until potatoes are soft. Give it a good stir and serve.

**NUTRITION per serving:** 358 Calories; 18g Fat; 18g Protein; 32g Carbohydrate; 4g Dietary Fiber; 40mg Cholesterol; 951mg Sodium. **Exchanges:** 2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 3 Fat. **Points:** 8

**SERVING SUGGESTION:** A big spinach salad and some crusty bread.

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### Cajun Fish

**Day 4 – Serves 6**

**INGREDIENTS:**
- 3 tablespoons butter, divided
- 6 fish fillets (salmon fillets are wonderful in this recipe)
- 3 tablespoons Cajun seasoning
- 3 cloves garlic, pressed
- 3/4 cup vermouth (or use balsamic vinegar and apple juice mixed, half and half)
- Lemon wedges

**COOKING INSTRUCTIONS:** Melt half of the butter in a large skillet over medium-high heat; add fish and brown for about 2 minutes per side; remove from skillet and keep warm. Add remaining butter to the pan, then Cajun seasoning and garlic; cook for 2 minutes, stirring constantly. Then add the vermouth and cook for about 3 minutes, again stirring constantly. Return fish to the skillet and cook until it flakes easily when tested with a fork. Serve with lemon wedges.

**NUTRITION per serving:** 243 Calories; 10g Fat; 23g Protein; 5g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 466mg Sodium. **Exchanges:** 3 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Wild rice pilaf and steamed green beans.
**INGREDIENTS:**
- 6 boneless pork chops
- Salt and pepper to taste
- 4 tablespoons vegetable oil, divided
- 1 cup thinly sliced carrots
- 1/2 cup thinly sliced celery
- 1/2 cup diagonally sliced green onions
- 1 1/2 cups broccoli florets
- 1/4 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 cup low sodium chicken broth
- 3 teaspoons cornstarch
- 1 1/2 teaspoons grated lemon peel

**COOKING INSTRUCTIONS:** Cut pork chops into 1-inch cubes and season with salt and pepper to taste. In a skillet over medium-high heat, sauté pork in 2 tablespoons of the oil until browned on the outside, but not thoroughly cooked; remove from skillet. Sauté vegetables in the remaining 2 tablespoons of oil until tender; return pork to skillet; add salt and ginger. Combine broth, cornstarch and lemon peel; add to pork mixture. Cook and stir until sauce is thickened and pork is cooked through.

**NUTRITION per serving:** 258 Calories; 16g Fat; 23g Protein; 6g Carbohydrate; 2g Dietary Fiber; 67mg Cholesterol; 139mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** Serve over wide noodles; add baked butternut squash.

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**INGREDIENTS:**
- 1 1/2 pounds top round steak, cut into 2-inch cubes
- 1 1/2 tablespoons vegetable oil
- Salt and pepper to taste
- 1 1/8 cups salsa (your favorite)
- 3 teaspoons ground cumin

**TOPPINGS**
- Sour cream
- Chopped cilantro

**COOKING INSTRUCTIONS:** In a skillet, heat oil over medium-high heat until hot; add beef (half at a time) and stir-fry 2 minutes, or until outside surface is no longer pink. (DO NOT OVER-COOK!); season with salt and pepper to taste and place in a slow cooker. In the same skillet, combine broth, salsa, bell pepper and cumin; bring to a boil and scrape up all of the browned bits from the bottom of the pan; pour over meat in slow cooker. Cover and cook on low heat setting for 8 hours, or until beef is fork-tender.

**NUTRITION per serving:** 309 Calories; 20g Fat; 22g Protein; 9g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 599mg Sodium. **Exchanges:** 1/2 Grain (Starch); 3 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 7

**SERVING SUGGESTION:** Baked russet potatoes and steamed kale.
Saving Dinner with Frugal Spring E-Book Volume 1
<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken and Pepper Stir-Fry,</strong> add salad and carrot sticks</td>
<td><strong>Tamale Lentil Casserole,</strong> with a spinach salad</td>
<td><strong>Southwestern Frittata,</strong> add broccoli slaw and cornbread</td>
<td><strong>Manic Meatloaf,</strong> add mashed potatoes, steamed carrots and some petite</td>
<td><strong>Roast Rubber Chicken,</strong> with mashed potatoes, broccoli and cauliflower, and a big green salad</td>
<td><strong>Vermicelli Lo Mein,</strong> add other veggies to this</td>
</tr>
<tr>
<td><strong>Quick Fiesta Casserole,</strong> add additional tortilla chips serve with lettuce, taco sauce, and a salad</td>
<td><strong>Persnickety Picadillo,</strong> add mashed potatoes, steamed broccoli, green beans and/or baby carrots</td>
<td><strong>Beef Goulash,</strong> with petite peas and baked sweet potatoes</td>
<td><strong>40 Cloves Chicken,</strong> with brown rice and steamed broccoli</td>
<td><strong>Crock Roast,</strong> with sweet potatoes, steamed green beans and a big salad</td>
<td><strong>Mexican Style Bow Ties,</strong> and a spinach salad</td>
</tr>
<tr>
<td><strong>Pistou Vegetable Soup,</strong> and crusty rolls</td>
<td><strong>Japanese Chicken Stir Fry,</strong> serve over rice and add a salad</td>
<td><strong>Baked Cornmeal Fish,</strong> with baked potatoes, steamed broccoli and a green salad</td>
<td><strong>Italian Wedding Soup,</strong> add a loaf of crusty bread and salad</td>
<td><strong>Barbecued Beef Sandwiches,</strong> with a spinach salad</td>
<td><strong>Child of Chicken Enchilasagna,</strong> with sauteed zucchini and yellow squash; add tomatoes</td>
</tr>
<tr>
<td><strong>Caramelized Onion, Spinach and Bacon Quiche,</strong></td>
<td><strong>Cream of Broccoli Soup,</strong> and a salad with bread</td>
<td><strong>Garlicky Veggie Stir Fry with Pork,</strong> nothing else needed</td>
<td><strong>Enchilasagna,</strong> add a big green salad</td>
<td><strong>Rubber Chicken Soup,</strong> with grilled cheese and ham sandwiches and a big green salad; add a thin slice of green apples</td>
<td><strong>Spicy Sweet Potato and Smoked Sausage Soup,</strong> with cornbread and a big salad</td>
</tr>
<tr>
<td><strong>Cheap-o Cassoulet,</strong> add a salad</td>
<td><strong>Chicken Legs with a Honey Mustard Crust,</strong> with baked potatoes, steamed baby carrots and petite frozen peas</td>
<td><strong>Baked Ziti Con Queso,</strong> with a rustic salad and some garlic bread</td>
<td><strong>Noodle Eggplant Casserole,</strong> with parmesan tomatoes and baked sweet potatoes</td>
<td><strong>Cheese Strata,</strong> with warmed applesauce sprinkled with cinnamon, whole wheat toast and orange juice</td>
<td><strong>Lemon Turkey Stir-Fry on Rice,</strong> and a green salad</td>
</tr>
<tr>
<td><strong>Barbecue Beef in a Pot,</strong> with steamed green beans and apple slices</td>
<td><strong>Hoppin' John,</strong> with baked sweet potatoes and big green salad</td>
<td><strong>Mary's Hoisin Chicken,</strong> with brown rice, sautéed green beans and a bowl of raw baby carrots</td>
<td><strong>Italiano Beef Stew,</strong> with mashed potatoes and steamed green beans</td>
<td><strong>Baked Ziti Con Queso,</strong> with a big green salad</td>
<td><strong>Basic Beef Stew,</strong> with hot buttered noodles and steamed broccoli</td>
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<tr>
<td>Week 7</td>
<td>Pasta Pie, with a big green salad</td>
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<tr>
<td></td>
<td>Easy Beef and Bean Salsa Burritos, with a big green salad and bowl of baby carrots</td>
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<td></td>
<td>Easy Vegetarian Lasagna, add a spinach salad</td>
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<td></td>
<td>Flavorful Chicken Casserole, add steamed cauliflower and sautéed zucchini squash</td>
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<td></td>
<td>Calypso Beans and Rice, add a spinach salad and a bowl of baby carrots</td>
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<td></td>
<td>Crock African Turkey and Couscous, add baked sweet potatoes, steamed broccoli and a salad</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Week 8</th>
<th>Stir Fry Turkey and Veggies, with brown rice, sour cream, and a bowl of carrot sticks</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Ground Beef Cassoulet with Herbed Dumplings, add a big spinach salad and some corn muffins</td>
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<tr>
<td></td>
<td>Ginger Chicken with Chinese Cole Slaw, with brown rice</td>
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<td></td>
<td>Veggie Chili, add a spinach salad and some corn muffins</td>
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<tr>
<td></td>
<td>Stuffed Shirts, serve on burger buns with garlic oven fries and burger fixings</td>
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<tr>
<td></td>
<td>Crock Cabbage Rolls, with brown rice, and a bowl of carrot sticks</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Oven Fried Chicken Legs, add baked sweet potatoes and coleslaw</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Salsa Steaks, add ranch beans and a big salad</td>
</tr>
<tr>
<td></td>
<td>Sautéed Turkey and Veggies, with brown rice and sautéed zucchini, yellow squash and snow peas</td>
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<tr>
<td></td>
<td>Baked Tomato Basil Fish, add roasted asparagus and steamed red potatoes</td>
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<tr>
<td></td>
<td>Skillet Pasta, with a big salad</td>
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<td></td>
<td>Crock Cuban Beans and Rice, and a big spinach salad</td>
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</tbody>
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<thead>
<tr>
<th>Week 10</th>
<th>Sloppy Joe Pizza, add broccoli slaw and a bowl of raw baby carrots</th>
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<tbody>
<tr>
<td></td>
<td>Chicken Pepper Stir Fry, with a big spinach salad and garlic toast</td>
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<tr>
<td></td>
<td>Ratatouille Pasta, add a big salad and some warm garlic bread</td>
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<tr>
<td></td>
<td>Shepherd’s Pie, add steamed broccoli and baby carrots</td>
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<tr>
<td></td>
<td>Tortilla Soup with Fish, with a bowl of raw baby carrots and some whole grain rolls</td>
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<tr>
<td></td>
<td>Chinese Crock Chicken, with brown rice and stir-fried veggies</td>
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</tbody>
</table>

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<thead>
<tr>
<th>Week 11</th>
<th>Chicken Paprikash, add steamed broccoli and baby carrots</th>
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<tbody>
<tr>
<td></td>
<td>Easy Chili Mac, and a big salad</td>
</tr>
<tr>
<td></td>
<td>Asian Fish Stir Fry, with brown rice and stir-fried zucchini, yellow squash and snow peas</td>
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<tr>
<td></td>
<td>Garlic Cube Steaks with Vegetables, add baked russet potatoes and steamed green beans</td>
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<tr>
<td></td>
<td>Curried Turkey on Rice, with baked butternut squash and steamed kale</td>
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<tr>
<td></td>
<td>Cheesy Cauliflower Soup, add a big spinach salad, raw baby carrots, and crusty bread</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Week 12</th>
<th>Basil Burgers, with a big salad and a bowl of raw carrot sticks</th>
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<tbody>
<tr>
<td></td>
<td>Broiled Fresh Tomato Soup, add grilled cheese sandwiches and raw broccoli and cauliflower florets and carrot and celery sticks</td>
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<tr>
<td></td>
<td>Asian Chicken and Rice, with stir-fried zucchini, yellow squash, and snow peas</td>
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<tr>
<td></td>
<td>Baked Polish Sausage, add steamed broccoli, cauliflower, and carrots</td>
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<td></td>
<td>Baked Fish with Rosemary, with baked sweet potatoes and steamed green beans</td>
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<tr>
<td></td>
<td>Easy Crock Chicken, over the brown rice; add a big salad</td>
</tr>
</tbody>
</table>
Frugal E-Book Menu and Shopping List for Six

MENU

Day 1: Chicken and Pepper Stir-Fry, add salad and carrot sticks
Day 2: Quick Fiesta Casserole, add additional tortilla chips serve with lettuce, taco sauce, and a salad
Day 3: Pistou Vegetable Soup, and crusty rolls
Day 4: Caramelized Onion, Spinach and Bacon Quiche,
Day 5: Cheap-o Cassoulet, add a salad
Day 6: Barbecue Beef in a Pot, with steamed green beans and apple slices

SHOPPING LIST:

MEAT
8 chicken thighs [D1]
Ham (1/3 cup, chopped) [D4]
1/2 pound lean beef (whatever cut is on sale) [D5]
2 pounds round OR chuck roast [D6]

CONDIMENTS
Vegetable oil [D1,D6]
Olive oil [D3,D6]
Cooking spray-if not using own oil sprayer (see Leanne’s Note in recipe) [D4,D5]
Soy sauce (low sodium, if available) [D1]
Ketchup [D1]
1 (8-oz.) jar salsa [D2]
Taco sauce [D2]
Barbecue sauce [D6]
**Salad dressing(s) (your choice) [D1,D2,D4]

PRODUCE
3 to 5 pounds onions (keep on hand) [D3,D4,D5]
2 heads garlic [D1,D5]
2 to 3 bunches green onions (11) [D1,D2]
1 large green bell pepper [D1]
1 medium tomato [D2]
1 to 2 bunches carrots (7) [D3,D5] **Additional for carrot sticks and coleslaw [D6]
Celery (1 medium stalk) [D3]
Russet potatoes (4 medium) [D3] **Additional, large (1 meal) [D6]
1 large head cabbage [D3]
Kale (8 leaves) [D3]
4 leeks [D5]
1 bunch parsley [D5]
**Green beans (1 meal) [D5]
**Apples (1 meal) [D5]
**Coleslaw [D6]
**Lettuce for 2 salads plus additional, shredded for garnish (not Iceberg-no nutrition) [D1,D2,D4]
**Salad veggies (your choice) [D1,D2,D4]

CANNED GOODS
1 (28-oz.) can whole tomatoes [D3]
2 (14.5-oz.) cans diced tomatoes [D5]
Chicken broth (48 ounces)-if not using homemade [D3]
1 can evaporated skim milk (1 cup) [D4]
1 (15-oz.) can navy beans-if not using dry beans [D5]

SPICES
Ginger [D1]
Cumin [D2]
Garlic powder [D2,D6]
Thyme [D3,D5]
Bay leaves [D5]
Chili Powder [D2]

DAIRY/ DAIRY CASE
Low fat sour cream (1 1/4 cups) [D2,D4]
Low fat Cheddar cheese (3/4 cup, shredded) [D2,D4]
1 (10-oz.) can refrigerated pizza crust-if not using homemade [D4]

EGGS
Large (3) [D4]

DRY GOODS
1 pound rice (brown is best) [D1]
1 pound black beans [D2]
1 pound white beans-2 pounds, if not using canned beans [D3,D5]

BAKED GOODS
1 bag baked tortilla chips-if not using homemade [D2]

OTHER
Large heavy-duty, re-sealable plastic bags

SHOPPING LIST LEGEND

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
### Chicken and Pepper Stir Fry

**Day 1 – Serves 6**

**INGREDIENTS:**
- 3 tablespoons soy sauce (low sodium, if available)
- 3 tablespoons ketchup
- 1 teaspoon ground ginger
- 3 cloves garlic, pressed
- 8 chicken thighs (skin and debone yourself, then cut chicken into chunks)*
- 2 tablespoons vegetable oil, divided
- 6 green onions, cut into 1/2-inch pieces
- 1 large green bell pepper, thinly sliced
- 6 cups hot cooked rice (I use brown)

**COOKING INSTRUCTIONS:** Mix soy sauce, ketchup, ginger and garlic in re-sealable heavy-duty plastic bag. Add chicken; seal bag and turn to coat with marinade. Let stand 15 minutes. Heat 1 tablespoon of the oil in 10-inch skillet or wok over medium-high heat. Add green onions and bell peppers; stir-fry until crisp-tender. Remove from skillet. Heat the remaining 1 tablespoon oil in skillet. Add chicken; stir-fry 4 to 5 minutes or until no longer pink in center. Stir in bell pepper mixture. Serve over noodles or rice.

*LEANNE’S NOTE: Have chicken thighs slightly frozen to ease in skinning and deboning.

**NUTRITION per serving:** Per serving: 436 Calories; 9g Total Fat; 27g Protein; 61g Carbohydrate; 51mg Cholesterol; 9g Dietary Fiber, 670mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:** Salad and carrot sticks.

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### Quick Fiesta Casserole

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1 pound prepared black beans (see do-ahead tip)
- 1 (8-oz.) jar salsa
- 2 tablespoons taco sauce
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 2 cups baked tortilla chips (or make yourself with corn tortillas*)
- 1 cup low-fat sour cream
- 1/2 cup sliced green onions (5 medium)
- 1 medium tomato, chopped (3/4 cup)
- 4 ounces cheddar cheese, low-fat
- Shredded lettuce and taco sauce, if desired

**COOKING INSTRUCTIONS:** Heat oven to 350 degrees. In a skillet, stir in beans, salsa, 2 tablespoons taco sauce, the cumin, chili powder and garlic powder. Heat to a simmer; stirring occasionally. Place tortilla chips in un-greased 2-quart casserole. Top with bean mixture. Spread with sour cream. Sprinkle with onions, tomato and cheese. Bake uncovered 20 to 30 minutes or until hot and bubbly.

**NUTRITION per serving:** 403 Calories; 16g Total Fat; 21g Protein; 38g Carbohydrate; 51mg Cholesterol; 1048mg Sodium. **Exchanges:** 2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 1/2 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:** Arrange additional tortilla chips around edge of casserole if desired. Serve with lettuce and taco sauce. I like a great big salad with this, too.

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*DO AHEAD TIP: soak beans overnight for tomorrow’s meal and cook the next day, following package instructions.*
**Pistou Vegetable Soup**
Day 3 – Serves 6 (2 bowls each)

**INGREDIENTS:**

- 1 pound dried white beans - cooked and drained (you can use any white beans you have on hand)
- 1 tablespoon olive oil
- 2 cups chopped onion
- 4 cloves garlic, pressed
- 3 carrots, chopped
- 1 medium stalk celery, chopped
- 1 medium stalk celery, chopped

**COOKING INSTRUCTIONS:**

Puree half the drained beans in your food processor and set aside. In a large pot, heat olive oil and sauté onion and garlic for about two minutes or till translucent. Add carrot, celery and potato and sauté another 2 minutes. Add tomatoes and their liquid, beans, bean puree, and seasoning. Let simmer 5 minutes. Add chicken broth to the mixture (sooner if it seems to be drying out). Add cabbage and kale, correct the seasoning and serve. Serve with a warm baguette or French bread and salad, if you like.

*LEANNE’S NOTE: To easily dice whole tomatoes, insert kitchen shears into open can and snip tomatoes until diced. This soup is traditionally served with pesto on top after it's made. If you have it in your budget, you can buy little jars of pesto in the gourmet section of your market, or if you’re lucky enough to have a Trader Joe’s nearby, you can get it there. If you can’t find pesto, don’t worry about it or add a couple of shakes of dried basil into your soup for a taste of summer and enjoy.

**NUTRITION per serving:** 114 Calories; 2g Total Fat; 6g Protein; 19g Carbohydrate; 0mg Cholesterol; 419mg Sodium.

**Exchanges:** 1/2 Grain (Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

**Points:** 2

**SERVING SUGGESTION:** Crusty rolls from the bread store or make your own with your bread maker.

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**Caramelized Onion, Spinach and Bacon Quiche**
Day 4 – Serves 6

**INGREDIENTS:**

- 1 (10-oz.) can refrigerated pizza crust (or homemade pizza crust)
- Cooking spray*
- 1 (10-oz.) package frozen chopped spinach, thawed, drained, and squeezed dry
- 1/4 cup low-fat sour cream
- 1 cup canned evaporated skim milk

**COOKING INSTRUCTIONS:**

Preheat oven to 350 degrees. Shape the dough into a 4-inch circle; cover and let stand for 5 minutes. Roll the dough into an 11-inch circle on a lightly floured surface. Fit the dough into a 9-inch pie plate coated with cooking spray, and flute. Combine the spinach and sour cream in a small bowl. Combine the evaporated milk, salt, pepper, egg whites, and egg in a medium bowl, and stir well with a whisk. Stir 1/3 cup milk mixture into spinach mixture; then spoon spinach mixture into bottom of prepared crust. Add the caramelized onions (to caramelized onions, simply sauté onions in oil till very browned and almost sweet. Use as little oil as possible), and top with the ham and cheese. Pour the remaining milk mixture over cheese. Place pie plate on a baking sheet, and bake for 45 minutes or until set. Let quiche stand 10 minutes before digging in.

*LEANNE’S NOTE: I am anti aerosol when it comes to cooking sprays. They are full of propellants and that is fine if you are an airplane. But you aren’t. Neither are your children, so stick with real food that is worthy of consumption. There are oil sprayers everywhere, even Wal-Mart. I consider this little contraption an excellent investment. To use, fill the sprayer with a good oil, like olive oil, and keep in your cupboard or refrigerator. I have two and keep one filled with olive oil, which I store in my cupboard, and one filled with safflower oil which I keep in the fridge.

**NUTRITION per serving:** 271 Calories; 7g Total Fat; 16g Protein; 36g Carbohydrate; 43mg Cholesterol; 775mg Sodium.

**Exchanges:** 1 1/2 Grain (Starch); 1 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

**Points:** 5

**SERVING SUGGESTION:** I like salad with this quiche.
**DO-AHEAD TIP:** If using dried beans for tomorrow’s meal, soak overnight and cook the next day, following package directions.

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**Cheap-o Cassoulet**  
Day 5 – Serves 6

**INGREDIENTS:**
- 1/2 pound lean beef, cut up (use whatever is on sale)  
- Cooking spray  
- 4 carrots, thinly sliced  
- 4 leeks, thinly sliced  
- 2 small onions, chopped  
- 6 cloves garlic, pressed, divided  
- 1 (15-oz.) can navy beans drained (or use dried beans that have been soaked and cooked)  
- 1 cup water  
- 1/2 teaspoon thyme  
- Salt and pepper to taste  
- 2 bay leaves  
- 2 (14.5-oz.) cans diced tomatoes, undrained  
- 1/2 cup dried bread crumbs (make them yourself from the heels of bread, just toast and crush)  
- 1 tablespoon parsley, chopped

**COOKING INSTRUCTIONS:** Preheat oven to 350 degrees. Trim fat from beef and cut into 3/4 inch cubes. Set aside. Coat a large nonstick Dutch oven with olive oil spray and place over medium heat. Add carrots, leeks, onions, and 4 cloves of garlic; cover and cook about 5 minutes. Add beef and cook another 3 minutes or until beef is browned, stirring occasionally. Add beans, water, thyme, salt, pepper, bay leaves and tomatoes. Stir well and bring to a boil over medium-high heat. Cook, uncovered, for about 5 minutes, stirring as needed. While beef is simmering, combine bread crumbs, parsley and 2 cloves garlic and set aside. Discard bay leaves and plop your cassoulet mixture into a 2- or 3-quart baking dish. Sprinkle bread crumb mixture over top and bake for 25 minutes or until bread crumbs are browned.

**NUTRITION per serving:** 440 Calories; 10g Fat; 25g Protein; 66g Carbohydrate; 12g Dietary Fiber; 35mg Cholesterol; 949mg Sodium.  
**Exchanges:** 2 Grain (Starch); 2 Lean Meat; 6 1/2 Vegetable; 1 Fat.  
**Points:** 9

**SERVING SUGGESTION:** Steamed green beans and apple slices.

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**Barbecue Beef in a Pot**  
Day 6 – Serves 6

**INGREDIENTS:**
- 2 pounds round or chuck roast (whatever is on sale)  
- 1/2 cups barbecue sauce  
- 1 tablespoons vegetable oil  
- 6 hamburger buns

**COOKING INSTRUCTIONS:** Heat the oil in a skillet and brown the beef. Place roast in the slow cooker. Pour barbecue sauce over top of roast. Cook on low for 8-10 hours. Remove from slow cooker and let rest about 10 minutes. Either slice thinly or shred with two forks. Place meat on top of each hamburger bun. Reserve sauce from cooking (you may need to skim some of the fat off the top) and use for dipping.

**NUTRITION per serving:** 505 Calories; 29g Fat; 29g Protein; 30g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 826mg Sodium.  
**Exchanges:** 1 1/2 Grain (Starch); 3 1/2 Lean Meat; 3 1/2 Fat; 1/2 Other Carbohydrates.  
**Points:** 12

**SERVING SUGGESTION:** This is delicious served with coleslaw and baked garlicky steak fries. (To make baked garlicky steak fries take 8 large russet potatoes, peeled, 1/4 cup olive oil and 2 teaspoons garlic powder. Cut potatoes into wedges. Toss in bowl with oil and sprinkle with garlic powder. Bake at 450 degrees until tender.)
Frugal E-Book Menu and Shopping List for Six

Spring Week 2

**MENU**

Day 1: Tamale Lentil Casserole, with a spinach salad
Day 2: Persnickety Picadillo, add mashed potatoes, steamed broccoli, green beans and/or baby carrots
Day 3: Japanese Chicken Stir Fry, serve over rice and add a salad
Day 4: Cream of Broccoli Soup, and a salad with bread
Day 5: Chicken Legs with a Honey Mustard Crust, with baked potatoes, steamed baby carrots and petite frozen peas
Day 6: Hoppin' John, with baked sweet potatoes and big green salad

**SHOPPING LIST:**

**MEAT**
- 1 pound extra-lean ground beef [D2]
- 3 skinless boneless chicken breast halves [D3]
- 6 skinless chicken legs [D5]
- 1 pound ham OR sausage [D6]

**CONDIMENTS**
- Olive oil [D1,D6]
- Vegetable oil [D3,D5]
- Ketchup [D2]
- Honey [D5]
- Soy sauce-low sodium, if available [D3]
- Saki (rice wine) OR white wine OR sherry (3/8 cup) (optional) [D3]
- Dijon mustard [D5]
- Green olives (optional) [D2]
- **Salad dressing(s) (your choice) [D4,D6]

**PRODUCE**
- 5 pounds onions (keep on hand) [D1,D2,D3,D4,D6]
- 1 head garlic [D1,D2,D6]
- 1 small green bell pepper [D1]
- 1 medium green bell pepper [D6]
- 1 small red bell pepper OR green [D2]
- 1 medium sweet potato [D2] **Additional (1 meal) [D6]
- 1 bunch carrots (2) [D3]
- 1 large head Napa (Chinese) cabbage OR other available cabbage [D3]
- Gingerroot (1 1/2 tablespoons, grated) [D3]
- 2 1/4 pounds broccoli [D4] **Additional (1 meal) [D2
- 1 bunch celery [D4,D6]
- 1 to 2 lemons (2 tablespoons juice) [D5]
- **Russet potatoes (2 meals) [D2,D5]
- **Green beans (1 meal) [D2]
- **Baby carrots (2 meals) [D2,D5]
- **Spinach (1 meal) [D1]
- **Lettuce for 2 to 3 salads (not Iceberg-no nutrition) [D4,D6]
- **Salad veggies (your choice) [D1,D4,D6]

**CANNED GOODS**
- 1 (14-oz.) can tomato sauce [D1]
- 1 (14.5-oz.) can beef broth-low sodium, if available [D2]
- 4 (14.5-oz.) cans chicken broth-low sodium, if available (if not using homemade) [D4,D6]
- 1 (8.5-oz.) can creamed corn [D1]

**SPICES**
- Cumin [D2,D5]
- Nutmeg [D2,D4]
- Oregano [D2,D6]
- Thyme [D4,D6]
- Crushed red pepper [D6]
- Basil [D6]
- Marjoram [D6]

**DAIRY/DAIRY CASE**
- Butter [D4]
- Milk (1/4 cup) [D1]
- Eggs (1) [D1]
- Half and half (3/4 cup) U.K. Members: Half and Half is half milk and half cream [D4]
- Cheddar cheese (1/2 cup, shredded, plus garnish) [D1,D4]

**DRY GOODS**
- 10 ounces lentils [D1]
- 1 pound black-eyed peas [D6]
- 1 pound brown rice [D6] **Additional [D3]
- 9 ounces angel hair pasta [D3]
- Brown sugar [D3]
- Flour [D4]
- Raisins (optional) [D2]
- 1 (8.5-oz.) package cornbread/muffin mix [D1]
- Dry bread crumbs (1 1/2 cups) [D5]
- 1 (1.25-oz.) package taco seasoning mix-no MSG [D1]

**FREEZER**
- **Petite peas (1 meal) [D5]

**BAKERY**
- **Crusty bread (1 meal) - if not using homemade [D4]

**OTHER**
- Gallon-size zip-lock plastic bags

**SHOPPING LIST LEGEND**

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
# Tamale Lentil Casserole

**Day 1 – Serves 6**

**INGREDIENTS:**
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 cup chopped green bell pepper, seeded and de-ribbed
- 2 cloves pressed garlic
- 3 cups water
- 1 1/4 cups dried lentils (10 ounces), sorted and rinsed
- 1 (14-oz.) can tomato sauce
- 1 (1.25-oz.) package taco seasoning mix – no MSG

**CHEESE-CORNBREAD TOPPING**
- 1/2 cup cheddar cheese, shredded
- 1/4 cup milk
- 1 (8.5-oz.) package cornbread/muffin mix (or make equivalent homemade)
- 1 (8.5-oz.) can cream-style corn
- 1 large egg

**COOKING INSTRUCTIONS:** Heat oil in 3-quart saucepan over medium-high heat. Cook onion, bell pepper and garlic in oil, stirring frequently, until vegetables are tender. Stir in water, lentils, tomato sauce and seasoning mix; reduce heat to low. Partially cover and simmer 35 to 40 minutes or until lentils are tender. Heat oven to 400 degrees. Grease a 2-quart casserole. Prepare Cheese-Cornbread Topping by mixing remaining ingredients until moistened. Spoon lentil mixture into casserole. Spread topping evenly over lentil mixture. Bake, uncovered, for 15 to 20 minutes, or until topping is golden brown.

**NUTRITION per serving:**
- Calories: 426
- Fat: 9g
- Protein: 19g
- Carbohydrate: 70g
- Dietary Fiber: 17g
- Cholesterol: 33mg
- Sodium: 1401mg

**Exchanges:**
- 2 Grain (Starch)
- 1 1/2 Lean Meat
- 1 1/2 Vegetable
- 0 Non-Fat Milk
- 1 1/2 Fat
- 2 Other

**Points:** 8

**SERVING SUGGESTION:** Serve with a nice big spinach salad, made the way you would make your own mixed green salad, except use spinach.

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# Persnickety Picadillo

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1 pound extra-lean ground beef
- 1 cup chopped onions
- 1 small red bell pepper, chopped (or green if you can't find red)
- 2 cloves garlic, pressed
- 1 shot ketchup
- 1 medium sweet potato, cooked and cubed
- 2 teaspoons cumin
- 1/4 teaspoon nutmeg
- 2 teaspoons oregano
- 1 (14.5-oz.) can beef broth, low sodium
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** In a large skillet, sauté one of the onions and garlic till translucent. Add ground beef, season with half the spices and salt and pepper. Drain well and set aside. In a smaller skillet, sauté the remaining onion and bell pepper together for a couple of minutes. Add sweet potato, season with salt and pepper and cook till warmed through. Dump those veggies into the meat mixture. In the same skillet used for the veggies, mix together the beef broth and ketchup and bring to a boil. Allow to reduce a bit, about 10 minutes. Add seasonings, whisking well to blend; cook another minute. Pour sauce over the top of the meat and vegetable mixture; combine well. Heat briefly, just to heat through.

**LEANNE’S NOTE:** If you want to get authentic with Picadillo, add green olives and raisins. The very idea of these extras is completely nauseating to certain members of this household, but if you want to do Picadillo the way it's done, that's the way they do it, whoever "they" are.

**NUTRITION per serving:**
- Calories: 298
- Fat: 21g
- Protein: 16g
- Carbohydrate: 13g
- Dietary Fiber: 2g
- Cholesterol: 64mg
- Sodium: 330mg

**Exchanges:**
- 1/2 Grain (Starch)
- 2 Lean Meat
- 1 Vegetable
- 3 Fat
- 0 Other Carbohydrates

**Points:** 7

**SERVING SUGGESTION:** Serve over top mashed potatoes; add steamed broccoli, green beans and/or baby carrots-whatever your family enjoys.
# Japanese Chicken Stir Fry

**Day 3 – Serves 6**

**INGREDIENTS:**
- 10 tablespoons low sodium soy sauce, divided
- 3 skinless and boneless chicken breast halves, cut into bite-size pieces
- 3 teaspoons vegetable oil, divided
- 3 small onions, thinly sliced
- 9 cups coarsely shredded Napa (Chinese) cabbage (or use what's on hand or available)
- 2 carrots, thinly sliced
- 3/8 cup saki (rice wine - or use regular white wine or substitute sherry or just water)
- 1 1/2 tablespoons fresh gingerroot, grated
- 3 teaspoons brown sugar (or use half that amount of honey)
- Salt to taste
- 9 ounces angel hair pasta cooked, set aside

**COOKING INSTRUCTIONS:** Combine 3 tablespoons soy sauce and chicken in a re-sealable plastic bag; seal and marinate in refrigerator 30 minutes, turning occasionally. Heat 1 teaspoon oil in a large nonstick skillet or wok over medium-high heat. Add chicken; cook 3 minutes or until done. Remove chicken from skillet; keep warm. Add 1 teaspoon oil to pan. Add onion, and carrot to skillet; stir-fry 2 minutes. Add cabbage; stir-fry 2 minutes or until cabbage begins to wilt. Combine 1/4 cup soy sauce, saki, ginger, sugar and salt. Pour saki mixture over cabbage mixture. Add chicken and noodles; toss well to coat. Cook 1 minute or until thoroughly heated.

LEANNE’S NOTE: Chicken pieces are easier to cut if partially frozen.

**NUTRITION per serving:** 341 Calories; 4g Fat; 23g Protein; 49g Carbohydrate; 4g Dietary Fiber; 34mg Cholesterol; 1122mg Sodium. **Exchanges:** 2 Grain (Starch); 2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Serve over rice (brown is healthiest!) and add a salad if you want more veggies.

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# Cream of Broccoli Soup

**Day 4 – Serves 6**

**INGREDIENTS:**
- 2 1/4 pounds broccoli
- 3 cups water
- 1 1/2 large stalks celery, chopped fine
- 2 medium onions, chopped
- 1 1/2 teaspoons butter
- 3 tablespoons flour
- 3 3/4 cups low-sodium chicken broth or (or use equivalent defatted homemade broth)
- Salt and pepper to taste
- Dash ground nutmeg
- 1 teaspoon thyme
- 3/4 cup half and half
- Shredded cheddar cheese, if desired

**COOKING INSTRUCTIONS:** Remove florets from broccoli; set aside. Cut stalks into 1-inch pieces. Heat water to boiling in 3-quart saucepan. Add broccoli florets and stalk pieces, celery and onion. Cover and heat to boiling. Simmer about 10 minutes, or until broccoli is tender (do not drain). Carefully place broccoli mixture in blender. Cover and blend on medium speed until smooth. Melt butter in a 3-quart saucepan over medium heat. Stir in flour. Cook, stirring constantly, until mixture is smooth and bubbly; remove from heat. Gradually stir broth into flour mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add broccoli mixture, salt, pepper, thyme and nutmeg. Heat just to boiling; add half and half; heat just until hot (do not boil). Serve with cheese on top.

**NUTRITION per serving:** 137 Calories; 5g Fat; 12g Protein; 14g Carbohydrate; 5g Dietary Fiber; 14mg Cholesterol; 388mg Sodium. **Exchanges:** 0 Grain (Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 2

**SERVING SUGGESTION:** A salad would go wonderfully here too, although during the winter we generally just have soup and bread. This one is definitely hearty enough to stand on its own- plenty of veggies in there, too! You can cut the fat by using low-fat milk instead of half and half, but the half and half makes it a rib-sticker!
DO AHEAD TIP: Marinate chicken for tomorrow.

Chicken Legs with a Honey Mustard Crust
Day 5 – Serves 6

INGREDIENTS:
- 1/4 cup plus 2 tablespoons Dijon mustard
- 3 tablespoons honey
- 2 tablespoons lemon juice
- 1/8 teaspoon cumin powder
- 6 skinless chicken legs
- 1 1/2 cups dry bread crumbs
- 6 teaspoons vegetable oil

COOKING INSTRUCTIONS: In a bowl, whisk together mustard, honey, lemon juice and spices and pour into a very large re-sealable plastic bag. Put your chicken in there to marinate in the refrigerator for at least an hour or overnight or while you're at work. Pre-heat oven to 400 degrees. Remove chicken from marinade and roll in bread crumbs to coat. Place on a lightly greased wire rack on a cookie sheet; drizzle with a little oil. Bake for 25 minutes, or until crisp and cooked through.

NUTRITION per serving: 504 Calories; 27g Fat; 34g Protein; 30g Carbohydrate; 1g Dietary Fiber; 139mg Cholesterol; 553mg Sodium. Exchanges: 1 1/2 Grain (Starch); 4 1/2 Lean Meat; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates. Points: 12

SERVING SUGGESTION: Serve with baked potatoes, steamed baby carrots and petite frozen peas or whatever else suits your family.

DO AHEAD TIP: Soak black-eyed peas overnight for tomorrow's Hoppin' John

Hoppin’ John
Day 6 – Serves 6

INGREDIENTS:
- 1 pound black-eyed peas, soaked overnight, rinsed and drained.
- 1 tablespoon olive oil
- 2 small onions, chopped
- 1 medium celery stalk, chopped
- 1 medium green bell pepper, seeded, de-ribbed and chopped
- 2 cloves garlic, pressed
- 4 cups water
- 3 cups low sodium chicken broth (or use homemade broth)
- 1 teaspoon crushed red pepper
- 1 1/2 teaspoon thyme
- 1 teaspoon basil
- 1/2 teaspoon marjoram
- 1/2 teaspoon oregano
- 1 pound cooked ham, chopped (or use crumbled cooked pork sausage if it is on sale)
- Salt and pepper to taste
- 3 cups cooked brown rice

COOKING INSTRUCTIONS: In a skillet, heat oil and add onions, celery and bell pepper. Cook till wilted, stirring often to prevent sticking. Add the garlic, lower heat and cook for another minute. In a slow cooker, place the pre-soaked black-eyed peas, the cooked vegetables and the water, chicken broth, crushed red pepper and the rest of the seasonings. Cover and cook on low in a slow cooker for about 8 hours. Add the cooked ham or sausage; salt and pepper to taste. Serve over bowls of brown rice.

NUTRITION per serving: 570 Calories; 12g Fat; 40g Protein; 77g Carbohydrate; 11g Dietary Fiber; 43mg Cholesterol; 1281mg Sodium. Exchanges: 4 1/2 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1 Fat. Points: 12

SERVING SUGGESTION: Serve with baked sweet potatoes and big green salad.
**Frugal E-Book Menu and Shopping List for Six**

### Spring Week 3

#### MENU

**Day 1:** Southwestern Frittata, add broccoli slaw and cornbread

**Day 2:** Beef Goulash, with petite peas and baked sweet potatoes

**Day 3:** Baked Cornmeal Fish, with baked potatoes, steamed broccoli and a green salad

**Day 4:** Garlicky Veggie Stir Fry with Pork, nothing else needed

**Day 5:** Baked Ziti Con Queso, with a rustic salad and some garlic bread

**Day 6:** Mary’s Hoisin Chicken, with brown rice, sautéed green beans and a bowl of raw baby carrots

#### SHOPPING LIST:

**MEAT**
1 pound extra-lean ground beef [D2]
6 fish fillets (firm white fish like halibut, cod, etc.) -or buy frozen [D3]
1 pound pork meat [D4]
2 1/2 pounds skinless chicken thighs [D6]

**CONDIMENTS**
Olive oil [D4,D5]
Non-stick cooking spray
Salsa (your favorite) (1/2 cup plus garnish) [D1]
Worcestershire sauce [D2]
Teriyaki sauce [D4]
Hoisin sauce (in Asian section of your grocery) [D6]
Plum sauce [D6]
Soy sauce [D6]

**Additional**

**Salad dressing(s) (your choice) [D3,D5]**

**Mayonnaise [D1]**

**Rice vinegar [D1]**

**PRODUCE**
3 pounds onions (keep on hand) [D1,D2,D5]
1 head garlic [D4,D5]
Celery (1 medium stalk) [D2]
Carrots (2 medium) [D2]
1 pound green beans [D4]  **Additional** (1 meal) [D6]
Misc. veggies Stir-Fry (2 cups), if no leftovers in crisper [D4]
1 medium red bell pepper [D4]
1 lime [D6]
Gingerroot (1 1/2 tablespoons, gated) [D6]
**1 bag broccoli slaw [D1]**

**Additional**

**Sweet potatoes (1 meal) [D2]**

**Russet potatoes (1 meal) [D3]**

**Broccoli (1 meal) [D3]**

**Baby carrots (1 meal) [D6]**

**Lettuce for 2 salads (not Iceberg-no nutrition) [D3,D5]**

**Salad veggies (your choice) [D3,D5]**

**CANNED GOODS**
1 (11-oz.) can whole kernel corn with red and green peppers [D1]
1 (16-oz.) can stewed tomatoes [D2]
2 (6-oz.) cans tomato paste [D2,D5]
1 (8-oz.) can tomato sauce [D5]
1 (14.5-oz.) can chicken broth [D4]

**SPICES**
Chili powder [D1]
Oregano [D1,D5]
Garlic powder [D2,D3,D5]
Sage [D5]

**Dairy/Dairy Case**
Milk (1/2 cup) [D1]
Eggs (7) [D1,D5]
Butter [D3,D5]
Low fat cheddar cheese (1/2 cup, shredded) [D1]
8 ounces Mozzarella cheese [D5]
Parmesan cheese (1/3 cup, grated) [D3]
Romano cheese (1/2 cup, grated) [D5]
1 (15-oz.) container Ricotta cheese [D5]

**DRY GOODS**
1 pound brown rice [D4,D6]
1 (7-oz.) package elbow macaroni [D2]
1 pound ziti [D5]
Flour [D3]
Cornstarch [D6]
Corn meal [D3]

**FREEZER**
6 fish fillets (firm white fish like halibut, cod, etc.)-if not using fresh [D3]
**1 package petite peas [D2]**

**BAKERY**
**Buttermilk cornbread [D1]**
**1 loaf crusty bread [D5]**

#### SHOPPING LIST LEGEND

**= Serving Suggestions**
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
# Southwestern Frittata

**Day 1 – Serves 6**

**INGREDIENTS:**
- 3/4 cup chopped onion
- 6 eggs
- 1/2 cup milk
- 1/2 teaspoon chili powder
- 1/4 teaspoon dried oregano leaves
- 1 (11-oz.) can whole kernel corn with red and green peppers, drained
- 1/2 cup low-fat cheddar cheese, shredded
- 1/2 cup salsa (your favorite)

**COOKING INSTRUCTIONS:** Lightly spray a 10-inch skillet with nonstick cooking spray (I make my own with a sprayer from Wal-Mart and fill myself). Cook onion in skillet over medium heat, stirring occasionally, until tender. Beat eggs, milk, chili powder and oregano until well mixed; pour over onion in skillet. Stir in corn. Cover and cook over medium-low heat 9 to 11 minutes, or until eggs are set around edge and light brown on bottom. Sprinkle with cheese. Cut into wedges. Serve with salsa.

**NUTRITION per serving:** 144 Calories; 6g Fat; 9g Protein; 15g Carbohydrate; 2g Dietary Fiber; 191mg Cholesterol; 192mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points:** 3

**SERVING SUGGESTION:** Some Broccoli Slaw would be perfect (add a little mayo and a dash or rice vinegar) and round it out with cornbread.

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# Beef Goulash

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1 pound extra-lean ground beef (more money, but your yield is far better than the cheap stuff)
- 2 medium carrots, sliced
- 3/4 cup chopped onion
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 teaspoon garlic powder
- 1 medium stalk celery, sliced
- 2 cups water
- 1 (16-oz.) can stewed tomatoes
- 1 (7-oz.) package elbow macaroni, uncooked
- 1 (6-oz.) can tomato paste
- 1 tablespoon Worcestershire sauce

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. Cook and stir ground beef, onion and celery in 4-quart ovenproof Dutch oven until beef is brown; drain. Stir in remaining ingredients. Cover and bake until liquid is absorbed and goulash is hot, about 40 minutes; stir.

**NUTRITION per serving:** 366 Calories; 14g Fat; 21g Protein; 40g Carbohydrate; 4g Dietary Fiber; 52mg Cholesterol; 338mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 2 Lean Meat; 3 Vegetable; 0 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

**SERVING SUGGESTION:** Steamed frozen petite peas (they're wonderful-you'll never eat big peas again!) and baked sweet potatoes.
### Baked Cornmeal Fish

**Day 3 – Serves 6**

**INGREDIENTS:**
- 5 tablespoons flour
- 5 tablespoons corn meal
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 3 tablespoons butter
- 6 fish fillets, (firm white fish like halibut, cod, etc.)- thawed, if necessary
- 1/3 cup Parmesan cheese, grated

**COOKING INSTRUCTIONS:** Pre-heat oven to 400 degrees. On a dinner plate, combine flour, corn meal and seasonings. Melt butter in a shallow baking dish. Dredge fish in flour mixture and place in baking dish. Turn fish to coat with butter; then sprinkle with Parmesan cheese. Bake for 8 to 10 minutes or until fish flakes easily with a fork.

**NUTRITION per serving:** 311 Calories; 9g Fat; 44g Protein; 11g Carbohydrate; 1g Dietary Fiber; 118mg Cholesterol; 266mg Sodium. **Exchanges:** 1/2 Grain (Starch); 6 Lean Meat; 1 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve with baked potatoes, steamed broccoli and a green salad.

### Garlicky Veggie Stir Fry with Pork

**Day 4 – Serves 6**

**INGREDIENTS:**
- 1 tablespoon olive oil, divided
- 1 pound pork meat, cut into cubes (remove fat, too)
- 1 pound green beans, trimmed and cut in half
- 2 cups miscellaneous veggies, chopped (crisper cleaner upper time)
- 1 medium red bell pepper, ribs and seeds removed, diced (I get mine on the closeout table, cheap)
- 4 cloves garlic, pressed
- 1/4 cup teriyaki sauce
- 1 cup chicken broth
- 3 cups cooked brown rice

**COOKING INSTRUCTIONS:** Prepare rice according to package directions (to yield 3 cups) and set aside. In a wok or skillet, warm 1 teaspoon of the olive oil over medium-high heat. Add the pork and stir-fry until firm and opaque, about 4 to 6 minutes. Remove pork and set aside. Add the second teaspoon of oil to the pan. Add green beans, reduce heat to medium, cover and cook for 7 minutes. Uncover. Add red bell pepper and additional chopped veggies. Stir well and cook an additional 5 minutes. Add the garlic and stir-fry for 30 seconds. Stir in the teriyaki sauce and the chicken broth. Heat to a simmer and then toss with the pork and serve on top of brown rice.

**NUTRITION per serving:** 427 Calories; 4g Fat; 31g Protein; 67g Carbohydrate; 5g Dietary Fiber; 44mg Cholesterol; 526mg Sodium. **Exchanges:** 4 Grain (Starch); 2 1/2 Lean Meat; 2 Vegetable; 1/2 Fat. **Points:** 8

**SERVING SUGGESTION:** Nothing else needed. Enjoy!
### Baked Ziti Con Queso
**Day 5 – Serves 6-8**

**INGREDIENTS:**
- 2 tablespoons olive oil
- 1 cup chopped onion
- 3 large garlic cloves, pressed
- 1/3 cup tomato paste
- 1 (8-oz.) can tomato sauce
- 1 cup water
- 1 teaspoon oregano, crumbled
- 1/2 teaspoon sage
- 1/2 cup grated Romano cheese
- Salt and pepper to taste
- 1 (15-oz.) container Ricotta cheese
- 1 egg
- 8 ounces Mozzarella cheese, shredded
- 1 pound ziti, cooked

**COOKING INSTRUCTIONS:** Cook pasta according to package directions. Drain and set aside. Preheat oven to 425 degrees. Lightly grease a 9- x 13-inch baking dish. Heat oil in a heavy, large saucepan over medium low heat. Add onion and garlic and cook until onion is soft, or about 3 minutes. Mix in tomato paste and cook another minute. Add tomato sauce, water, oregano, and sage. Simmer until mixture thickens slightly, stirring occasionally, for about 10 minutes. Stir in Romano cheese and salt and pepper to taste. In a medium bowl, combine Ricotta cheese and egg. Reserve 1/4 cup Mozzarella cheese for topping. Add remaining Mozzarella to Ricotta cheese mixture and blend. Now put this thing together like a lasagna. Start with tomato sauce on the bottom of the baking dish. Next layer on 1/3 of the pasta. By the spoonful, drop half the ricotta cheese mixture over the pasta layer; then put the sauce on next and continue layering until its done. Top with remaining Mozzarella cheese and bake for 30 to 40 minutes.

**NUTRITION per serving:**
- 353 Calories; 20g Fat; 19g Protein; 25g Carbohydrate; 2g Dietary Fiber; 83mg Cholesterol; 513mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 1 Vegetable; 2 1/2 Fat. **Points:** 8

**SERVING SUGGESTION:** Serve with a rustic salad and some garlic bread. MMMmmmmm

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### Mary’s Hoisin Chicken
**Day 6 – Serves 6**

**INGREDIENTS:**
- 2 1/2 pounds skinless chicken thighs
- 2 tablespoons Hoisin sauce (in the Asian section of your grocery)
- 2 tablespoons plum sauce
- 2 tablespoons soy sauce, low sodium
- 2 1/2 tablespoons gingerroot, grated
- 3/4 lime, juiced
- 2 1/4 tablespoons cornstarch

**COOKING INSTRUCTIONS:** Mix all ingredients (except chicken) in a bowl. Add chicken, coat well, then put it all in a slow cooker to cook for 5 to 6 hours on low.

**NUTRITION per serving:**
- 173 Calories; 5g Fat; 22g Protein; 25g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 403mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTION:** Serve with brown rice, sautéed green beans and a bowl of raw baby carrots.
## Frugal E-Book Menu and Shopping List for Six

### Spring Week 4

#### MENU

**Day 1: Manic Meatloaf**, add mashed potatoes, steamed carrots and some petite

**Day 2: 40 Cloves Chicken**, with brown rice and steamed broccoli

**Day 3: Italian Wedding Soup**, add a loaf of crusty bread and salad

**Day 4: Enchilasagna**, add a big green salad

**Day 5: Noodle Eggplant Casserole**, with parmesan tomatoes and baked sweet potatoes

**Day 6: Italiano Beef Stew**, with mashed potatoes and steamed green beans

#### SHOPPING LIST:

**MEAT**
- 2 pounds ground pork (or other ground meat-whatever is on sale) [D1]
- 8 chicken thighs [D2]
- 8 chicken drumsticks [D2]
- 1/2 pound ground turkey [D3]
- 1 pound extra-lean ground beef [D4]
- 1 1/2 pounds lean round steak [D6]

**CONDIMENTS**
- Olive oil [D1,D6]
- Ketchup [D1]
- Vermouth (1/2 cup) (or use apple juice and a splash of vinegar) [D2]
- Dry red wine (3 tablespoons) (optional) [D6]
- **Salad dressing(s) (your choice) [D3,D4]

**PRODUCE**
- 3 pounds onions (keep on hand) [D1,D2,D6]
- 5 heads garlic [D1,D2]
- 1 bunch carrots [D1,D3,D6] **Additional (1 meal) [D1]
- 1 medium red bell pepper [D1]
- Celery (4 stalks) [D2]
- Kale (2 cups, de-ribbed, rolled and sliced) [D3]
- 1 bunch parsley [D2]
- 2 large eggplants [D5]
- 4 1/2 small turnips (optional) [D6]
- **Russet potatoes (2 meals) [D1,D6]
- **Broccoli (1 meal) [D2]
- **Tomatoes (1 meal) [D5]
- **Sweet potatoes (1 meal) [D5]
- **Green beans (1 meal) [D6]
- **Lettuce for 2 salads (not Iceberg-no nutrition) [D3,D4]
- **Salad veggies (your choice) [D3,D4]

**CANNED GOODS**
- Apple juice (1/2 cup)-if not using vermouth [D2]
- 4 (14.5-oz.) cans chicken broth-low sodium [D3]
- 2 (10-oz.) cans enchilada sauce [D4]
- 3 (15-oz.) cans tomato sauce (39 ounces) [D4,D5]
- 1 (16-oz.) can black beans [D4]
- 1 (22-oz.) can stewed tomatoes [D6]

**SPICES**
- Cumin [D1,D4]
- Nutmeg [D1,D2]
- White pepper [D1]
- Tarragon [D2]
- Basil [D3]
- Onion powder [D3,D4]
- Garlic powder [D5,D6]
- Oregano [D5]
- Italian seasoning [D6]
- Ground red pepper flakes [D6]

**DAIRY/DAIRY CASE**
- Eggs (9) [D1,D3,D5]
- Buttermilk (1/2 cup) [D1]
- Romano cheese (1 tablespoon, grated) [D3]
- Parmesan cheese (1/2 cup, grated) [D5] **Additional for garnish (1 meal) [D5]
- 1 pound low fat cheddar OR Jack cheese [D4]
- Mozzarella cheese (3/4 cup, thinly sliced) [D5]

**DRY GOODS**
- Oatmeal (1 cup) [D1]
- Fine dry bread crumbs (2 1/8 cups plus 2 tablespoons) [D1,D3]
- Orzo pasta (1 cup, uncooked) [D3]
- 12 ounces egg noodles [D5]
- **1 pound brown rice [D2]

**FREEZER**
- 1 (13.5-oz.) package Italian (or pole) green beans [D6]
- **Petite peas [D1]

**BAKERY**
- 12 corn tortillas [D4]
- **Crusty bread-if not using homemade [D3]

**OTHER**
- Aluminum foil wrap

#### SHOPPING LIST LEGEND

**= Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
DO AHEAD TIP: You could actually just make the whole thing and stick it in the fridge for tomorrow. OR chop onions, carrot, bell pepper and bag up for tomorrow. This meatloaf freezes beautifully so consider either doubling it or break off a smaller portion and save the rest for another time if you have a smaller family.

### Manic Meatloaf

**Day 1 – Serves 12 (give or take)**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>1/2 teaspoon white pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 teaspoons oil</td>
<td>1/2 cup ketchup</td>
</tr>
<tr>
<td>1 cup chopped onion</td>
<td>2 egg whites</td>
</tr>
<tr>
<td>1 carrot, chopped</td>
<td>1/2 cup buttermilk</td>
</tr>
<tr>
<td>1/2 medium red bell pepper, chopped</td>
<td>1 cup oatmeal</td>
</tr>
<tr>
<td>2 cloves garlic, pressed</td>
<td>2 pounds ground pork (or any other ground meat- whatever is on sale)</td>
</tr>
<tr>
<td>2 teaspoons cumin</td>
<td>1 teaspoon nutmeg</td>
</tr>
<tr>
<td>1 teaspoon nutmeg</td>
<td>1 cup fine dry bread crumbs</td>
</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. In a skillet with a little bit of oil, sauté onion, carrot, bell pepper and garlic till translucent. Set aside. In a large mixing bowl, combine the remaining ingredients. Salt and pepper liberally. Add sautéed veggies and mix again well. Shape a loaf to look like a model of the Goodyear blimp and bake for about 45 minutes in a 9x9 or 9x12 pan. But check it-your loaf might be thicker or thinner than mine. Let rest for about 10 minutes or so (while you finish up the mashed potatoes); remove from pan and place on a plate with paper towels to remove excess grease. If you're short on time, grease the daylights out of your muffin pan and make mini-meatloaves. This is one time you'll want to skip the cupcake liners, though.

**NUTRITION per serving:** 268 Calories; 14g Fat; 18g Protein; 17g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 457mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** You can't have meatloaf without mashed potatoes-it would be criminal! Add steamed carrots and some petite peas and you've got the perfect, all-American dinner. All that's missing is June Cleaver!

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### 40 Cloves Chicken

**Day 2 – Serves 8 (leftovers freeze well)**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>1/2 cup vermouth (or use apple juice with a splash of vinegar)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups chopped onions</td>
<td>Salt and pepper to taste</td>
</tr>
<tr>
<td>1 teaspoon tarragon</td>
<td>Dash of nutmeg</td>
</tr>
<tr>
<td>6 sprigs parsley</td>
<td>4 heads of garlic, separated into cloves (about 40 cloves)</td>
</tr>
<tr>
<td>4 celery stalks, cut into 3 pieces each</td>
<td></td>
</tr>
<tr>
<td>8 chicken thighs, skinned</td>
<td></td>
</tr>
<tr>
<td>8 chicken drumsticks, skinned</td>
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</tbody>
</table>

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. Combine first 4 ingredients in a 4-quart casserole dish with a lid. Arrange chicken over vegetables. Drizzle with vermouth, sprinkle with salt, pepper and nutmeg. Nestle garlic around chicken. Cover casserole with aluminum foil, then casserole lid. Bake for 1 1/2 hours.

**NUTRITION per serving:** 313 Calories; 8g Fat; 43g Protein; 12g Carbohydrate; 3g Dietary Fiber; 161mg Cholesterol; 221mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 2 Vegetable. **Points:** 6

**SERVING SUGGESTION:** Serve with brown rice and steamed broccoli.
DO AHEAD TIP: Make up the little meatballs and refrigerate till dinner time.

### Italian Wedding Soup

**Day 3 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1/2 pound ground turkey</td>
<td>1/2 teaspoon onion powder</td>
</tr>
<tr>
<td>1 egg, slightly beaten</td>
<td>5 3/4 cups low sodium chicken broth</td>
</tr>
<tr>
<td>2 tablespoons fine dry bread crumbs</td>
<td>2 cups kale, thinly sliced (de-rib, roll into big &quot;cigars&quot; and slice into ribbons)</td>
</tr>
<tr>
<td>1 tablespoon Romano cheese, grated</td>
<td>1 cup orzo pasta, uncooked</td>
</tr>
<tr>
<td>1/2 teaspoon basil</td>
<td>1/3 cup carrot, finely chopped</td>
</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** In a medium bowl, combine bread crumbs, meat, egg, cheese, basil and onion powder, shape into 3/4 inch balls. In a large saucepan, heat broth to boiling, add meatballs, kale, orzo and carrot. Return to a boil, then reduce heat to medium. Cook at a slow boil for 10 minutes or until pasta is al dente. Stir frequently to prevent sticking.

**NUTRITION per serving:** 280 Calories; 8g Fat; 24g Protein; 28g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 578mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** I like bread with soup, so either bake some in your breadmaker or buy a nice loaf of crusty bread to go with this. Add a salad if you want, but you've got tons of green stuff going on in this hearty soup.

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### Enchilasagna

**Day 4 – Serves 12 (Great Leftovers)**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (10-oz.) cans enchilada sauce</td>
<td>1 tablespoon cumin</td>
</tr>
<tr>
<td>1 (15-oz.) can tomato sauce</td>
<td>1 tablespoon garlic powder</td>
</tr>
<tr>
<td>1 pound extra-lean ground beef cooked and drained of grease</td>
<td>12 corn tortillas, chopped</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>1 (16-oz.) can black beans, drained and rinsed</td>
</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** Preheat oven to 350 degrees and grease a 13- X 9-inch pan. In a saucepan, combine enchilada sauce and tomato sauce. Let simmer. Brown beef, drain and add seasonings; salt and pepper to taste. Add about half of the sauce to the browned beef and set aside. On the bottom of the pan, pour 3/4 cup of sauce and add about 1/3 of the beef mixture and then 1/3 of the beans. Next, make a layer of corn tortillas, using 1/3 of what you have. Add more beef, 1/3 of the beans, 1/4 of the cheese. Repeat these layers: corn tortillas, beef, beans and cheese, till everything is gone. Top with remaining sauce and remaining cheese. Bake, uncovered, for 30 to 40 minutes. Wait 10 minutes before digging in!

**NUTRITION per serving:** 313 Calories; 15g Fat; 21g Protein; 23g Carbohydrate; 4g Dietary Fiber; 50mg Cholesterol; 675mg Sodium. **Exchanges:** 1 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 7

**SERVING SUGGESTION:** A big green salad is all you need!
### Noodle Eggplant Casserole

**Day 5 – Serves 6**

**INGREDIENTS:**
- 12 ounces egg noodles
- 1 1/2 large eggplant, peeled and cut into 1/4 inch slices
- 6 egg whites
- 1 1/8 cups fine dry bread crumbs
- 24 ounces tomato sauce
- 3/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 3/4 teaspoon oregano
- 1/2 cup Parmesan cheese, grated and divided
- 3/4 cup Mozzarella cheese, thinly sliced and divided

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. Prepare noodles according to package directions. Drain when finishing cooking and set aside. While noodles are cooking, dip each slice of eggplant into egg white, then into bread crumbs, coating each side well. Lightly grease a cookie sheet with oil or vegetable cooking spray. Place eggplant slices on cookie sheet, crank up oven to Broil and place eggplant under broiler for 3 to 4 minutes per side or until lightly browned. Lower oven temperature back down to 375 degrees. In a medium bowl, combine tomato sauce, garlic powder, pepper and oregano. Grease a 2-quart baking dish; place a layer of eggplant in the bottom. Layer on half the noodles, followed by half the tomato mixture, then half the Parmesan and half the Mozzarella. Repeat layers. Cover with foil and bake for 30 minutes. Remove foil and continue baking for another 10 to 15 minutes, or until cheese is melty and lightly browned.

**NUTRITION per serving:** 454 Calories; 9g Fat; 22g Protein; 72g Carbohydrate; 7g Dietary Fiber; 71mg Cholesterol; 1156mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 1 Lean Meat; 3 Vegetable; 1 Fat. **Points:** 9

**SERVING SUGGESTION:** Parmesan tomatoes and baked sweet potatoes (To make Parmesan Tomatoes....cut off the tops of tomatoes, sprinkle liberally with Parmesan cheese, broil briefly till cheese is melty).

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### Italiano Beef Stew

**Day 6 – Serves 6**

**INGREDIENTS:**
- 1 1/2 pounds lean round steak
- Salt and pepper
- 1 (22-oz.) can stewed tomatoes
- 3 teaspoons Italian seasoning, crushed
- 3 tablespoons olive oil
- 1 1/2 carrots, cut in thin slices
- 1 (13.5-oz.) package Italian (or pole) green beans, frozen

**COOKING INSTRUCTIONS:** In a Dutch oven over medium-high heat, brown beef and season with salt and pepper. Put beef mixture into a slow cooker and add next 8 ingredients. Cover and cook on low for 5 to 6 hours. Thirty minutes before serving, increase heat to high and add wine and green beans. Cook another 30 minutes or until green beans are done.

**NUTRITION per serving:** 399 Calories; 21g Fat; 26g Protein; 28g Carbohydrate; 7g Dietary Fiber; 67mg Cholesterol; 175mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 5 Vegetable; 2 Fat. **Points:** 9

**SERVING SUGGESTION:** Good old-fashioned mashed potatoes and steamed green beans.
### MENU

**Day 1: Roast Rubber Chicken**, with mashed potatoes, broccoli and cauliflower, and a big green salad

**Day 2: Crock Roast**, with sweet potatoes, steamed green beans and a big salad

**Day 3: Rubber Chicken Burritos**, with a big green salad

**Day 4: Barbecued Beef Sandwiches**, with a spinach salad

**Day 5: Rubber Chicken Soup**, with grilled cheese and ham sandwiches and a big green salad; add a thin slice of green apples

**Day 6: Cheese Strata**, with warmed applesauce sprinkled with cinnamon, whole wheat toast and orange juice

### SHOPPING LIST:

**MEAT**
- 1 whole roasting chicken, 5 to 6 pounds [D1,D3]
- 3 pounds beef pot roast [D2]

**CONDIMENTS**
- Olive oil [D2]
- Vegetable oil [D4]
- Salsa (your favorite) (1/2 cup or more) [D3]
- Barbecue sauce (your favorite) [D4]
- Pickles (optional) [D4]
- Worcestershire sauce [D6]
- **Salad dressing(s) (your choice) [D1,D2,D3,D5]**

**PRODUCE**
- 3 pounds onions (keep on hand) [D1,D4,D5,D6]
- 1 head garlic [D2,D6]
- 1 bunch carrots [D1]
- 1 bunch parsley [D6]
- 1 bunch cilantro (optional) (for garnish) [D3]
- Avocados (optional) (for garnish) [D3]
- Tomatoes (optional) (for garnish) [D3]
- Celery (2 medium stalks plus some for soup) [D1]
- Cabbage, turnips, zucchini, broccoli, etc.- about 1 pound total, if you need for soup) [D5]
- **Russet potatoes (1 meal) [D1]**
- **Broccoli (1 meal)**
- **Cauliflower (1 meal) [D1]**
- **Sweet potatoes (1 meal) [D2]**
- **Green beans (1 meal) [D2]**
- **Spinach (1 meal) [D4]**
- **Green apples (1 meal) [D5]**
- **Lettuce for 4 salads plus garnish [D1,D2,D3,D5]**
- **Salad veggies (your choice) [D1,D2,D3,D5]**

**CANNED GOODS**
- 1 (16-oz.) can black beans [D3]
- 1 (14.5-oz.) can diced tomatoes [D5]
- **Applesauce (1 meal) [D6]**

**SPICES**
- Garlic powder [D1,D3,D5]
- Cumin [D3]
- Thyme [D5]
- Dry mustard [D6]
- Cayenne pepper [D6]
- **Cinnamon [D6]**

**DAIRY/DAIRY CASE**
- Butter [D5,D6]
- Milk (2 1/2 cups) [D6]
- Eggs (4) [D6]
- Extra-sharp Cheddar cheese (2 cups, shredded, plus garnish) [D3] **Additional (1 meal) [D5,D6]**
- Sour cream (for garnish) [D3]
- **Orange juice [D6]**

**DRY GOODS**
- Whole wheat pastry flour [D1]
- Cornstarch [D2]

**BAKERY**
- 6 whole wheat flour tortillas [D3]
- 6 hamburger buns [D4]
- French bread (10 slices, if not using leftovers) [D6]
- **Whole wheat bread (2 meals) [D6]**

**DELI**
- **Sliced ham (1 meal) [D5]**

### SHOPPING LIST LEGEND

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
# Roast Rubber Chicken
## Day 1 – Serves 6

### INGREDIENTS:
- 1 whole roasting chicken, rinsed and patted dry about (5 to 6 pounds)
- 2 medium stalks celery, cut into pieces, divided
- 2 onions, quartered, divided
- 2 carrots, cut into 2 inch pieces, divided
- Salt and pepper to taste
- Garlic powder to taste
- 1 tablespoon whole wheat pastry flour
- 1/3 cup water

### COOKING INSTRUCTIONS:
Preheat oven to 375 degrees. Clean out your bird. Rinse and pat dry. Save the chicken neck. Put one celery stalk, one onion and one carrot inside the cavity of the bird; place it in a roasting pan and sprinkle it with salt and pepper and garlic powder to taste. Depending on the size of your bird. It should take about an hour and a half to roast. When the chicken is done, the leg will move easily in the socket. While the chicken is cooking, take one carrot, one onion and one celery stalk and the chicken neck and throw them all into a 2-quart stock pot. Cover with water and cook on low to make additional stock for the gravy. Once done, set aside. Now make the gravy. Remove bird from roaster and keep warm. Pour all the cooking juice out of the roaster and into a bowl to cool. You can speed up this process by putting the juice into the fridge or freezer. The fat will glob up on the top and then you can skim this nasty stuff off and throw it away. Return the defatted pan drippings back into the roasting pan and deglaze your roaster. In a small mixing bowl, mix the flour and water into a smooth paste-no lumps allowed! Heat the deglazed cooking juices, then add the neck broth and the flour/water paste. Using a wire whisk, whisk like a crazy woman over a fairly high heat until your gravy starts to look like gravy. Remember, you want all those yummy browned bits on the bottom integrated into the gravy. That's what it gives it its flavor. When nice and brown and beautiful, remove from heat; check for flavor and salt and pepper to taste, if necessary; pour into a gravy boat.

### NUTRITION per serving:
- 364 Calories; 23g Fat; 30g Protein; 7g Carbohydrate; 2g Dietary Fiber; 141mg Cholesterol; 132mg Sodium.
- Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 2 Fat. Points: 9

### SERVING SUGGESTION:
Serve with mashed potatoes (of course), steamed broccoli and cauliflower, and a big green salad.

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# Crock Roast
## Day 2 – Serves 6

### INGREDIENTS:
- 3 pounds beef pot roast, whole
- 1 tablespoon olive oil
- 6 cloves garlic, sliced
- 1/2 cup water
- Salt and black pepper

### GRAVY
- Juices from roast
- 6 tablespoons water
- 1 1/2 tablespoons cornstarch
- Salt and pepper to taste

### COOKING INSTRUCTIONS:
Wash pot roast and pat dry. In a skillet heat olive oil over medium high heat. Take your piece of beef, salt and pepper it to taste and brown the beef on all sides. Now place it in the slow cooker, fat side down. Add the 1/2 cup water to the skillet and turn up the heat. Using a wire whisk, get all the browned bits up off the bottom of the skillet and make yourself a watery gravy. Throw this on top of the browned beef in the slow cooker. Slice garlic into thin slices and lay over the top, sprinkle lightly with salt and pepper. Set dial on low and let cook, covered, for about 5 hours. Sometimes, relative to the shape of the roast, it will be done in 4 hours. Check to see if the meat easily pulls away when tested with a fork. Serve with roast with gravy. Gravy: Dissolve cornstarch in water; set aside. Pour slow cooker juices into a saucepan and cook on the stovetop over medium heat, whisking until nicely thickened. Salt and pepper to taste

### NUTRITION per serving:
- 349 Calories; 12g Fat; 54g Protein; 7g Carbohydrate; trace Dietary Fiber; 134mg Cholesterol; 149mg Sodium. Exchanges: 0 Grain (Starch); 7 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 0 Fat. Points: 7

### SERVING SUGGESTION:
Serve with sweet potatoes (zap in the microwave or cook in the conventional oven last hour before serving), steamed green beans and a big salad.

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This menu may not be forwarded to anyone. You will be unsubscribed.
DO-AHEAD TIP: This recipe allows for lots of leftovers to make barbecued beef sandwiches later in the week. Use leftovers within 4 days, or freeze. Save any leftover gravy also.

**Rubber Chicken Burritos**  
Day 3 – Serves 6

**INGREDIENTS:**
- 2 cups leftover chicken meat, chopped
- 1 (16-oz.) can black beans, drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1/2 cup jarred salsa (or more if you wish)
- 6 whole wheat flour tortillas
- Optional Garnishes: shredded lettuce, shredded cheese, sour cream, chopped cilantro, salsa, avocado slices, chopped tomato

**COOKING INSTRUCTIONS:** Take the leftover chicken you've picked off the bones of the bird and mix in a saucepan with beans, cumin, garlic powder and salsa. Cook over medium-low heat to blend. Warm up the tortillas; fill with chicken/bean mixture and garnishes of your choice.

**NUTRITION per serving:** 363 Calories; 9g Fat; 18g Protein; 51g Carbohydrate; 6g Dietary Fiber; 27mg Cholesterol; 684mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve with a big green salad.

DO-AHEAD TIP: By now, that poor chicken is in pretty sorry shape. But not to worry, that bird has one meal left in her/him! In a large pot, put the chicken carcass, an uncut onion, a carrot and celery stalk; cover with 2 quarts of cold water. Simmer the daylights out of it or for about an hour and a half. Strain the whole thing; discard carcass (with a clear conscience). Refrigerate till ready to use for soup. Take the goopy grease off the top once it hardens in the fridge. Now you have fabulous, homemade chicken broth that is virtually fat free!

**Barbecued Beef Sandwiches**  
Day 4 – Serves 6

**INGREDIENTS:**
- 1 1/2 small onions, chopped
- 2 tablespoons vegetable oil
- 9 tablespoons barbecue sauce
- 4 1/2 cups Crock Pot Roast Leftovers, shredded (from Day 2)
- Any leftover gravy (from Day 2)
- 6 hamburger buns
- 18 slices pickles (optional)

**COOKING INSTRUCTIONS:** In a skillet, sauté onions in oil until brown and translucent. Stir in beef and leftover gravy. Add barbecue sauce and let simmer slowly for about 10 minutes. Salt and pepper to taste. Spoon mixture onto hamburger buns and serve with pickle slices.

**NUTRITION per serving:** 452 Calories; 17g Fat; 42g Protein; 30g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 605mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 1/2 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** Serve with a spinach salad (just make it like you would regular salad, but use spinach leaves instead).
## Rubber Chicken Soup
### Day 5 – Serves 6

**INGREDIENTS:**
- 1/4 cup chopped onion
- 1 tablespoon butter (with a splash of olive oil)
- 1 pound of veggies (it's time to clean out your vegetable crisper, chop up whatever you have on hand, carrots, celery, cabbage, turnips, zucchini, broccoli etc)
- 2 quarts homemade chicken stock (the stuff you just made!)
- 1 (14.5-oz.) can diced tomatoes
- 1 teaspoon garlic powder
- 1 teaspoon thyme
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** In a soup pot, sauté the onion in butter (with a splash of oil so it won’t burn) till almost clear. Add the rest of the veggies and diced tomatoes. Sauté these for about a minute or two. Add the chicken broth you've made and the seasonings. Let simmer till the vegetables are tender.

**NUTRITION per serving:**
- 117 Calories; 2g Fat; 10g Protein; 15g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 106mg Sodium. 
- Exchanges: 0 Grain (Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fat. **Points:** 2

**SERVING SUGGESTION:** Serve with grilled cheese and ham sandwiches and a big green salad. Add a thin slice of green apples to the sandwiches for an extra treat.

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## Cheese Strata
### Day 6 – Serves 6

**INGREDIENTS:**
- 1/3 cup butter, softened
- 1/2 teaspoon dry mustard
- 1 clove garlic, pressed
- 10 slices old bread (French is good)
- 2 cups extra-sharp cheddar cheese, shredded
- 2 tablespoons parsley, chopped
- Salt and pepper to taste
- 1/2 teaspoon Worcestershire sauce
- Dash of cayenne pepper
- 4 eggs
- 2 1/2 cups milk

**COOKING INSTRUCTIONS:** Preheat oven to 325 degrees. Mix butter, mustard and garlic. Spread evenly over each slice of bread. Cut each slice into thirds. Line bottom and sides of ungreased 8x8 baking dish with half the bread slices, buttered side down, cut to fit. Mix cheese, parsley, onion, salt and pepper, Worcestershire sauce, and cayenne pepper; spread evenly over the bread slices in the dish. Top with remaining bread slices, buttered side up. In a medium bowl, beat eggs and gradually add milk. Pour over bread. Cover and refrigerate at least 2 hours, or overnight. Bake, uncovered, about 1 hour and 15 minutes, or until a knife inserted in the center comes out clean. Let strata stand 10 minutes before cutting into it.

**NUTRITION per serving:**
- 473 Calories; 30g Fat; 23g Protein; 29g Carbohydrate; 4g Dietary Fiber; 197mg Cholesterol; 667mg Sodium. 
- Exchanges: 1 1/2 Grain (Starch); 2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates. **Points:** 11

**SERVING SUGGESTION:** Serve with warmed applesauce sprinkled with cinnamon, whole wheat toast and orange juice in fancy wine glasses. Who knew breakfast for dinner could be so much fun?
Frugal E-Book Menu and Shopping List for Six

### MENU

**Day 1:** Vermicelli Lo Mein, add other veggies to this
**Day 2:** Mexican Style Bow Ties, and a spinach salad
**Day 3:** Child of Chicken Enchilasagna, with sauteed zucchini and yellow squash; add tomatoes
**Day 4:** Spicy Sweet Potato and Smoked Sausage Soup, with cornbread and a big salad
**Day 5:** Lemon Turkey Stir-Fry on Rice, and a green salad
**Day 6:** Basic Beef Stew, with hot buttered noodles and steamed broccoli

### SHOPPING LIST:

#### MEAT

- 1/2 pound lean ground beef [D2]
- 5 boneless skinless chicken thighs [D3]
- 12 ounces smoked sausage [D4]
- 1 1/2 pounds turkey cutlets [D5]
- 1 1/2 pounds beef stew meat [D6]

#### CONDIMENTS

- Olive oil [D1,D2,D5]
- Vegetable oil [D6]
- Soy sauce-low sodium, if available [D1,D5]
- Sesame oil (optional) (in Asian section of your grocery store) [D1]
- Salsa (your favorite) (1 1/2 cups) [D2,D3]
- White wine vinegar [D5]
- **Rice wine vinegar [D2]
- **Salad dressing(s) (your choice) [D4,D5]

#### PRODUCE

- 3 pounds onions (keep on hand) [D1,D4,D6]
- 1 head garlic [D1,D5,D6]
- Broccoli (1 1/2 cups florets) [D1] **Additional (1 meal)
- 5 medium carrots [D1,D6]
- Bok choy (1 1/2 cups, thinly sliced) [D1]
- Mushrooms (1 1/2 cups, sliced-about 4 ounces) [D1]
- 1 medium green bell pepper [D1,D2]
- 1 small green bell pepper
- 2 bunches green onions [D1,D2,D5]
- Celery (3/4 cup, chopped) [D4]
- Sweet potatoes (4 1/2 cups, large diced) [D4]
- 1 medium lemon [D5]
- 1 (10-oz.) bag pre-washed spinach [D5] **Additional (1 meal) [D2]
- **Zucchini (1 meal) [D3]
- **Yellow squash (1 meal) [D3]
- **Tomatoes (1 meal) [D3]
- **Broccoli (1 meal) [D6]
- **Lettuce for 2 salads (not Iceberg-no nutrition) [D4,D5]
- **Salad veggies (your choice) [D4,D5]

#### CANNED GOODS

- 3 (14.5-oz.) chicken broth (44 ounces total)-if not using homemade [D1,D4]
- 1 (16-oz.) can pinto beans [D2]
- 1 (16-oz.) can black beans [D3]
- 1 (14.5-oz.) can diced tomatoes [D2]
- 1 (8-oz.) can whole kernel corn [D2]
- 2 (8-oz.) cans green enchilada sauce [D3]

#### SPICES

- Cumin [D2,D3]
- Chili powder [D2,D3]
- Garlic powder [D3]
- Cayenne pepper (optional) [D4]
- Lemon pepper [D5]
- Thyme [D6]

#### DAIRY/DAIRY CASE

- Low fat Cheddar cheese (1/2 cup, shredded plus 1/2 pound) [D2,D3]
- Low fat sour cream (1 cup) [D2]
- **Butter [D6]

#### DRY GOODS

- Cornstarch [D1,D5]
- Flour [D4]
- 8 ounces Vermicelli pasta [D1]
- 8 ounces Bow Tie pasta (or other preference) [D2]
- Tortilla chips (1/2 cup, broken) [D2]
- 1 pound rice-brown OR white [D5]
- **Noodles (your choice) [D6]

#### BAKERY

- 12 corn tortillas [D2,D3]
- **Cornbread OR your favorite bread-if not using homemade [D4]

#### OTHER

- Gallon-size zip-lock plastic bags

### SHOPPING LIST LEGEND

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
### Vermicelli Lo Mein
**Day 1 – Serves 6**

**INGREDIENTS:**
- 1 cup chicken broth, canned OR homemade
- 3 tablespoons low sodium soy sauce
- 1 tablespoon cornstarch
- 8 ounces Vermicelli pasta, uncooked
- 2 tablespoons olive oil
- 1/3 cup chopped onion
- 2 cloves garlic, pressed
- 1 1/2 cups fresh broccoli florets
- 2 medium carrots, sliced
- 1 1/2 cups thinly sliced bok choy
- 1 1/2 cups thinly sliced green bell pepper, de-ribbed and seeded
- 2 green onions, sliced
- Sesame oil, (optional, but wonderful in this!)

**PREPARATION:**
- Prepare pasta according to package directions; drain.
- In a small bowl, combine broth, soy sauce and cornstarch; set aside. Meanwhile, heat olive oil in a large skillet or wok over medium-high heat (but don't let it smoke). Add onion, broccoli and carrots; stir-fry for about 3 minutes. Add bok choy, mushrooms, bell pepper, onion and garlic; stir-fry 3 minutes, or until tender. Stir cornstarch mixture into vegetables. Cook, stirring constantly, until mixture thickens. Remove from heat. Add hot pasta; toss until well blended. Sprinkle with sesame oil and serve.

**NUTRITION per serving:**
- 246 Calories; 6g Fat; 7g Protein; 44g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 598mg Sodium. 
  - Exchanges: 2 1/2 Grain (Starch); 1 1/2 Vegetable; 1 Fat. 
  - Points: 5

**SERVING SUGGESTION:**
Feel free to add other veggies to this-it's a good recipe for using up leftover produce from last week. With all these veggies, you're good to go - no need for extra stuff unless you want it!

### Mexican Style Bow Ties
**Day 2 – Serves 6**

**INGREDIENTS:**
- 8 ounces Bow Tie pasta (or whatever other pasta you prefer)
- 8 ounces lean ground beef
- 1 (16-oz.) can pinto beans, drained
- 1/2 teaspoon ground cumin
- 1 (14.5-oz.) can diced tomatoes, undrained
- 1/2 cup shredded Cheddar cheese (I use low fat)
- 1/2 cup sliced green onions
- 1/2 cup low-fat sour cream
- 1/2 cup salsa
- 1/2 cup broken tortilla chips

**PREPARATION:**
- Prepare pasta according to package directions; drain. In a medium skillet, brown ground beef and drain; blot with paper towels to remove excess grease. Add beans, cumin and chili powder; heat through. In a large bowl, combine pasta, meat mixture, tomatoes, corn, green pepper, cheese and green onions. In a small bowl, combine sour cream and salsa. Add to salad mixture and toss well. Serve warm, garnished with tortilla chips and additional salsa.

**NUTRITION per serving:**
- 524 Calories; 18g Fat; 23g Protein; 69g Carbohydrate; 7g Dietary Fiber; 43mg Cholesterol; 731mg Sodium. 
  - Exchanges: 4 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates. 
  - Points: 11

**SERVING SUGGESTION:**
This easy and fast-to-prepare skillet dinner would be great with a spinach salad. I make mine very simply with 1 clove pressed garlic, rice wine vinegar and olive oil (2:1) tossed well. Everyone loves it. Add any veggies from the crisper that you want to use up, too (no rules on what to use...just get them used up!)
**DO-AHEAD TIP:** Sauté, bake or steam chicken for tomorrow night’s meal. Cool and refrigerate, then chop up tomorrow.

### Child of Chicken Enchilasagna

**Day 3 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
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<tbody>
<tr>
<td>2 (8-oz.) cans green enchilada sauce</td>
<td>1 tablespoon garlic powder</td>
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<tr>
<td>1 cup salsa</td>
<td>12 corn tortillas, cut into pieces (like little pizza slices)</td>
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<tr>
<td>5 boneless skinless chicken thighs, cooked and chopped</td>
<td>1 (16-oz.) can black beans, drained</td>
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<tr>
<td>1 tablespoon cumin</td>
<td>1/2 pound low fat Cheddar cheese, shredded</td>
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**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. Lightly grease a 13- x 9-inch pan. In a saucepan, combine enchilada sauce and salsa; simmer for a couple of minutes, then pull from heat. In a bowl, add about 1 cup or more of the enchilada/salsa mixture to the chicken, to moisten; Add cumin and garlic. Mix well, then set aside. On the bottom of the pan, pour enough sauce to cover. Place chopped corn tortillas on top of the sauce, then a layer of chicken mixture, a layer of beans, a little layer of cheese. Repeat these layers till everything is used up. Top with remaining sauce and remaining cheese. Bake, uncovered, for 30 to 40 minutes. Allow it to rest for 10 minutes, then dig in!

**NUTRITION per serving:** 301 Calories; 7g Fat; 27g Protein; 32g Carbohydrate; 6g Dietary Fiber; 49mg Cholesterol; 666mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 6

**SERVING SUGGESTION:** Serve with sautéed zucchini and yellow squash. Throw some chopped tomatoes in for good measure and season with garlic powder and salt and pepper to taste.

### Spicy Sweet Potato and Smoked Sausage Soup

**Day 4 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
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<tbody>
<tr>
<td>12 ounces smoked sausage, diced</td>
<td>3 tablespoons flour</td>
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<tr>
<td>3/4 cup onion, diced</td>
<td>1 teaspoon cayenne (give or take, depending on how spicy you like it, or omit)</td>
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<tr>
<td>3/4 cup celery, chopped</td>
<td>4 1/2 cups chicken broth</td>
</tr>
<tr>
<td>4 1/2 cups sweet potatoes, peeled and large-diced</td>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** Sauté sausage in a large saucepan over medium heat for 5 minutes. Add vegetables and continue to sauté for an additional 5 minutes. Add flour and cook for 2 more minutes. Stir and cook through so you don't have that raw flour taste. Add broth, salt and pepper to taste; stir until smooth. Simmer for 20 minutes, or until potatoes are soft. Give it a good stir and serve.

**NUTRITION per serving:** 358 Calories; 18g Fat; 18g Protein; 32g Carbohydrate; 4g Dietary Fiber; 40mg Cholesterol; 951mg Sodium. **Exchanges:** 2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 3 Fat. **Points:** 8

**SERVING SUGGESTION:** Serve with cornbread or your favorite bread from the breadmaker or grocery store. Naturally, a big salad is appropriate!
### Lemon Turkey Stir Fry on Rice

**INGREDIENTS:**
- 3 cups brown rice, cooked
- 1 1/2 pounds turkey cutlets, cut into 1/2-inch strips
- 1 tablespoon low sodium soy sauce
- 1 tablespoon white wine vinegar
- 2 teaspoons cornstarch
- 1 teaspoon lemon pepper
- 2 tablespoons olive oil
- 3 medium green onions, sliced, using green too
- 1 medium fresh lemon, cut into 10 thin slices and slivered
- 1 clove garlic, pressed
- 1 (10-oz.) bag pre-washed spinach, chopped

**COOKING INSTRUCTIONS:** Cook rice according to package instructions to yield 3 cups cooked (1 1/2 cups raw). In a zip-lock plastic bag, combine turkey, soy sauce, vinegar, cornstarch and lemon pepper. Shake bag to coat turkey thoroughly. Refrigerate at least 30 minutes to allow flavors to blend OR marinate overnight. In large skillet, over medium heat, sauté turkey and marinade in oil for 2 to 3 minutes, or until turkey is no longer pink. Add onions, lemon slivers and garlic; continue to cook until onions are translucent. Stir in spinach and cook until just wilted. Serve over rice.

**NUTRITION per serving:** 411 Calories; 14g Fat; 30g Protein; 41g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 170mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:** A nice green salad is all you need.

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### Basic Beef Stew

**INGREDIENTS:**
- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 1 1/2 pounds beef stew meat, cut up and sprinkled with 1 tablespoon flour
- 3 medium carrots, peeled and chopped
- 1 1/2 teaspoons thyme
- 2 cloves garlic, pressed
- Salt and pepper to taste
- 1 1/2 cups water

**COOKING INSTRUCTIONS:** Heat oil in a Dutch oven or large skillet over medium heat; add the onion and carrot; sauté for a minute or two, then add the beef. Let beef cook a few minutes, or until just browned. Next, pour beef and vegetable mixture into a slow cooker. Add seasonings to slow cooker. Pour water into Dutch oven or skillet, turn to medium-high and scrape up all the browned bits from the bottom of the pan. Pour this over the beef mixture in the slow cooker. Cover and cook on low for 6 to 8 hours.

**NUTRITION per serving:** 411 Calories; 28g Fat; 32g Protein; 6g Carbohydrate; 2g Dietary Fiber; 113mg Cholesterol; 348mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat. **Points:** 10

**SERVING SUGGESTION:** Serve with hot buttered noodles and steamed broccoli.
Frugal E-Book Menu and Shopping List for Six

Spring

Week 7

MENU

Day 1: Pasta Pie, with a big green salad
Day 2: Easy Beef and Bean Salsa Burritos, with a big green salad and bowl of baby carrots
Day 3: Easy Vegetarian Lasagna, add a big spinach salad
Day 4: Flavorful Chicken Casserole, add steamed cauliflower and sautéed zucchini squash
Day 5: Calypso Beans and Rice, add a spinach salad and a bowl of baby carrots
Day 6: Crock African Turkey and Couscous, add baked sweet potatoes, steamed broccoli and a salad

SHOPPING LIST:

MEAT
Italian sausage (1 1/2 cups, cooked and crumbled) [D1]
1/4 pound extra-lean ground beef [D2]
Boneless skinless chicken breast halves (2 cups, cooked and chopped) [D4]
2 pounds boneless skinless turkey thighs [D6]

CONDIMENTS
Olive oil [D1,D3,D5]
Vinegar [D5]
Black olives (9 whole and sliced and 3 tablespoons chopped) [D1,D4]
Chunky salsa (your favorite) (1 cup) [D2]
White wine (1 cup) (optional) [D4,D5]
Vegetable oil cooking spray (if you don't have your own sprayer) [D4]

**Salad dressing(s) (your choice) [D1,D2,D6]

PRODUCE
3 pounds onions (keep on hand) [D1,D5,D6]
2 heads garlic [D1,D5,D6]
3 small zucchinis [D1] **Additional (1 meal) [D4]
1 to 2 large tomatoes [D1]
1 bunch cilantro [D2]
2 bunches green onions [D3]
Mushrooms (1 cup, sliced) [D3]
1 lemon [D4]
1 to 2 limes (1/4 cup juice) [D6]
1 small red onion [D5]
Ginger root (1-inch or so) [D6]
**Baby carrots (2 meals) [D2,D5]
**Spinach (2 meals) [D3,D5]
**Cauliflower (1 meal) [D4]
**Sweet potatoes (1 meal) [D6]
**Broccoli (1 meal) [D6]
**Lettuce for 3 salads (not Iceberg-no nutrition) [D1,D2,D6]
**Salad veggies (your choice) [D1,D2,D6]

CANNED GOODS
2 (16-oz.) cans black beans [D2,D5]
1 (28-oz.) can/jar spaghetti sauce (your favorite) [D3]
3 (14.5-oz.) cans low sodium chicken broth [D4,D5]
1 (14-oz.) can artichoke hearts [D4]
1 (7.5-oz.) jar roasted red peppers [D4]

SPICES
Basil [D1]
Chili powder [D2]
Cumin [D2]
Garlic powder [D3]
Oregano [D3]
Bay leaves [D5]
Curry powder [D5]
Cayenne pepper [D5]
Red pepper flakes [D6]

DAIRY/ DAIRY CASE
Eggs (7) [D1,D3]
1 (10.5-oz.) package firm silken tofu [D3]
Skim milk (1 cup) [D4]
Romano cheese (2 1/4 cups, grated plus garnish) [D1]
Parmesan cheese (2 tablespoons, grated) [D4]
Colby cheese (1/2 cup, shredded) [D2]
Part-skim Mozzarella cheese (1/2 cup, shredded, plus 8 ounces) [D3,D4]

DRY GOODS
9 ounces Angel Hair pasta [D1]
1 (8-oz.) package Lasagna noodles [D3]
1 pound medium egg noodles [D4]
1 pound brown rice [D5]
1 package couscous [D6]
Oatmeal (1/2 cup) [D2]
Cornstarch [D4]

FREEZER
2 (10-oz.) packages chopped spinach [D2,D3]

BAKERY
6 medium flour tortillas [D2]

OTHER
Aluminum foil wrap

SHOPPING LIST LEGEND

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## Pasta Pie
### Day 1 – Serves 6

### INGREDIENTS:
- 3 tablespoons olive oil, divided
- 3 small zucchini, sliced
- 1 to 2 large tomatoes, seeded and chopped
- 1 cup chopped onion
- 6 cloves garlic, pressed
- 3 tablespoons black olives, chopped
- 1 1/2 teaspoons basil, crumbled
- 1 1/2 cups cooked Italian sausage, crumbled
- Salt and pepper to taste
- 6 eggs
- 2 1/4 cups grated Romano cheese plus additional for garnishing
- 9 ounces Angel Hair pasta, cooked

### COOKING INSTRUCTIONS:
Pre-heat oven broiler. Heat 1 1/2 tablespoons oil in a skillet over medium heat. Add zucchini, tomatoes, onion and garlic and sauté till onions are soft. Add basil, black olives and crumbled sausage and set aside. Beat eggs and 2 1/4 cups cheese in a large bowl. Season with salt and pepper. Mix in vegetables/sausage mixture and cooked pasta. Heat the remaining olive oil in a cast iron or oven-proof skillet over medium heat. Add egg mixture with back of spatula to even thickness. Press mixture back of spatula to even thickness. Cook until frittata is set and golden brown on bottom. Transfer skillet to broiler and cook until the top of the frittata is set, for about 2 minutes. Run a knife around the edges of the frittata to loosen, then take a large dinner plate and invert the frittata on top of it. Cut the frittata into wedges and serve with a little extra Romano cheese sprinkled on top.

### NUTRITION per serving:
- 532 Calories; 42g Fat; 29g Protein; 10g Carbohydrate; 2g Dietary Fiber; 276mg Cholesterol; 1037mg Sodium.
- Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 6 Fat. Points: 14

### SERVING SUGGESTION:
Serve with a big green salad.

## Easy Beef and Bean Salsa Burritos
### Day 2 – Serves 6

### INGREDIENTS:
- 1/4 pound extra-lean ground beef,
- 1/2 cup oatmeal
- 3/4 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (16-oz.) can black beans, canned, drained
- Salt and pepper to taste
- 1 (10-oz.) package frozen chopped spinach, defrosted
- 1 cup chunky salsa (your favorite)
- 1/2 cup Colby cheese, shredded
- 6 medium flour tortillas, warmed
- 1 cup cilantro, chopped

### COOKING INSTRUCTIONS:
In large nonstick skillet, brown ground beef over medium heat for 8 to 10 minutes, or until no longer pink, stirring occasionally. Remove from heat, pour off drippings and blot well with paper towels. While still hot, add oatmeal, stir well and cover for few minutes. Add drained beans and mix well. Season beef and beans with chili powder, cumin, salt and pepper. Stir in spinach and salsa and heat through. Remove from heat; stir in cheese and cilantro. To serve, spoon beef and bean mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, overlapping edges.

### NUTRITION per serving:
- 461 Calories; 15g Fat; 20g Protein; 62g Carbohydrate; 10g Dietary Fiber; 26mg Cholesterol; 882mg Sodium.
- Exchanges: 4 Grain (Starch); 1 Lean Meat; 1 Vegetable; 2 1/2 Fat. Points: 10

### SERVING SUGGESTION:
Serve with a big green salad and bowl of baby carrots that everyone can grab easily.
Easy Vegetarian Lasagna
Day 3 – Serves 6

**INGREDIENTS:**
- 1 tablespoon olive oil
- 1 (8-oz.) package lasagna noodles, uncooked
- 8 green onions, chopped
- 1/2 teaspoon salt
- 1 cup fresh mushrooms, sliced
- 1/4 teaspoon pepper
- 1 (28-oz.) can/jar spaghetti sauce (your favorite)
- 1 teaspoon garlic powder
- 1/2 of a (10.5-oz.) package firm silken tofu
- 1/2 teaspoon oregano
- 1 (10-oz.) package frozen chopped spinach, defrosted and drained
- 1 (8-oz.) package fat-free shredded Mozzarella cheese (I use part skim)
- 1 egg

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. Spray a 9- x 13-inch baking pan with nonstick vegetable oil. Sauté green onions and mushrooms in olive oil. Add spaghetti sauce. Set aside. Combine tofu, spinach, egg and seasonings, and mix well. In baking dish, begin with bottom layer of spaghetti sauce mixture, followed by uncooked noodles, tofu mixture, noodles again, and top with remaining sauce. Cover pan of lasagna with aluminum foil. Bake for 45 minutes. Remove foil and top with cheese. Bake, uncovered, for an additional 15 minutes. Allow to stand 10 minutes before serving.

**NUTRITION per serving:** 309 Calories; 9g Fat; 16g Protein; 43g Carbohydrate; 7g Dietary Fiber; 23mg Cholesterol; 991mg Sodium. **Exchanges:** 1 Grain (Starch); 1 1/2 Lean Meat; 4 1/2 Vegetable; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** A big spinach salad is all you need.

DO-AHEAD TIP: Cook chicken breast meat for tomorrow's meal.

Flavorful Chicken Casserole
Day 4 – Serves 6

**INGREDIENTS:**
- 1 pound medium egg noodles, uncooked
- 1 (14.5 ounce) can low sodium chicken broth
- 1 cup skim milk
- 1 teaspoon salt
- 1/4 cup cornstarch
- 2 cups chopped cooked chicken breast
- 1 (14-oz.) can artichoke hearts, drained and quartered
- 9 black olives, pitted and sliced
- 1/2 cup part-skim Mozzarella cheese, shredded
- 1/2 cup white wine OR water
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon black pepper
- 2 tablespoons grated Parmesan cheese

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. Prepare noodles according to package directions; drain and set aside. While noodles are cooking, stir the broth, milk, salt and cornstarch together in a large pot or Dutch oven until the cornstarch is dissolved. Cook over medium heat, stirring constantly, until thickened and bubbly. Stir in noodles, chicken, artichoke hearts, red peppers, olives, Mozzarella cheese, wine, lemon juice and pepper. Spray a 3-quart baking dish with cooking spray. Spoon noodle mixture into dish. Sprinkle with Parmesan cheese. Bake until bubbling around the edges, about 35 minutes. Let stand 5 minutes before serving.

**NUTRITION per serving:** 385 Calories; 7g Fat; 27g Protein; 54g Carbohydrate; 5g Dietary Fiber; 89mg Cholesterol; 505mg Sodium. **Exchanges:** 3 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat. **Points:** 7

**SERVING SUGGESTION:** Steamed cauliflower and sautéed zucchini squash would round this out nicely.
**Calypso Beans and Rice**
*Day 5 – Serves 6*

**INGREDIENTS:**
- 1 cup brown rice
- 1 (16-oz.) can black beans, drained and rinsed
- 1 small red onion, sliced thin
- 1 tablespoon olive oil
- 2 tablespoons vinegar
- 4 garlic cloves, pressed
- 1 cup chopped onion
- 1 cup white wine OR water
- 2 (14.5-oz.) cans low sodium chicken broth
- 1/2 teaspoon curry powder
- Salt and pepper to taste
- Pinch of cayenne pepper

**COOKING INSTRUCTIONS:** Combine first 3 ingredients in a medium sized bowl. Let stand 30 minutes, stirring occasionally. While the beans are marinating, heat oil in a saucepan over medium-high heat. Add onion and garlic, and sauté till onion is tender. Add rice and stir to incorporate. Next add broth, water (or wine) bay leaves, curry powder and cayenne pepper. Blend well. Add marinated beans to saucepan and bring everything to a boil. Stir and reduce heat to medium-low. Simmer until rice is tender and mixture is creamy, stirring occasionally, for about 20 minutes. Salt and pepper to taste and serve in bowls.

**NUTRITION per serving:** 240 Calories; 4g Fat; 13g Protein; 39g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 505mg Sodium. **Exchanges:** 2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTION:** Spinach salad and a bowl of baby carrots are all you need.

**DO-AHEAD TIP:** Cut up turkey for tomorrow night's dinner.

**Crock African Turkey and Couscous**
*Day 6 – Serves 6*

**INGREDIENTS:**
- 2 pounds boneless, skinless turkey thighs, cut into 2 x 1/2-inch slices
- 1 teaspoon fresh gingerroot, grated
- 1 cup chopped onion
- 4 cloves garlic, minced
- 1/2 teaspoon crushed red pepper flakes
- Salt and pepper to taste
- 1/4 cup lime juice
- 3 cups hot, cooked couscous (follow directions on package)

**COOKING INSTRUCTIONS:** Combine all ingredients except couscous in your crock pot. Cover; cook on Low for 6 to 8 hours or High for 3 to 4 hours. Serve over couscous.

**NUTRITION per serving:** 269 Calories; 1g Fat; 40g Protein; 21g Carbohydrate; 2g Dietary Fiber; 94mg Cholesterol; 79mg Sodium. **Exchanges:** 1 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit. **Points:** 5

**SERVING SUGGESTION:** Try some baked sweet potatoes, steamed broccoli and a salad, if you like.
Frugal E-Book Menu and Shopping List for Six

Week 8

**MENU**

Day 1: **Stir Fry Turkey and Veggies**, with brown rice, sour cream, and a bowl of carrot sticks

Day 2: **Ground Beef Cassoulet with Herbed Dumplings**, add a big spinach salad and some corn muffins

Day 3: **Ginger Chicken with Chinese Cole Slaw**, with brown rice

Day 4: **Veggie Chili**, add a spinach salad and some corn muffins

Day 5: **Stuffed Shirts**, serve on burger buns with garlic oven fries and burger fixings

Day 6: **Crock Cabbage Rolls**, with brown rice, and a bowl of carrot sticks

**SHOPPING LIST:**

**MEAT**

1 pound skinless light meat turkey [D1]
2 1/4 pounds extra-lean ground beef (get 3 3/4 pounds if you want to use extra-lean) [D2]
1 1/2 pounds ground beef (if not using extra-lean) [D3,D5,D6]
3 pounds skinless chicken legs [D3]

**CONDIMENTS**

Olive oil [D1,D4]
Dijon mustard [D1]
Soy sauce-low sodium, if available [D3]
Worcestershire sauce [D4]
Rice wine vinegar [D3]
Sesame oil (found in Asian section of grocery store) [D3]
Low fat mayonnaise [D3]
Ketchup [D5]
**Burger condiments (your choice) [D5]
**Salad dressing - your choice [D5]

**PRODUCE**

3 to 5 pounds onions (keep on hand) [D2,D4,D5,D6]
1 to 2 heads garlic (9 cloves) [D2,D3,D4]
Mixed vegetables (1 1/2 cups, if you don’t have leftovers) [D1]
Celery (1 medium stalk) [D2]
Gingerroot (1 1/2 tablespoons plus 3 teaspoons, grated) [D3]
1 (16-oz.) bag coleslaw mix [D3]
1 bunch green onions [D3]
1 lime [D3]
2 large green bell peppers [D4,D5]
Carrots (1 medium) [D2,D4] **Additional (2 meals) [D6]
Tomatoes (3/4 cup, chopped plus 1 large) [D4,D5]
1 large head cabbage [D6]
1 ripe avocado [D4]
**Green beans (1 meal) [D2]
**Spinach (1 meal) [D4]
**Russet potatoes (1 meal) [D5]

**CANNED GOODS**

Chicken broth (1/2 cup, if not using water) [D1]
1 (16-oz.) can navy beans [D2]
1 (14.5-oz.) can low sodium beef broth [D2]
1 (14.5-oz.) can low sodium whole tomatoes [D2]
1 (14.5-oz.) can diced tomatoes [D6]
1 (16-oz.) can tomato sauce [D4]
1 (16-oz.) can dark red kidney beans [D4]
V-8 vegetable juice (12 ounces) [D6]

**SPICES**

Thyme [D1,D6]
Oregano [D2,D5]
Basil [D2,D4]
Chili powder [D4]
Cumin [D4]
Cayenne pepper [D4]
**Garlic powder [D5]

**DAIRY/ DAIRY CASE**

Butter [D1]
Milk (2/3 cup) [D2]
Firm tofu (1 1/2 cups, crumbled) [D4]
Eggs (2) [D5,D6]
**Cheddar cheese, shredded (For garnish) [D4]
**Sour cream (1 meal) [D6]

**DRY GOODS**

1 pound brown rice (2 meals) [D1,D6] **Additional (2 meals) [D3,D6]
Whole wheat pancake mix (2 cups) [D2]
1 package couscous [D4]

**BAKERY**

**Corn muffins (1 meal) [D4]
**Burger buns (1 meal) [D5]

**OTHER**

Plastic wrap
Gallon-size zip-top plastic bags
Wooden toothpicks (not frilly or plastic ones)

**SHOPPING LIST LEGEND**

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Stir Fry Turkey and Veggies
Day 1 – Serves 6

**INGREDIENTS:**
- 1 pound skinless light meat turkey
- 1 tablespoon olive oil
- 2 tablespoons Dijon mustard
- 1 1/2 cups mixed vegetables, chopped (OR you can use any leftovers you have on hand from last week)
- 1/2 cup water OR chicken broth
- 1 teaspoon thyme
- Salt and pepper to taste
- 1 tablespoon butter
- 3 cups brown rice, cooked

**COOKING INSTRUCTIONS:** Prepare rice according to package directions. Meanwhile, in a large bowl, add turkey and vegetables and mustard; mix to coat. Sprinkle with thyme and salt and pepper to taste. Mix again. Heat oil in wok or skillet and when hot, add veggies and turkey, stirring frequently till cooked. Remove from pan and keep warm. Add water or broth to wok or skillet, whisking to get up all the browned bits from the bottom of the pan; cook until reduced by half. Add the butter and whisk together well mixed and bubbling. Return turkey and veggies to wok or skillet and heat through thoroughly. Serve on top of brown rice and enjoy!

**NUTRITION per serving:** 260 Calories; 10g Fat; 18g Protein; 24g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 124mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** If you have enough veggies, you really don't need anything else with this meal!

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Easy Ground Beef Cassoulet with Herbed Dumplings
Day 2 – Serves 6

**INGREDIENTS:**
- 3/4 pound extra-lean ground beef
- 1 cup water
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 2 cloves garlic, minced
- 1 medium stalk celery, chopped
- 1/2 teaspoon basil
- 2 cups whole wheat pancake mix
- 2/3 cup milk
- 1/4 teaspoon oregano
- 1/4 teaspoon basil

**COOKING INSTRUCTIONS:** Cook beef in a deep skillet or Dutch oven till browned; drain well. Stir water, 1 teaspoon oregano, 1/2 teaspoon basil, the garlic, celery, onion, beans, broth and tomatoes into beef, breaking up the tomatoes. Heat to boiling and reduce the heat. Now make the dumplings in a medium bowl, stirring together pancake mix, milk and remaining spices until soft dough forms. Carefully drop 12 spoonfuls of dough ON TOP of beef mixture (don't drop DIRECTLY INTO the liquid or the cassoulet will dry out). Cook, uncovered, for 10 minutes, then cover and cook an additional 10 minutes.

**NUTRITION per serving:** 423 Calories; 11g Fat; 27g Protein; 55g Carbohydrate; 5g Dietary Fiber; 40mg Cholesterol; 1060mg Sodium. **Exchanges:** 3 Grain (Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 9

**SERVING SUGGESTION:** Steamed carrots and fresh green beans would be great with this!
DO-AHEAD TIP: Marinate chicken overnight for tomorrow's meal and prep salad to let flavors blend for at least an hour before serving for best flavor.

Ginger Chicken with Chinese Cole Slaw
Day 3 – Serves 6

INGREDIENTS:
- 3 pounds skinless chicken legs
- 1/3 cup plus 2 tablespoons rice wine vinegar
- 3 tablespoons soy sauce, divided-low sodium, if available
- 3 green onions, chopped
- 1/2 tablespoons plus 3 teaspoons fresh gingerroot, grated
- 1 tablespoon sesame oil
- 5 cloves garlic, pressed and divided
- 1/4 cup low fat mayonnaise

COOKING INSTRUCTIONS: Put chicken legs, 2 tablespoons soy sauce, 1 1/2 tablespoons gingerroot, 3 cloves garlic and 1/3 cup rice wine vinegar in a large zip-lock plastic bag; refrigerate. Mush around periodically, if you get a chance, to blend the flavors. Marinate overnight or for at least 4 hours. While chicken legs are marinating, start the salad. Place coleslaw mix and green onions in a large bowl. In a small bowl, whisk together remaining 1 tablespoon soy sauce, remaining 3 teaspoons ginger, remaining 2 tablespoons rice wine vinegar, remaining 2 cloves garlic plus sesame oil, lime juice and mayonnaise. Toss dressing and coleslaw mixture together. Cover and refrigerate, allowing flavors to meld for at least an hour. When you are ready for dinner, fire up the barby OR pre-heat the grill of your choice, OR, you can even pre-heat your oven to 350 degrees. Grill legs till done, OR, if you are cooking these in the oven, place all ingredients in a large baking dish and cook for about 20 minutes, or until legs are done.

LEANNE'S NOTE: This is very gingery. If you don't like too much ginger, feel free to decrease the amount used.

NUTRITION per serving: 242 Calories; 10g Fat; 29g Protein; 9g Carbohydrate; 2g Dietary Fiber; 111mg Cholesterol; 478mg Sodium. Exchanges: 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. Points: 5

SERVING SUGGESTION: Serve with brown rice.

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Veggie Chili
Day 4 – Serves 6

INGREDIENTS:
- 1 1/2 cups firm tofu, crumbled
- 2 cloves garlic, pressed
- 3/4 tablespoon chili powder
- 1/2 teaspoon dried basil, crushed
- 1 medium carrot, thinly sliced
- 1/2 large green pepper, chopped
- 1 cup chopped onion
- 1 tablespoon olive oil
- 1 (16-oz.) can tomato sauce
- 1 (16-oz.) can dark red kidney beans
- 1/2 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- 3 cups couscous, cooked
- Minced onion, optional
- Shredded Cheddar cheese, optional
- Chopped avocado, optional

COOKING INSTRUCTIONS: In a mixing bowl, combine tofu, garlic, chili powder and Worcestershire sauce; set aside. In a large skillet, sauté onion, green pepper and carrot in olive oil until onion becomes transparent. Add tofu mixture; cook and stir 3 minutes over medium heat. Add tomatoes, tomato sauce, kidney beans, basil, cumin, and cayenne. Cover and simmer for 30 minutes. Salt to taste. Serve on couscous. Garnish with minced raw onion, shredded Cheddar cheese and avocado, as desired.

NUTRITION per serving: 267 Calories; 6g Fat; 14g Protein; 43g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 750mg Sodium. Exchanges: 2 Grain (Starch); 1 1/2 Lean Meat; 2 Vegetable; 1 Fat; 0 Other Carbohydrates. Points: 5

SERVING SUGGESTION: A great big spinach salad and some corn muffins should do the trick.
**Stuffed Shirts**
Day 5 – Serves 6

**INGREDIENTS:**
- 1 cup finely chopped onion
- 1 large tomato, finely diced
- 1 large green bell pepper, de-ribbed, seeded and finely chopped
- 1 1/2 teaspoons dried oregano
- 1 1/2 tablespoons ketchup
- Salt and pepper to taste
- 1 1/2 pounds ground beef
- 1 egg

**COOKING INSTRUCTIONS:** In a large bowl, combine onion, tomato, bell pepper and oregano. Add salt and pepper and mix well. Cover with plastic wrap and set aside. In another large bowl, combine ground beef, egg, and ketchup. Shape into 12 patties. Place one spoonful of veggie filling in the center of one meat patty and then top with a second patty. Press firmly and shape into a round with edges sealed. Repeat with remaining patties. In a large skillet, brown burgers for about 5 minutes per side, or until cooked.

**NUTRITION per serving:** 298 Calories; 20g Fat; 23g Protein; 5g Carbohydrate; 1g Dietary Fiber; 109mg Cholesterol; 131mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** Serve on burger buns with garlic oven fries and all the burger fixings.

**DO-AHEAD TIP:** Prep cabbage rolls for tomorrow’s meal.

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**Crock Cabbage Rolls**
Day 6 – Serves 6

**INGREDIENTS:**
- 1 1/2 pounds extra-lean ground beef
- 1 cup brown rice, cooked
- 1 egg
- 3/4 cup finely chopped onion
- 1 large head cabbage
- 12 ounces V-8 vegetable juice
- 1 (14.5-oz.) can diced tomatoes
- 1/2 teaspoon thyme
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** If you haven’t already prepared the cabbage, remove the leaves from the head carefully, trying to keep whole. Scald them in hot boiling water just till wilted and then drain them on paper towels to cool. Set aside. In a large bowl, add meat, cooked rice, onion, egg and salt and pepper; mix well. Place about 1/4 cup of meat mixture in the center of each cabbage leaf; fold insides and roll ends over the meat; secure with a toothpick. Place these little cabbage rolls evenly on the floor of your crock pot, then stacking evenly on top. Combine tomatoes, V8 juice, thyme and salt and pepper and pour over cabbage rolls. Cover and cook on low for 7 to 9 hours. If you have leftover cabbage leaves, add that too!

**NUTRITION per serving:** 427 Calories; 21g Fat; 26g Protein; 33g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 408mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 3 Lean Meat; 1 1/2 Vegetable; 2 Fat. **Points:** 10

**SERVING SUGGESTION:** Serve with brown rice, garnished with a dollop of sour cream, and a bowl of carrot sticks on the table for the kids!
Frugal E-Book Menu and Shopping List for Six

**Spring Week 9**

**MENU**

**Day 1:** Oven Fried Chicken Legs, add baked sweet potatoes and coleslaw

**Day 2:** Salsa Steaks, add ranch beans and a big salad

**Day 3:** Sautéed Turkey and Veggies, with brown rice and sautéed zucchini, yellow squash and snow peas

**Day 4:** Baked Tomato Basil Fish, add roasted asparagus and steamed red potatoes

**Day 5:** Skillet Pasta, with a big salad

**Day 6:** Crock Cuban Beans and Rice, and a big spinach salad

**SHOPPING LIST:**

**MEAT**

- 12 skinless chicken legs [D1]
- 6 cube steaks [D2]
- 6 turkey breast cutlets (or pork chops, if they're on sale) [D3]
- 6 fish fillets [D4]
- 12 ounces light turkey sausage (or pork sausage-whichever is on sale) [D5]

**CONDIMENTS**

- Vegetable oil [D3,4,5,6]
- Cooking spray [D1]
- 1 (16-oz.) jar salsa (your favorite) [D2]
- **Mayonnaise [D1]**
- **Rice vinegar [D1]**
- **Salad dressing(s) (your choice) [D5]**

**PRODUCE**

- 3 pounds onions (keep on hand) [D2,5,6]
- Garlic (6 cloves) [D6]
- 1 small green bell pepper [D2]
- 3 large green bell peppers [D5,6]
- Jalapeno pepper (2 teaspoons, chopped) [6]
- Carrots (1 cup, sliced) [D3]
- Celery (1/2 cup, sliced) [D3]
- Green onions (1/2 cup, sliced) [D3]
- Broccoli florets (1 1/2 cups) [D3]
- 3 medium plum tomatoes [D4]
- 1 1/2 pounds white mushrooms [D5]
- Lemons (1 1/2 teaspoons peel and 1 tablespoon juice) [D3,4]
- **Sweet potatoes (1 meal) [D1]**
- **Coleslaw mix (1 meal) [D1]**
- **Zucchini, yellow squash and snow peas (1 meal) [D3]**
- **Asparagus (1 meal) [D4]**
- **Red potatoes (1 meal) [D4]**
- **Spinach (1 meal) [D6]**
- **Lettuce for 2 salads (not Iceberg-no nutrition) [D2,5]**
- **Salad veggies (your choice) [D2,5,6]**

**CANNED GOODS**

- Low-sodium chicken broth (1/4 cup) [D3]
- 2 (14.5-oz.) cans diced tomatoes [D5,6]
- 2 (8-oz.) cans tomato sauce [D5]
- **Ranch beans (1 meal) [D2]**

**SPICES**

- Paprika [D1]
- Thyme [D1]
- Garlic powder [D1]
- Crushed red pepper flakes [D1]
- Cumin [D2,6]
- Ginger [D3]
- Basil [D4]

**DAIRY/DAIRY CASE**

- Butter [D1]
- Low-fat buttermilk (1/3 cup) [D1]
- Low-fat cheddar cheese (1 1/2 cups, shredded) [D5]
- Parmesan cheese (1 tablespoon, grated) [D1]
- Romano cheese (6 teaspoons, grated) [D4]

**DRY GOODS**

- Cornstarch [D3]
- Dry bread crumbs (1/4 cup) [D1]
- Elbow macaroni (1 1/2 cups) [D5]
- 1 pound black beans [D6]
- Brown rice (3 cups, cooked) **Additional (1 meal) [D3,6]**

**OTHER**

- Aluminum foil [D4]

**SHOPPING LIST LEGEND**

**= Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
### Oven Fried Chicken Legs

**Day 1 – Serves 6**

**INGREDIENTS:**
- 1/4 cup dry bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 1/3 cup low-fat buttermilk
- 12 skinless chicken legs
- Cooking spray
- 1 tablespoon butter, melted

**COOKING INSTRUCTIONS:** Pre-heat oven to 400 degrees. In a shallow dish, combine first 6 ingredients. In another shallow dish, pour buttermilk. Dip chicken in buttermilk; dredge in bread crumb mixture. Place chicken, breast sides up, in a jellyroll pan coated with cooking spray. Drizzle butter over chicken. Bake, uncovered, for 40 minutes, or till done.

**NUTRITION per serving:**
- 358 Calories; 12g Fat; 54g Protein; 4g Carbohydrate; trace Dietary Fiber; 214mg Cholesterol; 310mg Sodium. **Exchanges:** 1/2 Grain (Starch); 7 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat. **Points:** 8

**SERVING SUGGESTION:** Baked sweet potatoes and coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar).

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### Salsa Steaks

**Day 2 – Serves 6**

**INGREDIENTS:**
- 6 cube steaks
- 1 small green bell pepper, seeded, de-ribbed and sliced
- 1 teaspoon cumin
- 1 medium onion, sliced
- Salt and pepper to taste
- 1 (16-oz.) jar salsa, (your favorite)

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. Place steaks in a 9- x 13-inch baking dish; season with cumin and salt and pepper. Arrange bell pepper and onion over the meat and pour the salsa over all. Cover with aluminum foil and bake for 30 minutes, or till cube steaks are done.

**NUTRITION per serving:**
- 232 Calories; 14g Fat; 21g Protein; 6g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 243mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** Ranch beans and a big salad.
Sautéed Turkey and Veggies
Day 3 – Serves 6

**INGREDIENTS:**
- 4 tablespoons vegetable oil, divided
- 6 turkey breast cutlets (or you can use pork chops if they are on sale)
- Salt and pepper to taste
- 1 cup carrots, thinly sliced
- 1/2 cup celery, thinly sliced
- 1/2 cup green onions, diagonally sliced
- 1 1/2 cups broccoli florets
- 1/4 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 cup low-sodium chicken broth
- 3 teaspoons cornstarch
- 1 1/2 teaspoons grated lemon peel

**COOKING INSTRUCTIONS:** Cut turkey into 1-inch cubes and season with salt and pepper to taste. In a skillet, heat 2 tablespoons of the oil over medium-high heat. Sauté turkey cubes till barely cooked; remove from skillet. In the same skillet, sauté vegetables in remaining oil till tender-crisp. Return turkey to skillet. Add salt and ginger. In a small bowl, combine chicken broth, cornstarch and lemon peel; add to turkey mixture. Cook and stir till thickened and turkey is fully cooked.

**NUTRITION per serving:**
- 198 Calories; 11g Fat; 19g Protein; 5g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 157mg Sodium.
- Exchanges:
  - 0 Grain (Starch)
  - 2 1/2 Lean Meat
  - 1 Vegetable
  - 2 Fat
- **Points:** 4

**SERVING SUGGESTION:** Brown rice and sautéed zucchini, yellow squash and snow peas.

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Baked Tomato Basil Fish
Day 4 – Serves 6

**INGREDIENTS:**
- 1 tablespoon vegetable oil
- 1 tablespoon lemon juice
- 6 fish fillets
- 1 teaspoon basil
- Salt and pepper to taste
- 3 medium plum tomatoes, each cut into 4 slices
- 6 teaspoons Romano cheese, grated

**COOKING INSTRUCTIONS:** Pre-heat oven to 400 degrees. In a 9- x 13-inch baking dish, combine oil and lemon juice; add fish and turn to coat thoroughly. Sprinkle fish with basil and salt and pepper to taste. Top each fillet with two slices of tomato. Cover with aluminum foil (don't let foil touch the tomatoes - there is a reaction with aluminum and tomato) and bake for 10 to 15 minutes, or till fish flakes easily when tested with a fork. Top each fillet with a teaspoon of grated Romano cheese and serve.

**NUTRITION per serving:**
- 226 Calories; 5g Fat; 42g Protein; 2g Carbohydrate; trace Dietary Fiber; 102mg Cholesterol; 156mg Sodium.
- Exchanges:
  - 0 Grain (Starch)
  - 5 1/2 Lean Meat
  - 1/2 Vegetable
  - 0 Fruit
  - 1/2 Fat
- **Points:** 5

**SERVING SUGGESTION:** Roasted asparagus and steamed red potatoes.
**Skillet Pasta**  
*Day 5 – Serves 6*

**INGREDIENTS:**
- 1 1/2 cups uncooked elbow macaroni
- 1 1/2 tablespoons vegetable oil
- 1 1/2 pounds fresh white mushrooms (about 6 cups), sliced
- 3/4 cup onion, chopped
- 1 1/2 large green bell peppers, seeded, de-ribbed and chopped
- 12 ounces light turkey sausage (or pork sausage- whichever is on sale)
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 (14.5-oz.) can diced tomatoes (un-drained)
- 1 1/2 (8-oz.) cans tomato sauce
- 1 1/2 cups shredded low-fat cheddar cheese

**COOKING INSTRUCTIONS:** Cook elbow macaroni according to package directions; drain and set aside. In a large skillet, heat oil over medium-high heat. Add mushrooms, onion and green bell pepper; cook and stir till mushrooms are golden, about 10 minutes. Remove from skillet. Add sausage and salt and pepper, using a fork to break the meat into small pieces. Cook, stirring till sausage is browned, about 5 minutes. Drain fat and use paper toweling to blot remaining grease. This technique will save you a lot of fat grams NOT reflected in the nutritional info below. Return mushroom mixture to skillet. Add tomatoes and their juice, tomato sauce and cooked macaroni. Bring to a boil; reduce heat to medium-low. Simmer, uncovered, for 10 minutes, stirring occasionally. Sprinkle with shredded cheddar cheese. Cover and simmer until cheese melts, about 5 minutes.

**NUTRITION per serving:** 413 Calories; 20g Fat; 22g Protein; 31g Carbohydrate; 51mg Cholesterol; 1386mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 Lean Meat; 3 1/2 Vegetable; 3 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** A big salad.

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**DO AHEAD TIP:** Soak beans overnight for tomorrow's meal.

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**Crock Cuban Beans and Rice**  
*Day 6 – Serves 6*

**INGREDIENTS:**
- 1 pound dried black beans, rinsed and sorted
- 1 cup chopped onion
- 1 large green bell pepper, seeded, de-ribbed and chopped
- 2 teaspoons jalapeno pepper, finely chopped
- 6 cloves garlic, pressed
- 1 (14-oz.) can diced tomatoes, un-drained
- 5 cups water
- 2 tablespoons vegetable oil
- 5 teaspoons cumin
- 3 cups brown rice, cooked

**COOKING INSTRUCTIONS:** In a slow cooker, combine all ingredients, except rice. Cover and cook on high heat setting for 6 to 8 hours, or till beans are tender and most of the liquid is absorbed. Serve over brown rice.

**NUTRITION per serving:** 327 Calories; 6g Fat; 17g Protein; 53g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. **Exchanges:** 3 Grain (Starch); 1 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** A big spinach salad.
Frugal E-Book Menu and Shopping List for Six

Spring Week 10

MENU
Day 1: Sloppy Joe Pizza, add broccoli slaw and a bowl of raw baby carrots
Day 2: Chicken Pepper Stir Fry, with a big spinach salad and garlic toast
Day 3: Ratatouille Pasta, add a big salad and some warm garlic bread
Day 4: Shepherd’s Pie, add steamed broccoli and baby carrots
Day 5: Tortilla Soup with Fish, with a bowl of raw baby carrots and some whole grain rolls
Day 6: Chinese Crock Chicken, with brown rice and stir-fried veggies

SHOPPING LIST:

MEAT
1 3/4 pounds extra-lean ground beef [D1,4]
8 boneless skinless chicken thighs [D2]
1 whole chicken [D6]
6 non-breaded fish fillets (cod is a good choice) or buy frozen [D5]

CONDIMENTS
Olive oil [D3]
Vegetable oil [D2]
Barbecue sauce (your choice) (1 1/8 cups) [D1]
Ketchup [D2,6]
Low sodium soy sauce [D2,6]
Orange marmalade [D6]
**Mayonnaise [D1]
**Rice vinegar [D1]
**Salad dressing(s) (your choice) [D2,3]

PRODUCE
3 pounds onions (keep on hand) [D3,4,5,6]
Garlic (11 cloves) [D2,5,6]
Green onions (6 whole plus 3/4 cup, sliced) [D1,2]
Green bell pepper (1 large plus 1 cup, thinly sliced) [D2,3]
Eggplant (need 1 1/2 cups, diced) [D3]
Zucchini (1 1/2 cups, thinly sliced) **Additional (1 meal) [D3,6]
Russet potatoes (2 cups, mashed) [D4]
1 bunch cilantro [D5]
**Broccoli slaw (1 meal) [D1]
**Spinach (1 meal) [D2]
**Broccoli (1 meal) [D4]
**Baby carrots (2 meals) [D4,5]
**Yellow squash and snow peas (1 meal) [D6]
**Lettuce for 1 salad (not Iceberg—no nutrition) [D3]
**Salad veggies (your choice) [D2,3]

CANNED GOODS
1 (27.5-oz.) jar/can spaghetti sauce (your favorite) [D3]
Tomato sauce (1/4 cup) [D4]
1 (14.5-oz.) can peeled whole tomatoes [D5]
Low sodium chicken broth (21 3/4 ounces) [D5]

SPICES
Ginger [D2]
Thyme [D4]
Oregano [D5]
Cumin [D5]
Crushed red pepper flakes [D5]

Dairy/ Dairy Case
Butter [D4,5]
Milk (3/4 cup) [D4]
Low fat Cheddar cheese (1 1/2 cups, shredded) [D1,4]
Parmesan cheese, grated (for garnish) [D3]

Dry Goods
Thin spaghetti (6 cups, cooked) [D2]
Penne pasta or other medium shape (3 cups, uncooked) [D3]
Tortilla strips—for garnish [D5]
**Brown rice (1 meal) [D6]

Freezer
6 non-breaded fish fillets (cod is a good choice) if not using fresh [D5]
Whole kernel corn (2 1/8 cups) [D1,5]
1 (10-oz.) package mixed vegetables [D4]

Bakery
2 (12-inch) loaves Italian bread [D1]
**Bread for garlic toast (1 meal) [D2]
**Bread for garlic bread (1 meal) [D3]
**Wholegrain rolls (1 meal) [D5]

Other
Gallon-size zip-lock plastic bags [D2]

SHOPPING LIST LEGEND

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
**Sloppy Joe Pizza**  
**Day 1 – Serves 6**

**INGREDIENTS:**  
1 pound extra-lean ground beef  
1 1/8 cups frozen whole kernel corn, defrosted  
1 1/8 cups prepared barbecue sauce (your choice)  
3/4 cup green onion, sliced  
Salt, to taste  
1 1/2 large (12 inches) loaves Italian bread  
1 cup low fat Cheddar cheese, shredded

**COOKING INSTRUCTIONS:** Pre-heat oven to 425 degrees. In a large skillet, brown ground beef over medium heat, stirring occasionally, for 8 to 10 minutes, or until no longer pink. Pour off drippings and blot with paper towels to remove grease. Add corn, barbecue sauce, green onion and salt, if desired; heat through and set aside. Cut loaves of bread in half, lengthwise. With your thumb and forefinger, hollow out “innards”; place bread shells on a large baking sheet. Top evenly with beef mixture; sprinkle with cheese. Bake for 12 to 16 minutes, or until cheese is melted; cut into wedges.

**NUTRITION per serving:** 583 Calories; 19g Fat; 31g Protein; 70g Carbohydrate; 5g Dietary Fiber; 56mg Cholesterol; 1212mg Sodium. **Exchanges:** 4 Grain (Starch); 2 1/2 Lean Meat; 0 Vegetable; 2 Fat; 1/2 Other Carbohydrates.  
**Points:** 12

**SERVING SUGGESTION:** Broccoli slaw (use a ready-made mix and toss with mayo and a little rice vinegar) and a bowl of raw baby carrots.

**DO-AHEAD TIP:** Marinate tomorrow’s chicken for at least 15 minutes.

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**Chicken Pepper Stir Fry**  
**Day 2 – Serves 6**

**INGREDIENTS:**  
3 tablespoons low sodium soy sauce  
3 tablespoons ketchup  
1 teaspoon ground ginger  
3 cloves garlic, pressed  
8 boneless skinless chicken thighs, thinly sliced  
2 tablespoons vegetable oil  
6 green onions, cut into 1/2-inch pieces  
1 large green bell pepper, seeded, de-ribbed and thinly sliced  
6 cups hot cooked thin spaghetti

**COOKING INSTRUCTIONS:** Combine soy sauce, ketchup, ginger and garlic in a large zip-lock plastic bag. Add chicken; seal bag and turn to coat with marinade. Let stand for 15 minutes. Heat 1 tablespoon of the oil in 10-inch skillet or wok over medium-high heat. Add green onion and bell pepper; stir-fry until tender-crisp. Remove from skillet. Heat remaining 1 tablespoon of oil in the skillet or wok. Add chicken; stir-fry for 4 to 5 minutes, or until no longer pink in the center. Add bell pepper mixture. Serve with noodles.

**NUTRITION per serving:** 436 Calories; 9g Total Fat; 27g Protein; 61g Carbohydrate; 51mg Cholesterol; 670mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.  
**Points:** 9

**SERVING SUGGESTION:** A big spinach salad and garlic toast.
Ratatouille Pasta
Day 3 – Serves 6

INGREDIENTS:
- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 cup green bell pepper, sliced thin in strips
- 1 1/2 cups diced eggplant
- 1 (27.5-oz.) jar/can spaghetti sauce (your favorite)
- 3 cups Penne or other medium pasta, uncooked
- Grated Parmesan cheese

COOKING INSTRUCTIONS: In large saucepan over medium-high heat, heat olive oil; add onion and green pepper. Cook, stirring frequently, until onion is clear. Add eggplant and zucchini; cook 3 minutes, stirring frequently, or until vegetables are tender. Stir in spaghetti sauce; heat to boiling. Reduce heat; simmer, uncovered, for 5 minutes. Meanwhile, cook pasta according to package directions; drain. Spoon sauce over hot pasta; sprinkle with Parmesan cheese.

NUTRITION per serving: 309 Calories; 6g Fat; 17g Protein; 47g Carbohydrate; 4g Dietary Fiber; 23mg Cholesterol; 433mg Sodium. Exchanges: 3 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat. Points: 6

SERVING SUGGESTION: A big salad and some warm garlic bread.

DO-AHEAD TIP: Prepare mashed potatoes for tomorrow's meal.

Shepherd’s Pie
Day 4 – Serves 6

INGREDIENTS:
- 2 cups mashed russet potatoes, divided
- 3/4 pound extra-lean ground beef, crumbled and cooked
- 1 small onion, chopped
- 1/4 cup tomato sauce
- 3/4 cup milk, divided
- 1 teaspoon thyme
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 (10-oz.) package frozen mixed vegetables, thawed
- 1/4 cup hot water
- 1 tablespoon butter
- 1/4 teaspoon salt
- 1/2 cup low fat Cheddar cheese, shredded

COOKING INSTRUCTIONS: Pre-heat oven to 375 degrees. In a large bowl, combine 1/3 cup of the mashed potatoes, cooked beef, onion, tomato sauce, 1/4 cup of the milk, thyme, salt, pepper and thawed vegetables in a medium bowl, blending well. Distribute evenly in a 9-inch pie plate. Bake for 25 minutes. Meanwhile, combine remaining potatoes, milk, water, butter and salt in a bowl. Top pie with this mixture, then sprinkle with the cheese and bake for another 20 minutes, or until lightly browned on top.

NUTRITION per serving: 274 Calories; 13g Fat; 17g Protein; 24g Carbohydrate; 4g Dietary Fiber; 47mg Cholesterol; 499mg Sodium. Exchanges: 1 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat. Points: 6

SERVING SUGGESTION: Steamed broccoli and baby carrots.
Tortilla Soup with Fish
Day 5 – Serves 6

INGREDIENTS:
- 3/4 cup onions, chopped
- 2 cloves garlic, pressed
- 1 1/2 tablespoons butter
- 1 1/2 teaspoons oregano, dried
- 2 teaspoons ground cumin
- 3/4 teaspoon crushed red pepper flakes, or to taste
- 1 1/2 (14.5-oz.) cans low sodium chicken broth
- 1 (14.5-oz.) can peeled tomatoes, coarsely chopped
- 1 cup frozen whole kernel corn
- Salt and pepper to taste
- 6 non-breaded fish fillets, your choice (I use frozen cod)
- Cilantro, chopped
- Tortilla strips

COOKING INSTRUCTIONS: In a large skillet over medium heat, sauté onions and garlic in butter for 3 to 4 minutes, or until soft. Add oregano, cumin and crushed red pepper flakes; sauté for 1 to 2 minutes. Add chicken broth, tomatoes and their juice; bring to a boil, then reduce heat and simmer for 5 minutes. Add corn and salt and pepper to taste. Set fish on top of broth and spoon liquid over it. Cover and simmer for 5 minutes, or until fish flakes easily when tested with a fork. To serve: Place each fillet in a large soup bowl. Spoon broth around fish and sprinkle with cilantro. Garnish each bowl with tortilla strips.

NUTRITION per serving: 204 Calories; 5g Fat; 32g Protein; 12g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 226mg Sodium. Exchanges: 1/2 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fat. Points: 4

SERVING SUGGESTION: A bowl of raw baby carrots and some whole grain rolls.

Chinese Crock Chicken
Day 6 – Serves 6

INGREDIENTS:
- 1 whole chicken
- 1/4 cup low sodium soy sauce
- 1/4 cup orange marmalade
- 2 tablespoons ketchup
- 6 cloves garlic, pressed
- 1 medium onion, sliced
- Salt and pepper to taste

COOKING INSTRUCTIONS: Rinse chicken inside and out; pat dry and place in a slow cooker. Combine soy sauce, marmalade and ketchup and pour over the top of the chicken. Then add garlic and onion, a teeny bit of salt (won't need much because of the soy sauce) and pepper. Cover and cook on low heat setting for 10 to 12 hours. Chicken should be falling off the bone when ready.

NUTRITION per serving: 591 Calories; 39g Fat; 44g Protein; 14g Carbohydrate; 1g Dietary Fiber; 226mg Cholesterol; 641mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable; 4 Fat; 1/2 Other Carbohydrates. Points: 15

SERVING SUGGESTION: Brown rice and stir-fried veggies (zucchini, yellow squash and snow peas and any appropriate leftover veggies in your crisper).
Spring Week 11

MENU
Day 1: Chicken Paprikash, add steamed broccoli and baby carrots
Day 2: Easy Chili Mac, and a big salad
Day 3: Asian Fish Stir Fry, with brown rice and stir-fried zucchini, yellow squash and snow peas
Day 4: Garlic Cube Steaks with Vegetables, add baked russet potatoes and steamed green beans
Day 5: Curried Turkey on Rice, with baked butternut squash and steamed kale
Day 6: Cheesy Cauliflower Soup, add a big spinach salad, raw baby carrots, and crusty bread

SHOPPING LIST:

MEAT
6 boneless skinless chicken thighs [D1]
1 pound beef cube steaks plus 6 whole cube steaks [D2,4]
6 fish fillets—or buy frozen [D3]
3/4 pound ground turkey [D5]

CONDIMENTS
Olive oil [D1,5]
Vegetable oil [D2,3]
Low sodium soy sauce [D3]
**Salad dressing(s) (your choice) [D2,6]

PRODUCE
Onions (4 medium and 4 small) [D1,2,3,4,5,6]
Garlic (8 cloves) [D1,3,5]
Green bell pepper (1 small and 1 1/2 cups, cut into strips) [D1,4]
Asparagus (1 pound) [D3]
Mushrooms (1 1/2 cups, sliced) [D3]
Yellow squash (2 small) [D4]
Carrots (1 medium) [D6]
Celery (1 medium stalk) [D6]
Gingerroot (2 teaspoons, finely chopped) [D3]
Parsley (1/4 cup, chopped) [D5]
Green apple (1) [D5]
Lemons (1 1/2 tablespoons juice) [D3]
**Broccoli (1 meal) [D1]
**Baby carrots (2 meals) [D1,6]
**Zucchini, yellow squash and snow peas (1 meal) [D3]
**Russet potatoes (1 meal) [D4]
**Green beans (1 meal) [D4]
**Butternut squash (1 meal) [D5]
**Kale (1 meal) [D5]
**Spinach (1 meal) [D6]
**Lettuce for 1 salad (not Iceberg—no nutrition) [D2]
**Salad veggies (your choice) [D2,6]

CANNED GOODS
Low sodium chicken broth (35 ounces) [D1,6]
2 (14.5-oz.) cans chili-seasoned diced tomatoes (Ro-tel is a good brand) [D2]
1 (14.5-oz.) can whole tomatoes [D5]
Tomato paste (4 tablespoons) [D1]
Apple juice, unsweetened (1/4 cup)

SPICES
Paprika [D1]
Garlic powder [D4]
Oregano [D4]
Curry powder [D5]
Cumin [D5]
Cayenne pepper [D5]
Thyme [D6]

DAIRY/ DAIRY CASE
Low fat milk (1 cup) [D6]
Low fat sour cream (3/4 cup) [D1]
Low fat Cheddar cheese (2 cups, shredded, see Day 6 for recipe option) [D2,6]
Monterey Jack cheese (1 1/2 cups, shredded, see Day 6 for recipe option) [D6]
**Butter [D5]

DRY GOODS
Wide egg noodles (6 cups, cooked) [D1]
Rotini (spiral) pasta (1 1/2 cups) [D2]
Brown rice (3 cups, cooked) [D5]**Additional (1 meal) [D3]
Dry roasted peanuts (3 tablespoons) [D5]

FREEZER
6 fish fillets—if not using fresh [D3]
2 (8-oz.) packages cauliflower [D6]

BAKERY
**Crusty bread (1 meal) [D6]

SHOPPING LIST LEGEND

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# Chicken Paprikash

**Day 1 – Serves 6**

**INGREDIENTS:**
- 1 tablespoon olive oil, divided
- 1 1/2 cups green bell pepper, cut into strips
- 3/4 cup chopped onion
- 2 cloves garlic, pressed
- 6 boneless skinless chicken thighs
- 3/4 cup low sodium chicken broth
- 1 1/2 tablespoons paprika
- 4 tablespoons tomato paste
- Salt and pepper to taste
- 3/4 cup low fat sour cream
- 6 cups hot cooked wide egg noodles

**COOKING INSTRUCTIONS:** Prepare egg noodles according to package instructions; set aside and keep warm. In a skillet, heat half of the olive oil over medium-high heat. Add first three ingredients; sauté until tender; set aside. Heat remaining olive oil and brown chicken thighs on both sides, about 4 minutes per side, or until cooked. Remove chicken from skillet. Add broth, paprika, tomato paste and salt and pepper to taste; bring to a boil. Add sautéed vegetables and chicken to skillet and cook for another 3 to 5 minutes for flavors to meld. To serve, arrange chicken over the egg noodles on dinner plates (keep warm) and stir the sour cream into the remaining sauce in the skillet. Warm sauce slightly (don't boil or the sauce will break!). Spoon the sauce over the chicken.

**NUTRITION per serving:** 389 Calories; 9g Fat; 25g Protein; 51g Carbohydrate; 4g Dietary Fiber; 116mg Cholesterol; 258mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

**SERVING SUGGESTION:** Steamed broccoli and baby carrots.

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# Easy Chili Mac

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1 pound beef cube steaks
- 1 tablespoon vegetable oil
- 1 medium onion, coarsely chopped
- 2 (14.5-oz.) cans chili-seasoned diced tomatoes - undrained (I like the Ro-tel brand)
- 1 1/2 cups Rotini (spiral) pasta, uncooked
- 1/2 cup water
- 1/2 cup low fat Cheddar cheese, shredded

**COOKING INSTRUCTIONS:** Cut cube steaks into 1 inch square pieces. In a large skillet, heat oil over medium-high heat until hot. Add beef, onion and salt and pepper to taste; cook and stir for 3 minutes. Stir tomatoes, pasta and water into beef. Bring to a boil, then reduce heat to low. Cover tightly and simmer for 20 minutes, or until pasta is tender. Sprinkle with cheese before serving.

**NUTRITION per serving:** 295 Calories; 13g Fat; 21g Protein; 23g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 669mg Sodium. **Exchanges:** 1 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat. **Points:** 7

**SERVING SUGGESTION:** A big salad.
### Asian Fish Stir Fry
#### Day 3 – Serves 6

**INGREDIENTS:**
- 1 tablespoon vegetable oil
- 1 pound fresh asparagus, cut into 1-inch pieces
- 6 fish fillets, cut into 1-inch pieces, partially thawed, if frozen
- 1 medium onion, thinly sliced
- 4 cloves garlic, finely chopped
- 2 teaspoons finely chopped gingerroot
- 1 1/2 cups sliced mushrooms
- 3 tablespoons low sodium soy sauce
- 1 1/2 tablespoons lemon juice

**COOKING INSTRUCTIONS:** In a wok or skillet heat oil over medium-high heat. Add asparagus; stir-fry for 2 minutes. Add fish, onion, garlic and gingerroot; stir-fry for 2 to 3 minutes. Carefully stir in remaining ingredients. Cook until mixture is heated through and fish flakes easily when tested with a fork. Serve with additional low sodium soy sauce, if desired.

**NUTRITION per serving:** 247 Calories; 4g Fat; 44g Protein; 8g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 428mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 5

**SERVING SUGGESTION:** Brown rice and stir-fried zucchini, yellow squash and snow peas.

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### Garlic Cube Steaks with Vegetables
#### Day 4 – Serves 6

**INGREDIENTS:**
- 6 cube steaks
- Salt and pepper to taste
- 1/2 teaspoon garlic powder
- 3 small onions, cut into fourths
- 1 small green bell pepper, seeded, de-ribbed and cut into 1/2-inch slices
- 2 small yellow squash, cut into 1/2-inch slices
- 3/4 teaspoon dried oregano leaves

**COOKING INSTRUCTIONS:** Sprinkle cube steaks with salt, pepper and garlic powder. In a nonstick skillet over medium heat, cook steaks and onions together for about 5 minutes, or until light brown; turn. Arrange bell pepper and squash around patties; sprinkle with oregano. Cover and cook for about 8 minutes, or until vegetables are tender-crisp and patties are no longer pink in center.

**NUTRITION per serving:** 242 Calories; 14g Fat; 21g Protein; 8g Carbohydrate; 2g Dietary Fiber; 63mg Cholesterol; 57mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1 1/2 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** Baked russet potatoes and steamed green beans.
**Curried Turkey on Rice**

Day 5 – Serves 6

**INGREDIENTS:**
- 1 tablespoon olive oil
- 3/4 pound ground turkey
- 1 medium onion, chopped
- 2 cloves garlic, pressed
- 1 green apple, cored and chopped
- 1/4 cup fresh parsley, chopped
- 2 1/4 teaspoons curry powder
- 3/4 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 1/4 cup unsweetened apple juice
- 1 (14.5-oz.) can whole tomatoes, undrained
- 3 cups brown rice, cooked
- 3 tablespoons dry roasted peanuts

**COOKING INSTRUCTIONS:** Heat oil in a skillet over medium heat. Add turkey, onion and garlic, stirring frequently until turkey is no longer pink; drain. Stir in remaining ingredients, except rice and peanuts; break up tomatoes. Heat to boiling, then reduce heat and simmer, uncovered, for about 5 minutes, or until apple is tender, stirring occasionally. Serve sauce over rice. Sprinkle with peanuts.

**NUTRITION per serving:** 511 Calories; 12g Fat (21.2% calories from fat); 19g Protein; 82g Carbohydrate; 4g Dietary Fiber; 162mg Sodium. **Exchanges:** 5 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 11

**SERVING SUGGESTION:** Baked butternut squash and steamed kale (roll leaves into “cigars”, then cut into 1-inch pieces; steam in a little water till tender).

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**Cheesy Cauliflower Soup**

Day 6 – Serves 6

**INGREDIENTS:**
- 2 (14.5-oz.) cans low sodium chicken broth
- 2 (8-oz.) packages frozen cauliflower
- 1 medium stalk celery, cut into 1/2-inch pieces
- 1 medium carrot, cut into 1/2-inch pieces
- 1 small onion, cut into eighths
- 1/2 teaspoon thyme
- Salt and pepper to taste
- 1 cup low fat milk
- 1 1/2 cups low fat Cheddar cheese, shredded
- OR
- 1 1/2 cups Monterey Jack cheese, shredded

**COOKING INSTRUCTIONS:** Place all ingredients, except milk and cheese, in a slow cooker and cook on low heat setting until vegetables are very tender, about 4 to 6 hours. Carefully pour mixture into the work bowl of a food processor fitting with steel blade or into a blender container. Cover and process until smooth. OR, if you like it a little lumpy and bumpy like I do, use a potato masher directly in the slow cooker and mash to your heart's delight and desired consistency. Place cauliflower mixture into a saucepan; stir in milk and cheese. Heat over medium heat, stirring constantly, until cheese is melted and mixture is hot (do not boil or the soup will break!).

**NUTRITION per serving:** 125 Calories; 3g Fat; 16g Protein; 10g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 506mg Sodium. **Exchanges:** 0 Grain (Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat. **Points:** 2

**SERVING SUGGESTION:** A big spinach salad and a bowl of raw baby carrots. Add some warm, crusty bread.
Frugal E-Book Menu and Shopping List for Six

Spring

Week 12

**MENU**

**Day 1:** Basil Burgers, with a big salad and a bowl of raw carrot sticks

**Day 2:** Broiled Fresh Tomato Soup, add grilled cheese sandwiches and raw broccoli and cauliflower florets and carrot and celery sticks

**Day 3:** Asian Chicken and Rice, with stir-fried zucchini, yellow squash, and snow peas

**Day 4:** Baked Polish Sausage, add steamed broccoli, cauliflower, and carrots

**Day 5:** Baked Fish with Rosemary, with baked sweet potatoes and steamed green beans

**Day 6:** Easy Crock Chicken, over the brown rice; add a big salad

**SHOPPING LIST:**

**MEAT**
1 pound extra-lean ground beef [D1]
1 1/2 pounds boneless skinless chicken breast halves [D3]
3 pounds skinless chicken drumsticks (12 pieces) [D6]
1 pound Polish sausage OR kielbasa [D4]
6 fish fillets—or buy frozen [D5]

**CONDIMENTS**
Olive oil [D2]
Vegetable oil [D3,5]
Red wine vinegar [D2]
Low fat mayonnaise [D1]
Dijon-style mustard [D1]
Low sodium soy sauce [D3]
Italian salad dressing (3/4 cup) [D4]
Honey [D2]
Dry white wine (1/3 cup)—or use white grape juice or chicken broth [D6]
**Salad dressing(s) (your choice) [D1,6]**

**PRODUCE**
Onions (1 small, 4 1/2 medium, 1 large and 4 tablespoons, chopped) [D1,2,4,6]
Garlic (15 cloves) [D1,2,3,5]
Red potatoes (12) [D4]
Spinach (1 1/2 cups packed leaves) [D1]
Tomatoes (3 pounds plus 6 slices for 2 recipes) [D1,2]
Carrots (3 medium) [D3] **Additional (3 meals) [D1,2,4]
Celery (1/2 cup, chopped) [D3] **Additional [D2]
Green onions (1 large bunch) [D3]
Red bell peppers (1 small) [D3]
Green bell peppers (1 large) [D4]
Cilantro (3 tablespoons, chopped) [D3]
**Broccoli (2 meals) [D2,4]
**Cauliflower (2 meals) [D2,4]
**Zucchini, yellow squash and snow peas (1 meal) [D3]
**Sweet potatoes (1 meal) [D5]
**Green beans (1 meal) [D5]
**Lettuce for 2 salads (not iceberg—no nutrition) [D1,6]
**Salad veggies (your choice) [D1,6]

**CANNED GOODS**
White grape juice (1/3 cup)—if not using wine [D6]
Chicken broth (about 23-oz.)—if not using homemade [D2]
1 (14.5-oz.) can stewed tomatoes [D6]

**SPICES**
Basil [D1]
White pepper [D3]
Rosemary [D4]
Italian seasoning [D6]
Garlic powder [D6]
Tarragon [D6]
Crushed red pepper flakes [D6]

**DAIRY/DAIRY CASE**
Low fat Cheddar cheese (1/2 cup, shredded) (optional) [D2]

**DRY GOODS**
Brown rice (1 cup uncooked and 6 cups cooked) [D3,6]
Chicken-flavored bouillon granules (or 2 cubes)—no MSG [D6]
Seasoned breadcrumbs (2/3 cup) [D5]

**FREEZER**
6 fish fillets—if not using fresh [D5]

**BAKERY**
6 French rolls [D1]

**SHOPPING LIST LEGEND**

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**Basil Burgers**  
Day 1 – Serves 6

**INGREDIENTS:**
1 pound extra-lean ground beef  
4 tablespoons onion, finely chopped  
2 cloves garlic, pressed  
1 teaspoon salt  
1/2 teaspoon pepper  
6 French rolls, split  
1 1/2 cups packed spinach leaves  
6 tomato slices  
BASIL MAYONNAISE

4 1/2 tablespoons low fat mayonnaise  
1 1/2 teaspoons dried basil  
1 1/2 teaspoons Dijon-style mustard

**COOKING INSTRUCTIONS:** In a medium bowl, combine ground beef, onion, garlic and salt and pepper, mixing lightly but thoroughly. Shape into six oval patties, 1/2 inch thick. Heat a large non-stick skillet over medium heat until hot. Place patties in skillet; cook for 7 to 8 minutes, or until no longer pink and juices run clear, turning once. OR, keep the kitchen cool and fire up the barby! Meanwhile, in a small bowl, prepare Basil Mayonnaise. Line the bottom half of each French roll with spinach and tomato. Place a patty on the tomato and top with 1 tablespoon of Basil Mayonnaise. Close with top half of roll.

**NUTRITION per serving:** 386 Calories; 19g Fat; 20g Protein; 33g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 792mg Sodium. Exchanges: 2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:** A big salad and a bowl of raw carrot sticks.

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**DO-AHEAD TIP:** Set tomatoes out to reach room temperature, if refrigerated.

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**Broiled Fresh Tomato Soup**  
Day 2 – Serves 6

**INGREDIENTS:**
3 pounds fresh tomatoes, cut in halves  
4 1/2 medium onions, cut in halves  
9 cloves garlic, pressed  
3 tablespoons olive oil  
1 1/2 tablespoons red wine vinegar

1 teaspoon honey  
1 1/2 teaspoons salt  
3/4 teaspoon ground black pepper  
20-oz. chicken broth, canned or homemade  
1/2 cup low fat Cheddar cheese, shredded (optional)

**COOKING INSTRUCTIONS:** Use tomatoes held at room temperature until fully ripe; core and cut in halves. Preheat broiler. On a shallow pan, arrange tomato and onion halves cut side down; place garlic cloves around the vegetables. In a cup, mix oil, vinegar, honey and salt and pepper; brush over vegetables, coating completely. Broil 3 to 4 inches from heat source until lightly charred, 10 to 15 minutes, removing garlic cloves as they brown and soften, and turning pan for even cooking. Turn vegetables over and broil until lightly charred and tender, about 10 minutes longer. Remove pan from broiler and cool; peel skins from tomatoes. In a food processor or blender, puree tomatoes, onions and garlic with the pan juices until fairly smooth. Pour into a medium-sized saucepan; add chicken broth. Bring to a boil, then reduce heat to medium-low; cover and simmer to blend flavors, about 10 minutes. Remove from heat, sprinkle with cheese, if desired, and serve.

**NUTRITION per serving:** 246 Calories; 12g Fat; 8g Protein; 30g Carbohydrate; 5g Dietary Fiber; 11mg Cholesterol; 1238mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Grilled cheese sandwiches and a tray of raw broccoli and cauliflower florets and carrot and celery sticks.
Asian Chicken and Rice
Day 3 – Serves 6

INGREDIENTS:
1 cup brown rice
2 tablespoons vegetable oil
1 1/2 pounds boneless, skinless chicken breast halves, cut into strips
3 medium carrots, peeled and thinly sliced
2 cloves garlic, pressed
1 large bunch green onions, chopped
1 small red bell pepper, seeded, de-ribbed and thinly sliced
1/4 cup low sodium soy sauce
1/2 cup chopped celery
1 cup leftover veggies (clean out your crisper!)
3/4 teaspoon white pepper
3 tablespoons cilantro, chopped

COOKING INSTRUCTIONS: Prepare brown rice according to package directions. Meanwhile, in a large skillet or wok, sauté chicken, carrots, garlic, green onions and red bell pepper in the oil, stirring constantly, until chicken is opaque and white, about 4 minutes. Add soy sauce, celery, leftover chopped veggies, white pepper and cilantro; blend well. Cover and simmer for 5 minutes. Serve on a bed of brown rice.

NUTRITION per serving: 332 Calories; 8g Fat; 31g Protein; 33g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 503mg Sodium. Exchanges: 1 1/2 Grain (Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat. Points: 7

SERVING SUGGESTION: Stir-fried zucchini, yellow squash, and snow peas.

Baked Polish Sausage
Day 4 – Serves 6

INGREDIENTS:
1 pound Polish sausage OR kielbasa, cut into chunks
1 large green bell pepper, seeded, de-ribbed and chopped
1 cup chopped onion
12 red potatoes, unpeeled and cut in half OR quartered, depending on size
3/4 cup Italian salad dressing

COOKING INSTRUCTIONS: Preheat oven to 350 degrees. In a large casserole dish, combine sausage, bell pepper, onion and potatoes. Drizzle with Italian dressing and toss to coat. Bake for 30 minutes, or until potatoes are tender.

NUTRITION per serving: 515 Calories; 36g Fat; 14g Protein; 34g Carbohydrate; 3g Dietary Fiber; 53mg Cholesterol; 904mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 1/2 Fat. Points: 13

SERVING SUGGESTION: Steamed broccoli, cauliflower, and carrots.
Baked Fish with Rosemary
Day 5 – Serves 6

INGREDIENTS:
- 1 tablespoon rosemary, crumbled
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 cloves garlic, pressed
- 2/3 cup seasoned breadcrumbs
- 6 fish filets (fresh or frozen)
- 1 tablespoon vegetable oil

COOKING INSTRUCTIONS: Preheat oven to 425 degrees. Combine first 4 ingredients in a bowl and mash into a paste (or make it easy and use a blender or food processor). Using a fork or food processor, blend paste with breadcrumbs. Season both sides of fish with salt and pepper. Arrange fish in a lightly oiled baking dish. Press equal amounts of breadcrumb mixture onto the top of each fillet and drizzle with oil. Bake for 10 to 12 minutes, or until fish flakes easily when tested with a fork.

NUTRITION per serving: 262 Calories; 4g Fat; 43g Protein; 10g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 564mg Sodium. Exchanges: 1/2 Grain (Starch); 5 1/2 Lean Meat; 0 Vegetable; 1/2 Fat. Points: 5

SERVING SUGGESTION: Baked sweet potatoes and steamed green beans.

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Easy Crock Chicken
Day 6 – Serves 6

INGREDIENTS:
- 3 pounds skinless chicken drumsticks (12 pieces)
- 1/3 cup dry white wine (or use white grape juice or chicken broth)
- 1 small onion, chopped
- 2 teaspoons chicken flavored bouillon granules (or two cubes bouillon-I use the no MSG type)
- 1/2 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- 2 teaspoons dried tarragon
- 1/4 teaspoon crushed red pepper flakes
- 1 (14.5-oz.) can stewed tomatoes, undrained, and chopped
- 6 cups hot cooked rice (I use brown rice)

COOKING INSTRUCTIONS: Trim fat and skin from the chicken, if necessary. Place chicken in a slow cooker, add wine (or juice or broth) and next 8 ingredients (wine through tomatoes). Cover and cook on high heat setting for 1 hour, then reduce to low and cook for 3 1/2 hours.

NUTRITION per serving: 477 Calories; 7g Total Fat; 39g Protein; 58g Carbohydrate; 133mg Cholesterol; 465mg Sodium. Exchanges: 3 1/2 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. Points: 9

SERVING SUGGESTION: Serve over the brown rice. Add a big salad.
Saving Dinner with Frugal Summer E-Book Volume 1
| Week 1 | Chickpeas and Veggie Stir-Fry, add brown rice  
|        | Chicken Marengo, add red potatoes, broccoli and a salad  
|        | Pasta with Cannellini and Kale, and a green salad  
|        | Tuna Dogs, with a spinach salad and carrot sticks  
|        | Saucy Pork Chops, with brown rice and steamed green beans  
|        | Crock Southwestern Meatloaf, add mashed potatoes and steamed broccoli |

| Week 2 | Skillet Chicken and Vegetables, with brown rice and sautéed asparagus  
|        | Mexican Skillet Rice, add a big green salad and a bowl of carrot sticks  
|        | Salad Nicoise and Avocado Yumwiches,  
|        | Mushroom Ham Fettuccine, add fresh fruit or cheese if you need more  
|        | Ground Beef Gyros, with steamed broccoli and fresh sliced tomatoes  
|        | Crock Lemon Chicken, with a big salad and maybe some fresh fruit topped with yogurt |

| Week 3 | Turkey Caesar Wraps, add carrot sticks and some cherry tomatoes  
|        | Pioneer Dinner, with salad and a loaf of whole wheat crusty bread  
|        | Grilled Apricot Glazed Chicken, grill some veggies and potatoes  
|        | Potato Cobb Salad, serve Potato Cobb Salad with BLTs  
|        | Smothered Hamburger Steaks, with mashed potatoes topped with gravy and sautéed green beans, add a green salad  
|        | Barbecue Crock Chicken, with brown rice, steamed baby carrots and frozen petite peas |

| Week 4 | Moo Shu Stir-Fry, and a salad  
|        | Quick Chick Parm, with your favorite pasta, steamed broccoli and a salad  
|        | Crock Taco Meat, with warmed flour and your favorite burrito toppings, add a salad  
|        | Caesar Chicken Pasta Salad, with some whole grain rolls  
|        | Double Duty Mexican Salad, with sliced avocados and homemade tortilla chips  
|        | Ginger Pork Fried Rice, nothing else is needed |

| Week 5 | Cashew Chicken, over some brown rice and don't forget the salad  
|        | Honey Barbecued Fish, with steamed red potatoes, green beans and a nice salad  
|        | Sweet and Savory Turkey Salad, with whole grain rolls and carrot sticks  
|        | Salsa Steak Kabobs, with fresh corn on the cob and a big spinach salad  
|        | Italian Chef Salad, with whole grain rolls  
|        | Old Fashioned Baked Beans in a Crock, add coleslaw, carrot sticks and hot dogs |

| Week 6 | Amber's Grilled Chicken Monterey Thighs, add bowl of broccoli slaw and raw baby carrots  
|        | Skillet Dilled Salmon Patties, with steamed red potatoes, creamed spinach and a big salad  
|        | Thai Supper Skillet, over brown rice  
|        | Fresh Vegetables and Pasta Salad, add big salad and some whole grain rolls  
|        | Mamma's Schnitzel, add baked sweet potatoes and steamed green beans  
<p>|        | Beef and Bean Stew, with some warm, crusty bread and a big salad on the side |</p>
<table>
<thead>
<tr>
<th>Week 7</th>
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<tbody>
<tr>
<td>Turkey Citrus Salad with Poppyseed Dressing, add whole grain rolls and fruit kabobs</td>
</tr>
<tr>
<td>Salmon Carbonara, add a salad and garlic toast</td>
</tr>
<tr>
<td>Honey Lime Grilled Chicken Thighs, big bowl of broccoli slaw and a bowl of raw baby carrots</td>
</tr>
<tr>
<td>Asian Beef Stir Fry, add brown rice and steamed broccoli</td>
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<tr>
<td>Skillet Pork Pasta, and a big salad</td>
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<tr>
<td>Crock Moroccan Chicken and Veggies, with steamed green beans</td>
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<th>Week 8</th>
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<tbody>
<tr>
<td>Raspberry Balsamic Glazed Chicken Thighs, add steamed red potatoes and steamed green beans</td>
</tr>
<tr>
<td>Cool Dill Shrimp Salad, and a relish tray</td>
</tr>
<tr>
<td>Steak and Spinach Salad, and garlic bread</td>
</tr>
<tr>
<td>New Orleans Chicken and Pasta, with corn on the cob and a big salad</td>
</tr>
<tr>
<td>Spiced Pork Chops, add baked sweet potatoes and steamed broccoli</td>
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<tr>
<td>Turkey Crock Chili, with warmed, drained black beans, corn muffins and a big salad</td>
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<th>Week 9</th>
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<tbody>
<tr>
<td>Lemon Garlic Fish, add baked potatoes steamed kale and carrots</td>
</tr>
<tr>
<td>Country Fried Chicken and Peppers, with mashed potatoes, green beans and corn on the cob</td>
</tr>
<tr>
<td>Summer Pasta with Tomatoes and Basil, add a spinach salad and some carrot sticks</td>
</tr>
<tr>
<td>Grilled Chicken with Tex Mex Salsa, with brown rice, steamed broccoli and a big salad</td>
</tr>
<tr>
<td>Pizza Joes, with a big green salad</td>
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<tr>
<td>Cowboy Beans, with cornbread, honey butter and huge green salad</td>
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<tr>
<th>Week 10</th>
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</thead>
<tbody>
<tr>
<td>Red Hot Stir Fry, over brown rice</td>
</tr>
<tr>
<td>Grilled Citrus Chicken, add baked sweet potatoes and steamed broccoli</td>
</tr>
<tr>
<td>Grilled Sausage Packets, with a big salad and some whole wheat rolls and butter</td>
</tr>
<tr>
<td>Grilled Fish with Tomato Dill Relish, add red potatoes, green beans and baby carrots</td>
</tr>
<tr>
<td>Summer Vegetable Pasta Salad, with fruit kabobs</td>
</tr>
<tr>
<td>Crock Mixed Beans and Turkey Ham, with corn muffins and a big spinach salad</td>
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<thead>
<tr>
<th>Week 11</th>
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<tbody>
<tr>
<td>Chicken and Bean Pasta, add a big spinach salad</td>
</tr>
<tr>
<td>Italian Pork Chops, with angel hair pasta and a big salad</td>
</tr>
<tr>
<td>Open Faced Beef Tacos, add corn on the cob</td>
</tr>
<tr>
<td>Sesame Fish, add steamed red potatoes, carrots and green beans</td>
</tr>
<tr>
<td>Teriyaki Tofu Stir Fry, add some egg rolls</td>
</tr>
<tr>
<td>Enchilada Casserole Con Crock, and a salad</td>
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<th>Week 12</th>
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<tbody>
<tr>
<td>Easy Stove Top Tuna Pasta, add a relish tray</td>
</tr>
<tr>
<td>Ham and Pineapple Kabobs, add steamed green beans and baked sweet potatoes</td>
</tr>
<tr>
<td>Easy Chicken Stir Fry, serve over brown rice and add some egg rolls</td>
</tr>
<tr>
<td>Mexican Casserole, add corn on the cob and a big salad</td>
</tr>
<tr>
<td>End of Summer Pasta, with a big spinach salad and garlic toast.</td>
</tr>
<tr>
<td>Crock Thai Chicken, with wild rice pilaf and stir-fried zucchini, yellow squash and snow peas</td>
</tr>
</tbody>
</table>
### Frugal E-Book Menu and Shopping List for Six

#### Summer

#### Week 1

| Day 1: Chickpeas and Veggie Stir-Fry, add brown rice |
| Day 2: Chicken Marengo, add red potatoes, broccoli and a salad |
| Day 3: Pasta with Cannellini and Kale, and a green salad |
| Day 4: Tuna Dogs, with a spinach salad and carrot sticks |
| Day 5: Saucy Pork Chops, with brown rice and steamed green beans |
| Day 6: Crock Southwestern Meatloaf, add mashed potatoes and steamed broccoli |

#### Shopping List:

**Meat**
- 1 whole chicken [D2]
- 6 boneless pork chops [D5]
- 1 pound extra-lean ground beef OR ground chicken or turkey [D6]

**Condiments**
- Olive oil [D1,D2,D3]
- Vegetable oil [D5]
- White wine (1/2 cup) (optional)
- Pitted black olives, sliced (3/4 cup) [D2]
- Low fat mayonaise [D4]
- Worcestershire sauce [D5]
- Ketchup [D6]
- Salsa (your favorite) (1/2 cup)
- **Salad dressing(s) (your choice) [D2,D3]**

**Produce**
- 3 pounds onions (keep on hand) [D2,D4,D5]
- 1 to 2 heads garlic (8 cloves) [D1,D2,D3,D5]
- 1 bunch basil [D1]
- 1 bunch cilantro [D1,D6]
- 1 large zucchini [D1]
- Mushrooms (1/2 pound plus 1/2 cup, sliced) [D1,D2]
- 1 large tomato [D1]
- 2 to 3 lemons [D2,D3]
- 1/2 pound kale [D3]
- Celery (1 cup, chopped) [D4]
- 3 apples [D5]
- Veggies, your choice (1 cup chopped) [D1]
- **Red potatoes (1 meal) [D2]**
- **Russet potatoes (1 meal) [D6]**
- **Broccoli (2 meals) [D2,D6]**
- **Carrots (1 meal) [D4]**
- **Green beans (1 meal) [D5]**
- **Spinach (1 meal) [D4]**
- **Lettuce for 3 salads (not Iceberg-no nutrition) [D2,D3]**
- **Salad veggies (your choice) [D2,D3]**

**Canned Goods**
- 1 (16-oz.) can garbanzo beans [D1]
- 1 (16-oz.) can cannellini beans OR other white beans [D3]
- 1 (14.5-oz.) can diced tomatoes (1 cup) [D2]
- 1 (6-oz.) can tomato paste [D2]
- 1 (7-oz.) jar roasted red bell peppers [D3]
- 1 (12-oz.) can white tuna in water [D4]
- Applesauce, unsweetened (2 cups) [D5]

**Spices**
- Oregano [D1]
- Thyme [D2]
- Chili powder [D6]
- Cumin [D6]

**Dry Goods**
- Cornstarch [D5]
- Rigatoni OR Penne pasta (2 1/2 cups, uncooked) [D3]
- Regular oats (1/3 cup) [D6]
- **1 pound brown rice [D1,D5]**

**Freezer**
- Whole-kernel corn (1 cup) [D6]

**Bakery**
- 6 whole wheat hot dog buns [D4]

**Other**
- Aluminum foil wrap [D4]

#### Shopping List Legend

**= Serving Suggestions**
- Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...
- Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Chickpeas and Veggie Stir-Fry
Day 1 – Serves 6

INGREDIENTS:
2 tablespoons olive oil 1 large zucchini, halved lengthwise and sliced
1 tablespoon oregano 1 cup chopped veggies (clean out your crisper and use anything-or nothing at all is fine, too)
1 tablespoon chopped fresh basil 1/2 cup mushrooms, sliced
1 clove garlic, pressed 1 tablespoon fresh cilantro, chopped
Ground black pepper to taste 1 large tomato, chopped
1 (16-oz.) can garbanzo beans, drained and rinsed

COOKING INSTRUCTIONS: Heat oil in a wok or large skillet over medium heat. Add oregano, basil, garlic and pepper. Add the garbanzo beans and zucchini, stirring well to coat with oil and herbs. Cover and cook for 10 minutes, stirring occasionally. Add mushrooms, veggies and cilantro; cook 10 minutes, stirring occasionally. Place the chopped tomato on top of the mixture to steam. Cover and cook for 5 minutes more.

NUTRITION per serving: 153 Calories; 6g Fat; 5g Protein; 22g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 307mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 1 Vegetable; 1 Fat. Points: 3

SERVING SUGGESTION: Make yourself some brown rice and you're set. That's it, nothing else needed (unless you need more veggies-in that case, add a salad). Don't forget: We start the week off with a stir-fry to clean out the crisper. Feel free to add other stuff to this recipe and use up your older veggies.

Chicken Marengo
Day 2 – Serves 6

INGREDIENTS:
1 whole chicken, cut into pieces 1/4 teaspoon thyme
4 cloves garlic, pressed Salt and pepper to taste
2 tablespoons olive oil 1/2 small onion, thinly sliced
1 cup chopped onion 1 tablespoon butter
1/2 cup water or white wine if it is in your budget 1/2 pound mushrooms, sliced
1 cup canned diced tomatoes 3/4 cup pitted black olives, sliced
1 tablespoon tomato paste 1/2 lemon, juiced

COOKING INSTRUCTIONS: In a Dutch oven over medium heat, sauté onions and garlic in oil until lightly browned; remove and set aside. In the same Dutch oven, brown the chicken pieces. Combine tomato paste, diced tomatoes, water (or wine) browned onions, garlic, thyme, salt and pepper; add to chicken in Dutch oven. Cover and simmer for 30 to 45 minutes. Keep a close watch on it-you don't want to burn dinner. While the chicken is simmering, take the remaining onions and the mushrooms and sauté in butter until golden brown. Add olives and lemon juice and stir together. Pour this mixture over the top of the chicken, cover and simmer another 15 to 20 minutes, or until chicken is done.

NUTRITION per serving: 646 Calories; 47g Fat; 45g Protein; 22g Carbohydrate; 2g Dietary Fiber; 232mg Cholesterol; 369mg Sodium. Exchanges: 0 Grain (Starch); 6 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 5 1/2 Fat. Points: 16

SERVING SUGGESTION: Steamed red potatoes and broccoli and a salad.
Pasta with Cannellini and Kale

Day 3 – Serves 6

**INGREDIENTS:**
- 2 1/2 cups Rigatoni OR Penne pasta, uncooked
- 2 tablespoons olive oil, divided
- 3 garlic cloves, pressed
- 1 (7-oz.) jar roasted red bell peppers, drained and sliced
- 12 cups coarsely chopped kale (about 1/2 pound)
- 1 (16-oz.) can cannellini beans or other white beans, drained
- 2 tablespoons fresh lemon juice
- Salt and pepper to taste
- 6 tablespoons grated fresh Parmesan cheese

**COOKING INSTRUCTIONS:** Cook pasta according to package directions, omitting salt and fat. Drain pasta in a sieve over a bowl, reserving 1/4 cup of the cooking liquid (discard remainder). Set pasta and reserved liquid aside.

Heat 1 tablespoon of the oil in a large Dutch oven over medium heat. Add garlic and bell peppers; sauté for 1 minute. Add kale and beans; cover and cook for 5 minutes, or until kale is wilted, stirring occasionally. Add cooked pasta, reserved cooking liquid, 1 tablespoon oil, lemon juice, salt and pepper, and stir well. Spoon the pasta mixture into serving bowls, and sprinkle with Parmesan cheese.

**NUTRITION per serving:** 414 Calories; 7g Fat; 20g Protein; 70g Carbohydrate; 12g Dietary Fiber; 4mg Cholesterol; 156mg Sodium. Exchanges: 3 1/2 Grain (Starch); 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 1 Fat. Points: 8

**SERVING SUGGESTION:** A green salad would be great with this delicious pasta dish.

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Tuna Dogs

Day 4 – Serves 6

**INGREDIENTS:**
- 1 (12-oz.) can white tuna in water
- 1/2 cup chopped onion
- 1 cup chopped celery
- 1/4 cup mayonnaise (use low fat mayo)
- Salt and pepper to taste
- 6 whole wheat hot dog buns
- Aluminum foil wrap

**COOKING INSTRUCTIONS:** Pre-heat barbecue, OR indoor grill OR, if wish, you can use your oven, OR you can serve cold. Combine first 5 ingredients in a bowl. Fill hot dog buns with mixture. Wrap buns in aluminum foil and cook over hot coals or grill for about 15 minutes.

**NUTRITION per serving:** 246 Calories; 12g Fat; 12g Protein; 24g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 324mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 1 Fat. Points: 6

**SERVING SUGGESTION:** A big spinach salad and some carrot sticks will fill the bill.
### Saucy Pork Chops
**Day 5 – Serves 6**

**INGREDIENTS:**
- 6 boneless pork chops
- 1 tablespoon vegetable oil
- 3 apples, cored and chopped
- 2 cups applesauce, unsweetened
- 1 cup water
- 1/4 cup chopped onion
- 1 1/2 tablespoons Worcestershire sauce
- 1 clove garlic, pressed
- Salt and pepper to taste
- 2 teaspoons cornstarch
- 2 tablespoons water

**COOKING INSTRUCTIONS:** In a large skillet brown pork chops on both in oil over medium high heat. Next, add the apples, applesauce, water, onion, Worcestershire, garlic, salt and pepper. Allow sauce and chops to come to a low boil. Cover and simmer for about 30 minutes. Remove chops from skillet. Combine cornstarch and water; add to the pork chop sauce in the skillet, allowing sauce to thicken. Return chops to the skillet to warm through. Serve.

**NUTRITION per serving:** 257 Calories; 9g Fat; 22g Protein; 22g Carbohydrate; 3g Dietary Fiber; 67mg Cholesterol; 92mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Serve with brown rice and steamed green beans.

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### Crock Southwestern Meatloaf
**Day 6 – Serves 6**

**INGREDIENTS:**
- 1 pound extra-lean ground beef (or use ground chicken or turkey if it is on sale)
- 1 cup frozen whole-kernel corn
- 1/2 cup salsa (your favorite)
- 1/3 cup regular oats
- 1/4 cup fresh cilantro, chopped
- 1 tablespoon chili powder
- 1 large egg white
- 1/4 cup ketchup

**COOKING INSTRUCTIONS:** Combine first 8 ingredients in a large bowl; stir well. Drop meat mixture into the bottom of a lightly greased slow cooker and brush ketchup over the top of the meat loaf. Cook on low all day or high half the day.

**NUTRITION per serving:** 272 Calories; 15g Fat; 18g Protein; 17g Carbohydrate; 2g Dietary Fiber; 83mg Cholesterol; 353mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Mashed potatoes and steamed broccoli.
Frugal E-Book Menu and Shopping List for Six

Summer Week 2

**MENU**

Day 1: Skillet Chicken and Vegetables, with brown rice and sautéed asparagus

Day 2: Mexican Skillet Rice, add a big green salad and a bowl of carrot sticks

Day 3: Salad Nicoise and Avocado Yumwiches,

Day 4: Mushroom Ham Fettuccine, add fresh fruit or cheese if you need more

Day 5: Ground Beef Gyros, with steamed broccoli and fresh sliced tomatoes

Day 6: Crock Lemon Chicken, with a big salad and maybe some fresh fruit topped with yogurt

**SHOPPING LIST**

**MEAT**

1 pound boneless, skinless chicken thighs [D1]
3/4 pound lean ground beef [D2]
3/4 pound extra-lean ground beef [D5]
3/4 pound cooked ham, sliced [D4]
1 (3-pound) whole chicken [D6]

**CONDIMENTS**

Vegetable oil [D5]
Italian Salad dressing [D1]
Vinaigrette (1/2 cup) (homemade or bottled) [D3]
**Salad dressing, your choice [D5]

**PRODUCE**

3 pounds onions (keep on hand) [D2,D5,D6]
1 small red onion [D3]
1 head garlic [D4]
1 1/4 pounds fresh white mushrooms, sliced (about 7 1/2 cups) [D1,D4]
2 avocados [D3]
2 large plum (Roma) tomatoes [D1]
6 tomatoes [D2,D3,D5] **Additional (1 meal) [D4]
2 large carrots [D1] **Additional (2 meals) [D2,D6]
1 pound green beans [D3] **Additional (1 meal) [D6]
1 bunch celery (1 stalk) [D6]
1 small cucumber [D5]
1 bunch green onions (scallions) [D1]
1 head Romaine lettuce [D3]
10 new potatoes [D3]
Fresh Dill weed (1/2 teaspoon) [D5]
1 apple [D6]
1 Lemon [D6]
**Asparagus (1 meal) [D1]
**Broccoli (1 meal) [D4]
**Red Potatoes (1 meal) [D6]
**1 bunch parsley (1 meal) [D6]
**Lettuce for 2 salads (not iceberg, no nutrition) [D2,D5]
**Salad veggies (2 meals) [D5]
**Fruit (2 meals) (optional) [D3,D5]

**CANNED GOODS**

1 (16-oz.) can pinto beans [D2]
2 (4-oz.) cans diced green chillies [D2]
1 (7-oz.) can tuna (packed in water) [D3]
1 can black olives (optional) [D3]

**SPICES**

Chili powder [D2]
Cumin [D2]
Garlic Powder [D5]
Oregano [D5]
Dried Rosemary [D6]

**DAIRY/ DAIRY CASE**

2 eggs [D3]
Low fat cream cheese (3 ounces) [D3]
Butter [D4,D6]
Parmesan cheese, grated (1 cup) [D4]
Sour cream (1 cup) [D4]
Plain low-fat yogurt (3/4 cup) [D5] **Additional (1 meal) [D5]
**Cheese slices, your choice (optional) [D3]

**DRY GOODS**

16 ounces fettuccine noodles [D4]
1 pound brown rice [D2] **Additional (1 meal) [D1]

**BAKERY**

Whole Wheat bread (12 slices) [D3]
Whole wheat pita bread (6)

**SHOPPING LIST LEGEND**

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
## Skillet Chicken and Vegetables
### Day 1 – Serves 6

**INGREDIENTS:**
- 3 tablespoons bottled Italian Salad dressing, divided
- 1 pound boneless, skinless chicken thighs
- 1 pound fresh white mushrooms, sliced (about 6 cups)
- 2 large plum (Roma) tomatoes, diced (about 1 cup)
- 2 large carrots, thinly sliced (about 1 cup)
- 4 green onions (scallions), sliced (about 1/3 cup)

**COOKING INSTRUCTIONS:** Heat 1 tablespoon of the dressing in a large nonstick skillet, over medium-high heat. Add chicken; cook until browned on each side; remove and set aside. To the same skillet, add the remaining 2 tablespoons dressing. Add mushrooms, stirring frequently, until mushrooms begin to release their liquid, about 4 minutes. Add tomatoes, carrot and reserved chicken. Reduce heat; cover and simmer until juices from chicken run clear when pierced with a fork, about 10 minutes. Remove chicken and vegetables to a heated platter; cook sauce in skillet over high heat to thicken slightly, about 2 minutes; pour over chicken. Sprinkle with green onions.

**NUTRITION per serving:** 231 Calories; 9g Fat; 28g Protein; 10g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 162mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat. **Points:** 5

**SERVING SUGGESTION:** Serve with brown rice (see DO AHEAD TIP for tomorrow) and sautéed asparagus.

---

**DO AHEAD TIP:** Why not cook all the brown rice at one time? You will need approximately 6 cups, cooked, for both tonight's and tomorrow night's meals.

---

## Mexican Skillet Rice
### Day 2 – Serves 6

**INGREDIENTS:**
- 3/4 pound lean ground beef
- 3/4 cup chopped onion
- 1 1/2 tablespoons chili powder
- 3 cups cooked brown rice
- 1 16-ounce can pinto beans, drained
- 2 4-ounce cans diced green chilies
- 1 medium fresh tomato, seeded and chopped

**COOKING INSTRUCTIONS:** Cook meat in a large skillet over medium-high heat until brown, stirring to crumble; drain. Return meat to skillet. Add onion, chili powder, cumin and salt; cook until onion is soft, but not brown. Stir in rice, beans and chilies; heat thoroughly. Top with tomato. Serve immediately.

**NUTRITION per serving:** 347 Calories; 14g Fat; 17g Protein; 40g Carbohydrate; 6g Dietary Fiber; 41mg Cholesterol; 549mg Sodium. **Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 7

**SERVING SUGGESTION:** A big green salad and a bowl of carrot sticks on the table for easy reaching.
**DO AHEAD TIP:** Hard boil eggs for tomorrow.

---

**Salad Nicoise and Avocado Yumwiches**  
Day 3 – Serves 6

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
</tr>
</thead>
</table>
| 1 head Romaine lettuce, washed and patted dry | Black olives (optional)  
| 2 medium tomatoes, diced | 1/2 cup vinaigrette, homemade or bottled  
| 2 eggs, hard-boiled and diced | Avocado Yumwiches  
| 1 (7-oz.) can tuna, well drained | 12 slices whole wheat bread  
| 1 pound green beans, trimmed, cut in half and steamed | 1 1/2 avocados  
| 1 small red onion, diced finely | 3 ounces low fat cream cheese  
| 10 new potatoes, cooked and quartered | 6 slices tomato  

**COOKING INSTRUCTIONS:** In a large bowl, place all ingredients except lettuce; toss well. Set aside for 10 minutes while you prepare the lettuce and the sandwiches. Tear lettuce into the bowl, on top of your marinating mixture, and toss well. Serve with sandwiches. For each sandwich use 2 slices bread, 1/4 of an avocado sliced, 1/2 ounce cream cheese and one slice tomato. Put together and eat! How's that for cinchy instructions?

**NUTRITION per serving:** 637 Calories; 26g Fat; 26g Protein; 83g Carbohydrate; 13g Dietary Fiber; 89mg Cholesterol; 564mg Sodium.  
**Exchanges**: 4 Grain (Starch); 1 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.  
**Points**: 14

**SERVING SUGGESTION:** The salad and sandwich are really enough, but if you need more how about some fresh fruit or cheese?

---

**Mushroom Ham Fettuccine**  
Day 4 – Serves 6

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
</tr>
</thead>
</table>
| 16 ounces fettuccine noodles | 2 tablespoons plus 1/2 cup butter  
| 3/4 pound cooked ham, sliced and cut into strips | 1 cup Parmesan cheese, grated  
| 1 1/2 cups sliced mushrooms | 1 cup sour cream  
| 3 cloves garlic, pressed | Salt and pepper to taste  

**COOKING INSTRUCTIONS:** Prepare noodles according to package directions. Drain and set aside. In a large skillet over medium heat, sauté the ham, mushrooms and garlic in the 2 tablespoons butter. In the same saucepan or Dutch oven in which you cooked the noodles, melt the 1/2 cup of butter. Return the noodles to the pot along with the Parmesan cheese, sour cream, and salt and pepper to taste. Add the ham and mushroom mixture to the noodles. Toss to coat and serve.

**NUTRITION per serving:** 635 Calories; 29g Fat; 29g Protein; 63g Carbohydrate; 2g Dietary Fiber; 97mg Cholesterol; 1305mg Sodium.  
**Exchanges**: 4 Grain (Starch); 2 1/2 Lean Meat; 0 Vegetable; 4 1/2 Fat; 1/2 Other Carbohydrates.  
**Points**: 15

**SERVING SUGGESTION:** Steamed broccoli and fresh sliced tomatoes.
# Ground Beef Gyros

**Day 5 – Serves 6**

**INGREDIENTS:**
- 3/4 pound extra-lean ground beef, cooked and drained
- 3/4 cup plain low-fat yogurt
- 1/4 cup cucumber, peeled, seeded and finely chopped
- 1/2 teaspoon dill weed
- 1 tablespoon vegetable oil
- 3 medium onions, sliced into rings
- 1 1/2 teaspoons garlic powder
- 1/4 teaspoon dried oregano, crushed
- 6 whole wheat pita breads, warmed
- 1 small tomato, chopped

**COOKING INSTRUCTIONS:** Combine yogurt, cucumber and dill weed. Cover and refrigerate. Heat oil in large non-stick skillet over medium-high heat; add onions; cook 2 minutes, stirring occasionally. Add cooked and drained beef, garlic powder and oregano; cook 4 minutes, or until heated through, stirring occasionally. Stuff beef mixture in warmed pita breads topped with chopped tomatoes and serve with yogurt sauce.

**NUTRITION per serving:** 366 Calories; 13g Fat; 19g Protein; 42g Carbohydrate; 3g Dietary Fiber; 41mg Cholesterol; 385mg Sodium. **Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat. **Points:** 8

**SERVING SUGGESTION:** A big salad is really all you'll need. Maybe some fresh fruit topped with yogurt would also be nice.

---

# Crock Lemon Chicken

**Day 6 – Serves 6**

**INGREDIENTS:**
- 1 apple, peeled, cored and quartered
- 1 medium stalk celery, chopped
- 1 (3-pound) whole chicken
- Salt and pepper
- 1 cup chopped onion
- 1/2 teaspoon dried rosemary, crushed
- 1 lemon, juiced
- 1 cup hot water

**COOKING INSTRUCTIONS:** Place apple and celery in cavity of chicken. Rub skin with salt and pepper. Place chicken in a slow cooker. Sprinkle chopped onion, rosemary and lemon juice over chicken. Add 1 cup hot water and cover. Cook on High for 1 hour. Switch to Low, and cook for 6 to 8 hours, basting several times.

**NUTRITION per serving:** 323 calories; 21g fat, 21g protein, 9g carbohydrates, 2g dietary fiber, 102mg Sodium, **Exchanges:** 6 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat. **Points:** 8

**SERVING SUGGESTION:** Steamed red potatoes tossed with butter and chopped parsley, and green beans and carrots to go with this delicious meal.
Frugal E-Book Menu and Shopping List for Six

**Summer**

**Week 3**

**MENU**

**Day 1:** Turkey Caesar Wraps, add carrot sticks and some cherry tomatoes

**Day 2:** Pioneer Dinner, with salad and a loaf of whole wheat crusty bread

**Day 3:** Grilled Apricot Glazed Chicken, grill some veggies and potatoes

**Day 4:** Potato Cobb Salad, serve Potato Cobb Salad with BLTs

**Day 5:** Smothered Hamburger Steaks, with mashed potatoes topped with gravy and sautéed green beans, add a green salad

**Day 6:** Barbecue Crock Chicken, with brown rice, steamed baby carrots and frozen petite peas

**SHOPPING LIST: MEAT**

- Cooked turkey meat (2 cups, chopped) [D1]
- 3 pounds ground beef [D2,D5]
- 6 boneless skinless chicken thighs [D3]
- Bacon (8 slices) [D4] **Additional (1 meal) [D4]
- 3 boneless skinless chicken breast halves [D6]

**CONDIMENTS**

- 1 (16-oz.) bottle Caesar salad dressing (your choice) (1/2 cup) [D1]
- 1 (16-oz.) bottle oil and vinegar salad dressing (your choice) [D4]
- 2 (10-oz.) jars apricot preserves [D3]
- Ketchup [D6]
- Worcestershire sauce [D6]
- Soy sauce-low sodium, if available [D6]
- Cider vinegar [D6]
- **Salad dressing(s) (your choice) [D2,D3,D5]

**PRODUCE**

- 5 pounds onions (keep on hand) [D2,D5]
- 1 large red bell pepper [D1]
- Russet potatoes (6 large plus 3 pounds) [D2,D4]
  **Additional (1 meal) [D5]
- 1 1/2 pounds carrots [D2] **Additional (1 meal) [D1]
- 2 large, ripe avocados [D4]
- 1 lemon [D4]
- 2 bunches green onions [D4]
- 3 large tomatoes [D4] **Additional (1 meal) [D4]
- 1 head Romaine lettuce [D1]
- Lettuce, not Iceberg, no nutrition (8 cups, chopped, plus
  **3 salads + BLTs) [D2,D3,D4,D5]
- **Cherry tomatoes (1 meal) [D1]
- **Red potatoes (1 meal) [D3]
- **Veggies for grilling [D3]
- **Salad veggies (your choice) [D2,D3,D5]
- **Green beans (1 meal) [D5]
- **Baby carrots (1 meal) [D6]

**CANNED GOODS**

- 1 (14.5-oz.) can beef gravy [D5]

**SPICES**

- Red hot pepper flakes [D6]
- Garlic powder [D6]

**DAIRY/DAIRY CASE**

- Butter [D3]
- Orange juice (6 tablespoons) [D3]
- Parmesan cheese (1/3 cup, grated) [D1]
- 8 ounces Cheddar cheese [D4]
- 4 ounces Bleu cheese [D4]

**DRY GOODS**

- Dry bread crumbs (1/3 cup) [D5]
- Brown sugar [D6]
  **1 pound brown rice [D6]

**FREEZER**

- **Petite peas (1 meal) [D6]

**BAKERY**

- 6 (12-inch) whole wheat flour tortillas [D1]
  **Whole wheat crusty bread (1 meal) [D2]
  **Bread for BLTs [D4]

**OTHER**

- Heavy-duty aluminum foil wrap [D2]
- Gallon-size zip-lock plastic bags
- Bamboo skewers, if needed

**SHOPPING LIST LEGEND**

**= Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Turkey Caesar Wraps
Day 1 – Serves 6

INGREDIENTS:
- 1/2 cup bottled Caesar salad dressing (your choice)
- 6 12-inch whole wheat flour tortillas
- 18 leaves Romaine lettuce
- 2 cups chopped cooked turkey
- 1 large red bell pepper, de-ribbed, seeded and cut into strips
- 1/3 cup grated Parmesan cheese

COOKING INSTRUCTIONS: Spread a generous 2 to 3 tablespoons of the Caesar dressing over the entire surface of each flour tortilla. Lay 3 Romaine leaves on each tortilla, pressing them gently into the dressing. Place turkey and red bell pepper strips equally on one-half side of each tortilla. Sprinkle grated Parmesan cheese evenly over the top of everything on tortillas. Roll up each sandwich tightly like a jelly roll, starting with the turkey side. Wrap individually and refrigerate for 1 hour. Before serving, cut each wrap in halves, quarters, or 1 1/2-inch bite-size rounds.

NUTRITION per serving: 227 Calories; 6g Fat; 16g Protein; 26g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 586mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates. Points: 5

SERVING SUGGESTION: Carrot sticks and some cherry tomatoes.

Pioneer Dinner
Day 2 – Serves 6

INGREDIENTS:
- 6 large potatoes, thinly sliced
- 1 1/2 pounds carrots, cut into 1 inch chunks
- 1 1/2 pounds ground beef
- Salt and pepper to taste
- 2 onions, thinly sliced
- 6 (12-inch) pieces heavy duty aluminum foil

COOKING INSTRUCTIONS: Pre-heat outdoor or indoor grill. Place some of the sliced potatoes on top of each piece of aluminum foil. Spread carrots on top of potatoes. Season ground beef with salt and pepper to taste. Spread ground beef evenly over potatoes and carrots. Top ground beef with onions. Fold aluminum foil around meal so that it is completely sealed. Place on grill for 25 to 35 minutes, or until ground beef is done and potatoes are tender.

NUTRITION per serving: Per serving: 419 Calories; 20g Fat; 25g Protein; 35g Carbohydrate; 6g Dietary Fiber; 78mg Cholesterol; 119mg Sodium. Exchanges: 1 1/2 Grain (Starch); 3 Lean Meat; 2 1/2 Vegetable; 2 Fat. Points: 9

SERVING SUGGESTION: Serve with salad and a loaf of whole wheat crusty bread.
Grilled Apricot Glazed Chicken
Day 3 – Serves 6

INGREDIENTS:
6 each boneless skinless chicken thighs, cut into one-inch cubes
1 1/2 (10-oz.) jars apricot preserves
6 tablespoons orange juice
3 tablespoons butter

COOKING INSTRUCTIONS: Combine apricot preserves, orange juice and butter; simmer in a small saucepan until butter is melted. Place chicken cubes in a large, zip-lock plastic bag; pour 3/4 cup of the apricot mixture over chicken to coat. Marinate at least 30 minutes. Thread chicken onto 4 to 6 skewers (if using bamboo skewers soak in water for 20 to 30 minutes before using). Grill for 10 to 12 minutes, turning occasionally. Baste often with the marinade. Warm remaining apricot sauce to boiling and serve alongside kabobs, if desired.

LEANNE'S NOTE: Chicken thighs are easier to cube if they are partially frozen.

NUTRITION per serving: 357 Calories; 11g Fat; 20g Protein; 47g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 126mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Fruit; 1 Fat; 3 Other Carbohydrates. Points: 8

SERVING SUGGESTION: Why not grill some veggies and potatoes while you're at it on the barby? Par-boil your potatoes and stick them in some foil or right on the grill if they're big enough. Delicious! I'd also do a salad.

DO AHEAD TIP: Chill potato mixture for tomorrow's meal for at least 3 hours, or overnight.

Potato Cobb Salad
Day 4 – Serves 6-8 (nutritional for 8)

INGREDIENTS:
3 pounds potatoes, cooked and cubed
3/4 teaspoon salt
1 (16-oz.) bottle oil and vinegar salad dressing of your choice, divided
8 cups lettuce, chopped
2 large avocados, peeled, pitted and cubed
4 ounces bleu cheese, crumbled
8 slices bacon, cooked and crumbled
1 tablespoon lemon juice
12 small green onions, sliced
3 large tomatoes, diced
8 ounces cheddar cheese, shredded
1 teaspoon pepper

COOKING INSTRUCTIONS: Sprinkle cooked and cubed potatoes with 3/4 teaspoon salt. Pour 1 cup of dressing over potatoes. Toss gently to coat. Cover potatoes and refrigerate for 3 hours or overnight. Refrigerate remaining salad dressing. Place lettuce on a serving platter. Drizzle lemon juice over avocados. Place potatoes, avocados, tomatoes, green onions, cheeses and bacon on top of lettuce. Season with pepper to taste and serve with remaining salad dressing.

NUTRITION per serving: 580 Calories; 40g Fat; 18g Protein; 41g Carbohydrate; 6g Dietary Fiber; 46mg Cholesterol; 721mg Sodium. Exchanges: 2 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 7 Fat. Points: 14

SERVING SUGGESTION: Cook some extra bacon and serve Potato Cobb Salad with BLT sandwiches for a cool and easy dinner.

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THIS MENU MAY NOT BE FORWARDED TO ANYONE. YOU WILL BE UNSUBSCRIBED.
### Smothered Hamburger Steaks

**Day 5 – Serves 6**

**INGREDIENTS:**
- 1 1/2 pounds ground beef
- 3/4 cup water
- Salt and pepper to taste
- 1/3 cup dry bread crumbs
- 3 onions, sliced
- 1 (14-oz.) can beef gravy

**COOKING INSTRUCTIONS:** Mix ground beef, water, salt, pepper, and bread crumbs. Mold into 6 large patties. In a large skillet, brown hamburger steaks on one side, turn, add sliced onions, and brown lightly on the other side. Add gravy, cover, reduce heat and simmer for about 40 minutes.

**NUTRITION per serving:**
- 343 Calories; 21g Fat; 25g Protein; 12g Carbohydrate; 1g Dietary Fiber; 80mg Cholesterol; 494mg Sodium. **Exchanges:** 1/2 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 8

**SERVING SUGGESTION:** Serve with mashed potatoes topped with gravy and sautéed green beans. Add a green salad.

### Barbecue Crock Chicken

**Day 6 – Serves 6**

**INGREDIENTS:**
- 3 boneless skinless chicken breast halves
- 1 1/2 cups ketchup
- 3 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1 tablespoon soy sauce-low sodium, if available
- 1 tablespoon cider vinegar
- 1 teaspoon ground red hot pepper flakes

**COOKING INSTRUCTIONS:** Mix all ingredients, except chicken, in a slow cooker. Add the chicken, tossing to coat it well in the sauce. Cook on high for 3 to 4 hours, or low for 6 to 8 hours, or until chicken is fully cooked. Then shred or cut up the chicken, and return it to the BBQ sauce in the pot; mix it all up so all the pieces are coated.

**NUTRITION per serving:**
- 266 Calories; 3g Fat; 55g Protein; 1g Carbohydrate; trace Dietary Fiber; 137mg Cholesterol; 369mg Sodium. **Exchanges:** 0 Grain (Starch); 7 1/2 Lean Meat; 0 Vegetable; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Serve with brown rice, steamed baby carrots and frozen petite peas.
Frugal E-Book Menu and Shopping List for Six

**Summer**

**Week 4**

**MENU**

**Day 1:** Moo Shu Stir-Fry, and a salad
**Day 2:** Quick Chick Parm, with your favorite pasta, steamed broccoli and a salad
**Day 3:** Crock Taco Meat, with warmed flour and your favorite burrito toppings, add a salad
**Day 4:** Caesar Chicken Pasta Salad, with some whole grain rolls
**Day 5:** Double Duty Mexican Salad, with sliced avocados and homemade tortilla chips
**Day 6:** Ginger Pork Fried Rice, nothing else is needed

*We are mixing things up this week! The slow cooker meal is in the middle of the week so that we can use it for some double duty meals.*

**SHOPPING LIST**

**CONDIMENTS**
Vegetable oil [D1,D6]
Sesame oil (found in ethnic section of grocery store) [D1]
Hoisin sauce (found in ethnic section of grocery store) (optional) [D1]
Rice vinegar [D1]
Soy sauce-low sodium, if available [D1,D6]
Fat-free Caesar salad dressing (1/3 cup) [D4]
Vinaigrette salad dressing (your favorite) (6 tablespoons) [D5]
Salsa (your favorite) (3/4 cup) [D5]
**Salad dressing(s) (your choice) [D1,D2,D3]

**PRODUCE**
3 pounds onions (keep on hand) [D6]
1 head garlic [D1,D4,D6]
Gingerroot (1 4-inch piece plus 1 tablespoon, grated) [D1,D6]
1 head cabbage [D1]
1 large red bell pepper [D1]
2 bunches green onions [D1,D4,D5] **Additional (optional) [D3]
1 bunch parsley [D2,D4]
1 bunch cilantro (optional) [D5] **Additional (optional) (1 meal) [D3]
1 bunch basil [D4]
1 head Romaine lettuce [D4]
Cherry tomatoes (1 1/2 cups, halved) [D4]
1 large tomato [D5]
3 large carrots [D6]
6 ounces snow peas [D6]
4 ounces mushrooms, sliced [D1]
1-2 heads Lettuce (6 cups shredded) **Additional for 3 salads [D1,D2,D3]
**Broccoli (1 meal) [D2]
**Ripe avocados (1 meal) [D5]
**Veggies (your choice - clean out the crisper) [D1]

**MEAT**
9 boneless skinless chicken thighs [D2,D4]
3 pounds round steak [D3]
1 (12-oz.) package pork ground sausage [D6]
1 pound lean ground beef-if needed [D6]

**CANNED GOODS**
Spaghetti sauce (your favorite) (1 3/4 cups) [D2]
1 (14.5-oz.) can low sodium chicken broth (if not using water) [D1]
2 (15-oz.) cans Mexican-style stewed tomatoes (Rotell is a good brand) [D3]
1 (16-oz.) can black beans [D5]

**SPICES**
Crushed red pepper flakes [D5]

**DAIRY/DAIRY CASE**
Butter [D2]
Eggs (6 - 2 are optional) [D1,D2,D6]
Low fat sour cream (for garnish) [D5] **Additional for garnish (1 meal) [D3]
Low fat Cheddar cheese (9 ounces, shredded) [D5]
Mozzarella cheese (1/2 cup, shredded) [D2]
Parmesan cheese (1 tablespoon, grated) [D2]
4 ounces Feta cheese [D4]

**DRIED GOODS**
Seasoned bread crumbs (3/4 cup) [D2]
3 (1.25-oz.) packages taco seasoning mix (1 additional package, if needed) [D3]
Pasta shells (3 cups, cooked) [D4]
1 pound brown rice [D6]
**Pasta (your favorite) [D2]

**BAKERY**
6 whole wheat flour tortillas OR flour tortillas [D1]
**Additional (1 meal) [D3]
**Whole grain rolls (1 meal) [D4]
**Corn tortillas (for chips) [D5]

**SHOPPING LIST LEGEND**

**= Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Moo Shu Stir-Fry
Day 1 – Serves 6

INGREDIENTS:
- 1 teaspoon sesame oil
- 1 teaspoon vegetable oil
- 2 eggs, slightly beaten (Optional: skip if you prefer your Moo Shoo eggless)
- 1 tablespoon gingerroot, grated
- 2 cloves garlic, pressed
- 4 ounces mushrooms, sliced
- 4 cups cabbage, thinly sliced
- 1 cup red bell pepper, thinly sliced
- 1 cup green onions, sliced diagonally
- 3 tablespoons rice vinegar
- 2 tablespoons low sodium chicken broth OR water
- 2 tablespoons soy sauce-low sodium, if available
- 2 tablespoons Hoisin sauce
- 6 flour tortillas (try whole wheat if you can find them)

COOKING INSTRUCTIONS: In a large skillet or wok, heat both oils over medium heat. Add eggs and stir-fry till scrambled. Remove and set aside. Add ginger and garlic and stir-fry for one minute, then add mushrooms, cabbage and bell pepper; stir-fry another 2 minutes. Add onions and the rest of the ingredients, except the tortillas. Now add the cooked eggs. Serve in warmed tortillas with extra Hoisin sauce, if desired. Wrap up like a burrito and enjoy!

NUTRITION per serving: 322 Calories; 9g Fat; 10g Protein; 51g Carbohydrate; 5g Dietary Fiber; 62mg Cholesterol; 664mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. Points: 6

SERVING SUGGESTION: Add any older veggies from your crisper (chopped) to this stir-fry. Add a salad if you like, but it's not necessary with all these veggies.

Quick Chick Parm
Day 2 – Serves 6

INGREDIENTS:
- 6 boneless skinless chicken thighs
- 1 egg (add two tablespoons of water), lightly beaten
- 3/4 cup seasoned bread crumbs
- 2 tablespoons butter, melted
- 1 3/4 cups spaghetti sauce (your favorite brand)
- 1/2 cup Mozzarella cheese, shredded
- 1 tablespoon Parmesan cheese, grated
- 1/4 cup parsley, chopped

COOKING INSTRUCTIONS: Place chicken between two sheets of heavy duty plastic wrap and flatten one breast at a time with a rolling pin. You want 1/4-inch thickness. Dip in egg and dredge in breadcrumbs. Cook chicken in butter in a large skillet over medium heat till brown on both sides. Spoon spaghetti sauce over chicken in the skillet and bring to a simmer. Cover, reduce heat and simmer for 10 minutes. Sprinkle top with cheeses and parsley. Cover and simmer an additional 5 minutes till cheese is melted. Serve immediately.

NUTRITION per serving: 470 Calories; 13g Fat; 62g Protein; 23g Carbohydrate; 3g Dietary Fiber; 184mg Cholesterol; 1026mg Sodium. Exchanges: 1/2 Grain (Starch); 8 Lean Meat; 2 1/2 Vegetable; 2 Fat. Points: 10

SERVING SUGGESTION: Serve with your favorite pasta, steamed broccoli and a salad.
# Crock Taco Meat

**Day 3 – Serves 12 (save half for Day 5)**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>3 (1.25-oz.) packages taco seasoning mix (more or less depending on your heat preference)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 pounds round steak, whacked into chunks to fit your slow cooker</td>
<td>2 (15-oz.) cans Mexican-style stewed tomatoes, Rotell is a good brand</td>
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</tbody>
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**COOKING INSTRUCTIONS:** Throw everything into a slow cooker and cook for 8 hours on low or for 5 hours on high (depending on the age, make and model of your appliance - your mileage may vary!). Take two forks and shred beef to serve. Keep the sauce, too-delicious!

**NUTRITION per serving:** 259 Calories; 14g Total Fat; 23g Protein; 2g Dietary Fiber; 9g Carbohydrate; 67mg Cholesterol; 774mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Serve with warmed flour or whole wheat tortillas and make burritos. Add cheese, chopped cilantro, sour cream and chopped green onions. Throw a salad on the side and you're there.

---

# Caesar Chicken Pasta Salad

**Day 4 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>1/2 cup green onions, chopped</th>
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</thead>
<tbody>
<tr>
<td>3 boneless skinless chicken thighs, cooked and chopped</td>
<td>1/3 cup fat-free Caesar salad dressing (or other favorite ready made dressing)</td>
</tr>
<tr>
<td>3 cups pasta shells, cooked</td>
<td>1/4 cup parsley, chopped</td>
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<tr>
<td>2 cups romaine lettuce, thinly sliced</td>
<td>4 ounces Feta cheese, crumbled</td>
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<tr>
<td>1 1/2 cups cherry tomatoes, halved</td>
<td>1 clove garlic, pressed</td>
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<tr>
<td>1/2 cup basil leaves, thinly sliced</td>
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**COOKING INSTRUCTIONS:** Combine all ingredients in a large salad bowl, tossing well to coat; serve immediately.

**NUTRITION per serving:** 390 Calories; 6g Fat; 38g Protein; 43g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 299mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 8

**SERVING SUGGESTION:** Serve with some whole grain rolls.
## Double Duty Mexican Salad

### Day 5 – Serves 6

**INGREDIENTS:**
- 1 (16-oz.) can black beans, drained
- 1 large tomato, chopped
- 1/2 bunch cilantro, chopped (optional)
- 3 green onions, chopped
- 3/4 cup salsa (your favorite)
- 6 tablespoons vinaigrette salad dressing (your favorite)
- Leftover Taco Meat from Day 3 (or if you don’t have leftover, use about 1 pound seasoned taco meat)
- 9 ounces low fat Cheddar cheese, shredded
- Low fat sour cream

### COOKING INSTRUCTIONS:
In a large mixing bowl, toss all ingredients except the lettuce, sour cream and cheese. Plate lettuce and evenly distribute taco meat on top; garnish with cheese and sour cream.

### NUTRITION per serving:
- 477 Calories; 32g Fat; 28g Protein; 18g Carbohydrate; 5g Dietary Fiber; 74mg Cholesterol; 1068mg Sodium. Exchanges: 1/2 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 1/2 Other Carbohydrates. Points: 11

### SERVING SUGGESTION:
Serve with sliced avocados and homemade tortilla chips.

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## Ginger Pork Fried Rice

### Day 6 – Serves 6

**INGREDIENTS:**
- 3/4 of a (12-oz.) package pork ground sausage
- 1/2 teaspoon crushed red pepper flakes (or less, depending on your personal heat index)
- 4 large garlic cloves, pressed
- 1 piece gingerroot (about 4 inches), thinly sliced OR grated
- 1 cup chopped onion
- 4 teaspoons vegetable oil, divided
- 3 large carrots, cut into coin-sized pieces
- 6 ounces snow peas
- 3 eggs, slightly beaten
- 6 cups brown rice, cooked**
- 4 tablespoons soy sauce-low sodium, if available

### COOKING INSTRUCTIONS:
**Get the rice going or your dinner will be ready before your rice. You can always cook rice the day before, too (see DO AHEAD TIP). In a large skillet over medium-high heat, cook sausage until browned. Remove from skillet and blot up grease. In the same skillet with the sausage drippings still in the bottom, sautéed pepper flakes, garlic, gingerroot and onion. Cook for about 5 minutes. Remove onion mixture and add to cooked sausage. Put two teaspoons of oil in the skillet. Add carrots and snow peas and cook for about 3 or 4 minutes, or until snow peas are tender. Remove from skillet and add to sausage and onion mixture. Add remaining two teaspoons of oil to skillet along with beaten eggs. Cook for a little less than a minute, or until eggs are soft-scrambled, stirring constantly. Add rice and soy sauce to the skillet. Continue to cook for another 3 or 4 minutes. Add sausage and veggies to skillet and stir till all ingredients are heated through.

### NUTRITION per serving:
- 499 Calories; 24g Fat; 14g Protein; 56g Carbohydrate; 5g Dietary Fiber; 122mg Cholesterol; 728mg Sodium. Exchanges: 3 Grain (Starch); 1 Lean Meat; 1 1/2 Vegetable; 4 Fat. Points: 11

### SERVING SUGGESTION:
Nothing else is needed.
### MENU

**Day 1: Cashew Chicken**, over some brown rice and don't forget the salad

**Day 2: Honey Barbecued Fish**, with steamed red potatoes, green beans and a nice salad

**Day 3: Sweet and Savory Turkey Salad**, with whole grain rolls and carrot sticks

**Day 4: Salsa Steak Kabobs**, with fresh corn on the cob and a big spinach salad

**Day 5: Italian Chef Salad**, with whole grain rolls

**Day 6: Old Fashioned Baked Beans in a Crock**, add coleslaw, carrot sticks and hot dogs

### SHOPPING LIST:

#### CONDIMENTS
- Vegetable oil [D1,D3,D4]
- Soy sauce-low sodium, if available [D1,D2]
- Honey [D1,D2,D3]
- Molasses [D6]
- Dijon mustard [D3,D6]
- Red wine vinegar [D3]
- Rice vinegar [D4] **Additional [D6]
- Cider vinegar [D6]
- Salsa (your favorite) (1 cup) [D4]
- Italian salad dressing (your favorite) (1/2 cup) [D5]
- Ketchup [D6]
- **Mayonnaise [D6]
- **Hot dog condiments [D6]
- **Salad dressing(s) (your choice) [D1,D2]

#### PRODUCE
- 3 pounds onions (keep on hand) [D2,D4,D6]
- 1 medium red onion [D3,D5]
- 1 bunch green onions [D1]
- 1 head garlic [D2]
- Bell peppers (1 cup chopped) [D4]
- 3 large carrots [D1] **Additional (2 meals) [D3,D6]
- Celery (2 large stalks plus 1 cup, chopped,) [D1,D3]
- 1 jalapeno pepper [D2]
- Gingerroot (2 teaspoons, grated) [D2]
- 1 small head red cabbage [D3]
- 2 heads Romaine lettuce (8 cups chopped plus 6-12 leaves) [D3,D5]
- 1 pound white mushrooms, sliced [D5]
- 1 medium tomato [D5]
- Cherry tomatoes (1 cup) [D4]
- 2 to 3 limes (3 tablespoons juice) [D2]
- 2 to 3 lemons (1/4 cup juice) [D3]
- **Red potatoes (1 meal) [D2]
- **Green beans (1 meal) [D2]
- **Corn on the cob (1 meal) [D4]
- **Spinach (1 meal) [D4]
- **Coleslaw mix (1 meal) [D6]
- **Lettuce for 2 salads (not Iceberg-no nutrition) [D1,D2]
- **Salad veggies (your choice) [D1,D2]

#### MEAT
- 1 pound boneless chicken meat [D1]
- Turkey meat (4 cups) [D3]
- 6 firm white fish fillets (or other fish that will barbecue well)-or buy frozen [D2]
- 1 pound top sirloin beef steak [D4]
- 1/4 pound turkey bacon (optional) [D6]

#### DELI
- 8 ounces smoked turkey, sliced [D5]
- **Wiener (1 meal) [D6]

#### SPICES
- Ginger [D1]
- Garlic powder [D1,D4]
- Cumin [D4]

#### DAIRY/DAIRY CASE
- Orange juice (3/4 cup) [D1]
- 4 ounces sliced Provolone cheese [D5]
- **Tofu dogs-if not using wieners (or may be available in produce section) [D6]

#### DRY GOODS
- Cornstarch [D1]
- Brown sugar [D6]
- Cashews (1 cup) [D1]
- Raisins (3/4 cup) [D3]
- 1 pound white beans [D6]
- **Brown rice (1 meal) [D1]

#### FREEZER
- 6 firm white fish fillets (or other fish that will barbecue well)-if not using fresh [D2]

#### BAKERY
- **Whole grain rolls (2 meals) [D3,D5]
- **Hot dog buns (1 meal) [D6]

#### OTHER
- Gallon-size zip-lock plastic bags
- Bamboo skewers

### SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
### Cashew Chicken

**Day 1 – Serves 6**

**INGREDIENTS:**
- 1 pound boneless chicken, cut into 1-inch strips
- 3/4 cup orange juice
- 1/3 cup honey
- 1/4 cup soy sauce-low sodium, if available
- 1 tablespoon cornstarch
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper
- 2 tablespoons vegetable oil, divided
- 4 green onions, sliced
- 3 large carrots, sliced
- 2 large celery stalks, sliced
- 1 cup cashews

**COOKING INSTRUCTIONS:** Combine orange juice, soy sauce, honey, cornstarch and seasonings. In a wok or large skillet, heat 1 tablespoon of the oil until it begins to smoke. Stir-fry vegetables for several minutes, until the onions become fragrant. Remove and set aside. Add remaining tablespoon of oil to the skillet until smoking and stir-fry chicken strips until browned and tender. Add cooked vegetables, cashews and sauce mixture. Continue cooking until sauce bubbles and thickens.

**NUTRITION per serving:** 357 Calories; 16g Fat; 23g Protein; 33g Carbohydrate; 3g Dietary Fiber; 44mg Cholesterol; 1110mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 1 Other Carbohydrates. **Points:** 8

**SERVING SUGGESTION:** Serve over some brown rice and don't forget the salad!

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**DO AHEAD TIP:** Marinate tomorrow's fish for at least one hour.

### Honey Barbecued Fish

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1/4 cup honey
- 1/3 cup chopped onion
- 3 tablespoons lime juice
- 3 cloves garlic, pressed
- 1 jalapeno pepper, seeded and minced
- 2 teaspoons fresh gingerroot, grated
- 6 firm white fish fillets (or other fish that will barbecue well)
- 3 tablespoons soy sauce-low sodium, if available

**COOKING INSTRUCTIONS:** Combine all ingredients, except fish, in a small bowl; mix well. Place fish in a shallow baking dish; pour marinade over fish. Cover and refrigerate for 1 hour. Pre-heat outdoor or indoor grill or oven broiler. Remove fish from marinade and discard marinade. Grill or broil fish over medium-hot heat source for about 10 minutes per inch of thickness, turning once, or until fish turns opaque and flakes easily when tested with fork.

**NUTRITION per serving:** 194 Calories; 5g Fat; 23g Protein; 15g Carbohydrate; trace Dietary Fiber; 44mg Cholesterol; 618mg Sodium. **Exchanges:** 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTION:** Serve this delicious fish with steamed red potatoes, green beans and a nice salad.
Sweet and Savory Turkey Salad

Day 3 – Serves 6

**INGREDIENTS:**
- 4 cups cooked turkey, cubed
- 1 cup celery, chopped
- 1 1/2 cups red cabbage, chopped
- 3/4 cup raisins
- 1/4 cup red onion, chopped
- 1/4 cup red wine vinegar
- 1/4 cup lemon juice
- 2 tablespoons vegetable oil
- 1/4 cup Dijon mustard
- 1/4 cup honey
- 6-12 lettuce leaves

**COOKING INSTRUCTIONS:** Whisk together vinegar, lemon juice, oil, mustard and honey. Add onion and allow dressing to sit at room temperature for about one hour. In a large bowl, mix turkey, celery, cabbage and raisins. Pour dressing over salad and toss well to coat. Chill for several hours or overnight. Serve on dinner plates or large salad bowls lined with lettuce leaves.

**NUTRITION per serving:**
- 329 Calories
- 6g Fat
- 39g Protein
- 31g Carbohydrate
- 2g Dietary Fiber
- 103mg Cholesterol
- 213mg Sodium
- **Exchanges:** 5 Lean Meat; 1/2 Vegetable; 1 Fruit; 1 Fat; 1 Other Carbohydrates
- **Points:** 7

**SERVING SUGGESTION:** Serve with whole grain rolls and you're good to go. I would also add a bowl of carrot sticks to the table for the kids (and adults!) to nibble on.

Do Ahead Tip: Prepare the marinade, cut up the beef and marinate tomorrow's. Soak bamboo skewers in water overnight too - that way, they won't burn on the grill.

Salsa Steak Kabobs

Day 4 – Serves 6-8

**INGREDIENTS:**
- 1 pound top sirloin beef steak, cut in 3/4-inch cubes
- 1 cup each bell pepper, onion, and cherry tomatoes - cut into bite-sized pieces
- MARINADE
- 1 cup of your favorite jarred salsa
- 1/4 cup vegetable oil
- 2 tablespoons rice vinegar
- 1/2 teaspoon cumin
- 1 teaspoon garlic powder

**COOKING INSTRUCTIONS:** Combine Salsa marinade ingredients in a glass dish or large zip-lock plastic bag. Add beef cubes, cover dish or seal bag and refrigerate overnight. Also, soak bamboo skewers in water overnight so they won't burn on the grill. Pre-heat outdoor or indoor grill, or oven broiler. Remove beef from dish or plastic bag; discard marinade. Alternate beef and veggies on bamboo skewers. Grill over medium heat source for 5 to 7 minutes, turning occasionally OR you can broil in your oven, placing beef 4 inches away from the heat source and turning every three minutes or so. Watch carefully and turn as necessary to avoid burning! If you can, barbecue outside - this recipe is awesome when it's grilled on a barbecue!

**NUTRITION per serving:**
- 188 Calories
- 15g Fat
- 11g Protein
- 3g Carbohydrate
- 1g Dietary Fiber
- 36mg Cholesterol
- 169mg Sodium
- **Exchanges:** 0 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates
- **Points:** 5

**SERVING SUGGESTION:** This would be wonderful with fresh corn on the cob and a big spinach salad.
### Italian Chef Salad

**Day 5 – Serves 6**

**INGREDIENTS:**
- 8 cups romaine lettuce in bite sized pieces
- 1 pound white mushrooms, sliced
- 8 ounces sliced smoked turkey, cut in strips
- 4 ounces sliced Provolone cheese, cut in strips (about 1 cup)
- 1 medium tomato, cut in 8 wedges
- 1/2 cup red onion, sliced into rings
- 1/2 cup Italian salad dressing, your choice

**COOKING INSTRUCTIONS:** In a large salad bowl, place lettuce, mushrooms, turkey, cheese, tomato and red onion. Add dressing; toss well and serve on individual plates.

**NUTRITION per serving:** 204 Calories; 9g Fat; 22g Protein; 13g Carbohydrate; 7g Dietary Fiber; 39mg Cholesterol; 218mg Sodium. **Exchanges:** 2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat. **Points:** 4

**SERVING SUGGESTION:** Serve with whole grain rolls.

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**DO AHEAD TIP:** Soak tomorrow's beans overnight.

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### Old Fashioned Baked Beans in a Crock

**Day 6 – Serves 6**

**INGREDIENTS:**
- 1 pound dry white beans, soaked overnight
- 1 medium onion, sliced
- 1/2 teaspoon salt
- 2 teaspoons cider vinegar
- 1 tablespoon brown sugar
- 1/4 cup molasses
- 1/2 cup ketchup
- 1/2 teaspoon Dijon mustard
- 1 pinch black pepper
- Hot water, as needed
- 1/4 pound turkey bacon, optional

**COOKING INSTRUCTIONS:** Place sliced onion in bottom of a slow cooker. Add beans and remaining ingredients (except water and turkey) to pot. Add enough hot water to cover bean mixture. Arrange turkey bacon slices on top. Cover and cook on low for 7 to 9 hours.

**NUTRITION per serving:** 287 Calories; 3g Fat; 3g Protein; 14g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 506mg Sodium. **Exchanges:** 0 Grain (Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 1 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** I would serve coleslaw (ready to mix bag in the produce section), carrot sticks and hot dogs! (tofu dogs are good-in the deli or produce section of your grocery store). (To make coleslaw, add mayonnaise and a dash of rice vinegar to coleslaw mix.)
# Frugal E-Book Menu and Shopping List for Six

## Summer Week 6

### MENU

**Day 1:** Amber's Grilled Chicken Monterey Thighs, 
add bowl of broccoli slaw and raw baby carrots

**Day 2:** Skillet Dilled Salmon Patties, with steamed red potatoes, creamed spinach and a big salad

**Day 3:** Thai Supper Skillet, over brown rice

**Day 4:** Fresh Vegetables and Pasta Salad, add big salad and some whole grain rolls

**Day 5:** Mamma's Schnitzel, add baked sweet potatoes and steamed green beans

**Day 6:** Beef and Bean Stew, with some warm, crusty bread and a big salad on the side

### SHOPPING LIST:

**MEAT**
- 6 boneless skinless chicken thighs [D1]
- Turkey bacon (12 slices) [D1]
- 1 pound extra-lean ground beef [D3]
- 6 boneless pork chops [D5]
- 1 pound boneless beef (round or rump) [D6]

**DELI**
- Pepperoni, sliced (5 ounces) [D4]

**CONDIMENTS**
- Vegetable oil [D2,D5,D6]
- Low sodium soy sauce [D3]
- Worcestershire sauce [D6]
- Tabasco sauce [D3]
- Honey French salad dressing (3/4 cup) [D3]
- Honey [D6]
- **Mayonnaise** [D1]
- **Rice vinegar** [D1]
- **Salad dressing(s) (your choice)** [D2,D4,D6]

**PRODUCE**
- Onions (4 medium plus 1/2 cup, chopped) [D2,D6]
- Garlic (2 cloves) [D6]**Additional (1 meal)**
- Tomatoes (3 large) [D1]
- Fresh vegetables (2 pounds plus 5 cups)-to augment leftovers [D3,D4]
- **Broccoli slaw (1 meal)** [D1]
- **Baby carrots (1 meal)** [D1]
- **Red potatoes (1 meal)** [D2]
- **Sweet potatoes (1 meal)** [D5]
- **Green beans (1 meal)** [D5]
- **Lettuce for 3 salads (not Iceberg-no nutrition)** [D2,D4,D6]
- **Salad veggies (your choice)** [D2,D4,D6]

**CANNED GOODS**
- 1 (16-oz.) can salmon [D2]
- 1 (19-oz.) can beans in sauce [D6]
- 1 (10-oz.) can low sodium beef broth [D6]

**SPICES**
- Dill [D2]
- Dry mustard [D2]
- Ginger [D3]
- Thyme [D6]

**DAIRY/DAIRY CASE**
- Butter [D2]
- Eggs (3) [D2,D5]
- Milk (1/4 cup) [D5]
- Monterey Jack cheese (6 slices) [D1]
- Low fat Cheddar cheese (1 1/2 cups, shredded) [D1]

**DRY GOODS**
- Cornstarch [D3]
- Whole wheat flour [D5]
- Whole wheat bread crumbs (2/3 cup plus 1/4 cup) [D2,D5]
- 1 pound Macaroni pasta [D4]
- **Brown rice (1 meal)** [D3]

**FREEZER**
- **Creamed spinach (1 meal)** [D2]

**BAKERY**
- **Whole grain rolls (1 meal)** [D4]
- **Crusty bread (1 meal)** [D6]

**OTHER**
- Wax OR parchment paper

### SHOPPING LIST LEGEND

**= Serving Suggestions**
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
## Amber’s Grilled Chicken Monterey Thighs

### Day 1 – Serves 6

**INGREDIENTS:**
- 12 slices turkey bacon
- 6 boneless skinless chicken thighs
- 6 slices Monterey Jack cheese
- 1 1/2 cups low fat Cheddar cheese, shredded
- 3 large tomatoes, diced

**COOKING INSTRUCTIONS:** Preheat outdoor OR indoor grill, OR oven broiler. Cook turkey bacon; cool, crumble and set aside. Chop tomatoes and set aside. Grill chicken, turning to brown on both sides. As soon as chicken comes off the grill and while it is still piping hot, place a slice of Monterey Jack cheese on each piece, top with crumbled bacon and chopped tomato and sprinkle with Cheddar cheese. The heat from the chicken will melt the cheeses and make this nice and gooey. If you don’t get the cheese on the chicken in time to melt it, you can place it under the oven broiler for a few moments, if you wish.

**NUTRITION per serving:** 297 Calories; 12g Fat; 42g Protein; 4g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 407mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 7

**SERVING SUGGESTION:** A big bowl of broccoli slaw (use a ready-made mix and toss with mayo and a little rice vinegar) and a bowl of raw baby carrots.

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## Skillet Dilled Salmon Patties

### Day 2 – Serves 6

**INGREDIENTS:**
- 1 (16-oz.) can salmon (reserve 1/3 cup liquid)
- 1/2 cup chopped onion
- 2 tablespoons butter
- 2/3 whole wheat bread crumbs, divided
- 2 eggs, slightly beaten
- 1 teaspoon dried dill
- 1/2 teaspoon dry mustard
- 2 tablespoons vegetable oil

**COOKING INSTRUCTIONS:** Drain salmon, being careful to reserve 1/3 cup of liquid. Discard bones and skin as necessary. Flake meat with a fork. In a large skillet, sauté onion in butter over medium heat till tender, but not browned. Remove from heat and place in a mixing bowl. Place 1/3 cup of the bread crumbs on a plate. To the onions in the mixing bowl, add reserved salmon liquid, remaining 1/3 cup of bread crumbs, eggs, dill, mustard and the flaked salmon; blend well. Shape into 6 patties and coat with bread crumbs. In the same skillet, heat oil over medium heat. Carefully place patties in the skillet and brown for about 3 minutes per side. Flip patties carefully.

**NUTRITION per serving:** 233 Calories; 14g Fat; 17g Protein; 10g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 562mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 1/2 Lean Meat; 0 Vegetable; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** Steamed red potatoes, creamed spinach and a big salad.
### Thai Supper Skillet
**Day 3 – Serves 6**

**INGREDIENTS:**
- 1 pound extra-lean ground beef
- 5 cups fresh vegetables, chopped (clean out your crisper time....use any combination you wish; celery, green and red bell peppers, mushrooms, green onions, fresh spinach, cauliflower, broccoli, bok choy, bean sprouts, etc.)
- 2 tablespoons cornstarch
- 1/4 cup water
- 3/4 cup honey French salad dressing
- 3 tablespoons low sodium soy sauce
- 1/2 teaspoon ground ginger
- Tabasco sauce to taste

**COOKING INSTRUCTIONS:** In a large skillet, brown ground beef; drain and blot grease with paper towels; set aside. Combine cornstarch and water; set aside. In the same skillet, stir-fry fresh vegetables over medium heat for about 2 minutes, stirring constantly to keep from scorching. Add meat to vegetables. Stir cornstarch and water and add this, along with the dressing and soy sauce, to the vegetables and ground beef. Stir to coat and continue to cook until sauce has thickened. Sprinkle with ginger and season with Tabasco sauce to taste.

**NUTRITION per serving:** 351 Calories; 26g Fat; 16g Protein; 14g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 1002mg Sodium. **Exchanges:** 0 Grain (Starch); 2 Lean Meat; 1 Vegetable; 1/2 Fruit; 4 Fat. **Points:** 9

**SERVING SUGGESTION:** Serve over brown rice.

**DO AHEAD TIP:** Chill tomorrow’s salad for 30 minutes before serving.

### Fresh Vegetables and Pasta Salad
**Day 4 – Serves 6**

**INGREDIENTS:**
- 2 pounds of fresh vegetables of your choice (broccoli, spinach, cauliflower, tomatoes, zucchini, squash, baby carrots...clean out your crisper)
- 1 pound Macaroni pasta
- 5 ounces pepperoni slices
- Salad dressing of your choice

**COOKING INSTRUCTIONS:** Cook pasta according to package directions. In a large bowl, combine raw vegetables with cooked pasta and pepperoni slices. Toss with dressing; cover and chill for 30 minutes before serving.

**NUTRITION per serving:** 325 Calories; 9g Fat; 13g Protein; 48g Carbohydrate; 4g Dietary Fiber; 14mg Cholesterol; 384mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** A big salad and some whole grain rolls.
**Mamma’s Schnitzel**  
Day 5 – Serves 6

**INGREDIENTS:**  
6 boneless pork chops  
Salt and pepper to taste  
1/3 cup whole wheat flour  
1/4 cup whole wheat bread crumbs  
1 egg  
1/4 cup milk  
3 tablespoons vegetable oil

**COOKING INSTRUCTIONS:** Spread pork chops between wax or parchment paper and pound away until they become very thin, about 1/8- to 1/4-inch. Season with salt and pepper on each side. Combine flour and bread crumbs on a plate; set aside. Whisk egg and milk together. Place oil in a large skillet over medium-high heat. Dip chops into egg mixture, then dredge in flour mixture; brown in skillet on both sides.

**NUTRITION per serving:** 349 Calories; 23g Fat; 26g Protein; 9g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 110mg Sodium. Exchanges: 1/2 Grain (Starch); 3 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat. Points: 9

**SERVING SUGGESTION:** Baked sweet potatoes (or nuke in microwave to keep your kitchen cool) and steamed green beans.

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**Beef and Bean Stew**  
Day 6 – Serves 6

**INGREDIENTS:**  
1 pound boneless beef (round or rump)  
2 tablespoons vegetable oil  
2 cloves garlic, pressed  
4 medium onions, quartered  
1 (19-oz.) can beans in sauce  
1 teaspoon honey  
1 (10-oz.) can low sodium beef broth  
2 teaspoons Worcestershire sauce  
1/8 teaspoon thyme  
1 teaspoon thyme  
1 tablespoon Worcestershire sauce  
1/8 teaspoon pepper

**COOKING INSTRUCTIONS:** Cut beef into 1-inch pieces. Heat oil in a large saucepan or Dutch oven; add meat and garlic and sauté until meat is browned. Add onions, beans, honey, beef broth, thyme, Worcestershire sauce and pepper. Transfer to a slow cooker; cover and cook on low heat setting for 6 to 8 hours.

**NUTRITION per serving:** 329 Calories; 15g Fat; 23g Protein; 26g Carbohydrate; 6g Dietary Fiber; 54mg Cholesterol; 708mg Sodium. Exchanges: 1 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. Points: 7

**SERVING SUGGESTION:** Serve in bowls with some warm, crusty bread and a big salad on the side.
Frugal E-Book Menu and Shopping List for Six

Summer

Week 7

MENU

Day 1: Turkey Citrus Salad with Poppyseed Dressing, add whole grain rolls and fruit kabobs
Day 2: Salmon Carbonara, add a salad and garlic toast
Day 3: Honey Lime Grilled Chicken Thighs, big bowl of broccoli slaw and a bowl of raw baby carrots
Day 4: Asian Beef Stir Fry, add brown rice and steamed broccoli
Day 5: Skillet Pork Pasta, and a big salad
Day 6: Crock Moroccan Chicken and Veggies, with steamed green beans

SHOPPING LIST:

MEAT
Turkey meat (3 cups, cooked and cubed) [D1]
6 boneless skinless chicken thighs [D3]
4 skinless chicken thighs [D6]
1 1/2 pounds beef flank steak [D4]
12 ounces pork sausage, mild or hot (your choice) [D5]
Turkey bacon (9 slices)-or use regular bacon [D2]

CONDIMENTS
Olive oil [D5]
Dark roasted sesame oil (in ethnic section of grocery store), or use vegetable oil [D4]
Red wine vinegar [D2]
Low sodium soy sauce [D3,4]
Low fat mayonnaise [D1.3]
Honey [D1,3]
Peanut butter [D6]
**Rice vinegar [D3]
**Salad dressing(s) (your choice) [D2,5]

PRODUCE
Onions (2 medium) [D2,5]
Red onion (1 cup, chopped) [D6]
Garlic (12 1/2 cloves) [D2,3,4,6]
Spinach (9 cups leaves)-baby is best [D1]
Green bell peppers (2 large and 2 small) [D4,5,6]
Jalapeno pepper (2 teaspoons, minced) (optional) [D3]
Snow peas (1/4 pound) [D4]
White mushrooms (1 1/2 pounds) [D5]
Cilantro (2 tablespoons, chopped) [D3]
Gingerroot (2 tablespoons, grated) [D4]
Limes (2 tablespoons juice) [D3]
Oranges (3 cups sections) [D1]
Grapefruit (4 1/2 cups sections) [D1]
**Strawberries (1 meal) [D1]
**Cantaloupe (1 meal) [D1]
**Kiwi (1 meal) [D1]
**Broccoli slaw (1 meal) [D3]
**Baby carrots [D3]
**Broccoli (1 meal) [D4]
**Green beans (1 meal) [D6]
**Lettuce for 2 salads (not Iceberg-no nutrition) [D2,5]
**Salad veggies (your choice) [D2,5]

CANNED GOODS
1 (14.75-oz.) can Alaska salmon [D2]
4 (14.5-oz.) cans diced tomatoes [D2,5]
1 (14.5-oz.) can whole tomatoes [D6]
Tomato sauce (12 ounces) [D5]
Tomato paste (2 tablespoons) [D6]
2 (16-oz.) cans garbanzo beans [D6]

SPICES
Dry mustard [D1]
Paprika [D1]
Garlic powder [D1]
Poppy seeds [D1]
Ginger [D1]
Basil [D2]
Oregano [D2]
Crushed red pepper flakes [D2,4]
Cumin [D6]

DAIRY/DAIRY CASE
Half and half (1/2 cup) U.K. Members: Half and half is half milk and half cream [D2]
Parmesan cheese, for garnish (finely shredded) [D2]
Low fat Cheddar cheese (1 1/2 cups, shredded) [D5]
**Butter

DRY GOODS
Sugar [D4]
Cornstarch [D4]
Instant chicken bouillon granules (2 teaspoons) [D6]
Raisins (1/4 cup) [D6]
Bow tie or other medium shape pasta (12-oz.) [D2]
Elbow macaroni (1 1/2 cups, uncooked) [D5]
Couscous (1 meal) [D6]
**Brown rice (1 meal) [D4]

FREEZER
Baby corn (12-oz.) [D4]

BAKERY
**Bread for garlic toast (1 meal) [D2]
**Whole grain rolls (1 meal) [D1]

OTHER
**Bamboo skewers [D1]

SHOPPING LIST LEGEND

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
# Turkey Citrus Salad with Poppyseed Dressing

**Day 1 – Serves 6**

**INGREDIENTS:**
- 9 cups spinach leaves (baby is best)
- 3 cups oranges, cut in sections, drained, juice reserved
- 4 1/2 cups fresh grapefruit, cut in sections, drained, juice reserved
- 3 cups cooked turkey meat, cubed
- 1 1/2 teaspoons honey
- 3/4 teaspoon dry mustard
- 3/4 teaspoon paprika
- 3/4 teaspoon poppy seeds
- 1/3 teaspoon garlic powder
- 3/4 teaspoon garlic powder
- Dash ground ginger
- 1/3 cup low fat mayonnaise

**COOKING INSTRUCTIONS:** Arrange spinach leaves on four salad plates. Arrange orange and grapefruit sections alternately, in spoke wheel fashion, on spinach. Place 1/2 cup cubed turkey meat in the center of each fruit wheel. Dressing recipe: In a small bowl, combine reserved orange juice with enough of the grapefruit juice to equal 1/4 cup. Add remaining ingredients and mix thoroughly; drizzle equally over each salad.

**NUTRITION per serving:** 271 Calories; 8g Fat; 24g Protein; 29g Carbohydrate; 5g Dietary Fiber; 58mg Cholesterol; 148mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Fruit kabobs: Alternate strawberries with chunks of kiwi and cantaloupe on bamboo skewers. Add some whole grain rolls.

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# Salmon Carbonara

**Day 2 – Serves 6**

**INGREDIENTS:**
- 12-oz. pasta, bow tie or other medium shape
- 9 slices turkey bacon (or regular bacon), diced
- 1/2 cup chopped onion
- 4 1/2 cloves garlic, pressed
- 3 teaspoons basil, crushed
- 3/4 teaspoon oregano, crushed
- 3/4 teaspoon coarsely ground black pepper
- 1/4 teaspoon red pepper flakes (up to 1/2 teaspoon)
- 3 (14.5-oz.) cans diced tomatoes
- 4 1/2 tablespoons red wine vinegar
- 1 (14.75-oz.) can Alaska salmon, drained and broken into bite-sized pieces
- 1/2 cup half and half
- Parmesan cheese, finely shredded

**COOKING INSTRUCTIONS:** Cook pasta according to package directions; drain and keep warm. In a 3-quart saucepan, cook bacon until crisp. Drain, reserving about 2 tablespoons of the fat. Add onion, garlic, basil, oregano, and peppers to the reserved fat in the saucepan; cook for 5 minutes. Add tomatoes and vinegar; cook over medium-high heat for about 10 minutes, or until slightly thickened. Stir in salmon and half and half; heat through. Serve over hot cooked pasta. Garnish with cheese.

**NUTRITION per serving:** 482 Calories; 17g Fat; 27g Protein; 56g Carbohydrate; 4g Dietary Fiber; 84mg Cholesterol; 693mg Sodium. **Exchanges:** 3 Grain (Starch); 2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** A big salad and garlic toast.
### Honey Lime Grilled Chicken Thighs
**Day 3 – Serves 6**

**INGREDIENTS:**
- 1/2 cup honey
- 2 tablespoons lime juice
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon low sodium soy sauce
- 2 teaspoons seeded, minced jalapeno pepper (optional)
- 2 cloves garlic, pressed
- 6 boneless skinless chicken thighs

**COOKING INSTRUCTIONS:**
Combine all ingredients, except chicken, in a small bowl; blend well. Place chicken in a shallow baking dish; pour half of the marinade over the chicken. Cover and refrigerate for 2 hours or overnight. Cover and refrigerate remaining marinade. Preheat outdoor grill or indoor grill or oven broiler. Grill chicken for about 15 minutes, turning and basting with reserved marinade until cooked through and centers are no longer pink.

**NUTRITION per serving:** 173 Calories; 3g Fat; 14g Protein; 24g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 161mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 1/2 Other Carbohydrates. Points: 4

**SERVING SUGGESTION:** A big bowl of broccoli slaw tossed with low fat mayo and a little rice vinegar, and a bowl of raw baby carrots.

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### Asian Beef Stir Fry
**Day 4 – Serves 6**

**INGREDIENTS:**
- 1 1/2 pounds beef flank steak
- 4 teaspoons low sodium soy sauce
- 6 teaspoons Oriental dark roasted sesame oil, divided (or use regular vegetable oil)
- 2 teaspoons sugar
- 2 teaspoons cornstarch
- 3 cloves garlic, pressed
- 2 tablespoons fresh gingerroot, grated
- 1/4 teaspoon crushed red pepper flakes
- 1/4 pound snow peas, julienne
- 1 small green bell pepper, seeded, de-ribbed and cut into 1-inch pieces
- 12 ounces frozen baby corn, thawed

**COOKING INSTRUCTIONS:**
Cut beef lengthwise into 2 pieces; slice across the grain into 1/8-inch strips. Combine soy sauce, 3 teaspoons of the oil, sugar and cornstarch; stir into beef strips. Heat remaining 3 teaspoons of oil in a large skillet over medium-high heat. Add garlic, gingerroot, crushed red pepper flakes, and snow peas; stir-fry for 30 seconds. Add bell pepper and corn; stir-fry for 30 seconds. Remove vegetables. Stir-fry beef strips (half at a time) for 2 to 3 minutes. Return vegetables and beef to skillet and heat through.

**NUTRITION per serving:** 307 Calories; 16g Fat; 25g Protein; 24g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 371mg Sodium. **Exchanges:** 1 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** Brown rice and steamed broccoli.
### Skillet Pork Pasta
**Day 5 – Serves 6**

**INGREDIENTS:**
- 1 1/2 cups uncooked elbow macaroni
- 4 1/2 tablespoons olive oil
- 1 1/2 pounds fresh white mushrooms, sliced
- 3/4 cup chopped onion
- 1 1/2 large green bell peppers, seeded, de-ribbed and chopped
- 12 ounces mild pork sausage (or use hot if desired)
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 (14.5-oz.) can diced tomatoes, un-drained
- 16 ounces tomato sauce
- 1 1/2 cups low fat Cheddar cheese, shredded

**COOKING INSTRUCTIONS:** Cook elbow macaroni according to package directions; drain and set aside. In a large skillet, heat oil over medium-high heat until hot. Add mushrooms, onion and bell pepper; cook and stir until mushrooms are golden, about 10 minutes. Remove from skillet. Add sausage, salt, and pepper, to the skillet. Use a fork to break meat into small pieces. Cook and stir until sausage is browned, about 5 minutes. Drain fat and use paper towels to blot remaining grease. This technique will save you a lot of fat grams NOT reflected in the nutritional info below. Return mushroom mixture to skillet. Stir in tomatoes and their juice, tomato sauce and cooked macaroni. Bring to a boil; reduce heat to medium-low. Simmer for 10 minutes, stirring occasionally. Sprinkle with shredded Cheddar cheese. Cover and simmer until cheese melts, about 5 minutes.

**NUTRITION per serving:**
- 496 Calories; 36g Fat; 19g Protein; 26g Carbohydrate; 4g Dietary Fiber; 44mg Cholesterol; 1197mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 Lean Meat; 3 Vegetable; 6 Fat. **Points:** 12

**SERVING SUGGESTION:** A big salad.

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### Crock Moroccan Chicken and Veggies
**Day 6 – Serves 6**

**INGREDIENTS:**
- 4 skinless chicken thighs, cut into 1-inch cubes
- 2 (16-oz.) cans garbanzo beans, drained
- 1 (14.5-oz.) can whole tomatoes, cut into 1-inch cubes, un-drained
- 1 small green bell pepper, seeded, de-ribbed and cut into 1-inch squares
- 1 cup chopped red onion
- 1/4 cup raisins
- 2 tablespoons tomato paste
- 2 tablespoons water
- 3 cloves garlic, pressed
- 2 teaspoons instant chicken bouillon granules
- 1 1/2 teaspoons ground cumin
- 2 tablespoons peanut butter
- Hot cooked couscous

**COOKING INSTRUCTIONS:** Place garbanzo beans, tomatoes, bell pepper, red onion, raisins, tomato paste, water, garlic, chicken bouillon granules and cumin in a 5-quart slow cooker. Mix until well combined. Place chicken pieces on top of bean mixture. Cover and cook on low heat setting for 6 to 7 hours, or until chicken is tender. Stir in peanut butter and serve over couscous.

**NUTRITION per serving:**
- 385 Calories; 10g Fat; 27g Protein; 48g Carbohydrate; 9g Dietary Fiber; 49mg Cholesterol; 670mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1 Fat. **Points:** 8

**SERVING SUGGESTION:** Serve with steamed green beans on the side.
**Frugal E-Book Menu and Shopping List for Six**

**Summer Menu**

**Week 8**

**MENU**

**Day 1:** Raspberry Balsamic Glazed Chicken Thighs, add steamed red potatoes and steamed green beans

**Day 2:** Cool Dill Shrimp Salad, and a relish tray

**Day 3:** Steak and Spinach Salad, and garlic bread

**Day 4:** New Orleans Chicken and Pasta, with corn on the cob and a big salad

**Day 5:** Spiced Pork Chops, add baked sweet potatoes and steamed broccoli

**Day 6:** Turkey Crock Chili, with warmed, drained black beans, corn muffins and a big salad

**SHOPPING LIST:**

**MEAT**

10 boneless skinless chicken thighs [D1,4]
Turkey meat (4 cups, cooked and cubed) [D6]
3 flank steaks (or whatever is on sale) [D3]
6 pork chops [D5]
Salad shrimp (18 ounces)-or buy frozen OR canned [D2]

**CONDIMENTS**

Olive oil [D4]
Vegetable oil [D1,5,6]
Balsamic vinegar [D1]
Hot pepper sauce [D6]
Italian salad dressing (your favorite) (1/3 cup) [D2]
Black olives (1 small jar) [D3]
Fruit-sweetened raspberry conserve (1/2 cup) [D1]
**Salad dressing(s) (your choice) [D4]

**PRODUCE**

3 pounds onions (keep on hand) [D6]
Red onion (1 large plus 1 1/2 cups, chopped) [D1,2,3]
Garlic (8 cloves) [D3,4,6]
Red bell pepper (1 large) [D4]
Green bell pepper (1 large) [D4]
Mushrooms (6-oz.) [D4]
Green onions (3) [D4]
Tomatoes (6 large) [D3]
Spinach (1 bag) [D3]
Limes (1) [D3]
Mixed salad greens (1 1/2 quarts) [D2]
**Lettuce for 2 salads (not Iceberg-no nutrition) [D4,6]
**Salad veggies (your choice) (2 meals) [D4,6]
**Red potatoes (1 meal) [D1]
**Sweet potatoes (1 meal) [D5]
**Green beans (1 meal) [D1]
**Corn on the cob (1 meal) [D4]
**Broccoli (1 meal) [D5]
**Carrots (1 meal) [D2]
**Celery (1 meal) [D2]
**Cherry tomatoes (1 meal) [D2]
**Cucumber (1 meal) [D2]
**Radishes (1 meal) [D2]

**CANNED GOODS**

Salad shrimp (18-oz., drained)-or buy fresh OR frozen [D2]
Marinated artichoke hearts (1/3 cup) [D2]
1 (4-oz.) can diced green chilies [D6]
1 (28-oz.) can peeled whole tomatoes [D6]
Low sodium chicken broth (3/4 cup) [D5]
**Black beans (1 meal) [D6]

**SPICES**

Thyme [D1]
Dill [D2]
Basil [D4]
Lemon pepper [D4]
Paprika [D5]
Oregano [D5,6]
Cumin [D5,6]
Garlic powder [D5]
Fennel seeds (optional) [D5]
Cajun seasoning [D4]
Cayenne pepper [D5]
Chili powder [D6]
Crushed red pepper flakes [D6]

**DAIRY/DAIRY CASE**

Butter [D4]
Low fat milk (2 cups) [D4]
Feta cheese (9 ounces, crumbled) [D3]
Parmesan cheese, grated (for garnish) (optional) [D4]

**DRY GOODS**

Linguine pasta (12 ounces) [D4]
Pine nuts (3 tablespoons) (optional) [D3]

**FREEZER**

Salad shrimp (18 ounces)-or buy fresh or canned [D2]

**BAKERY**

**Bread for garlic bread (1 meal) [D3]
**Corn muffins (1 meal) [D6]

**SHOPPING LIST LEGEND**

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### Raspberry Balsamic Glazed Chicken Thighs

**Day 1 – Serves 6**

**INGREDIENTS:**
- 1 1/2 teaspoons vegetable oil
- 3/4 cup chopped red onion
- 3/4 teaspoon thyme
- Salt and pepper to taste
- 6 boneless skinless chicken thighs
- 1/2 cup fruit-sweetened raspberry conserve
- 3 tablespoons balsamic vinegar

**COOKING INSTRUCTIONS:** In a skillet, heat oil over medium-high heat; add onion and sauté for 3 minutes. Meanwhile, sprinkle thyme and salt and pepper on chicken; add to the skillet and cook for 6 minutes on each side, or until done. Remove from skillet and keep warm. Reduce heat to medium-low. Add conserve, vinegar and a little salt and pepper, stirring constantly until the conserve melts; spoon sauce over chicken.

**NUTRITION per serving:** 343 Calories; 4g Total Fat; 55g Protein; 20g Carbohydrate; 137mg Cholesterol; 165mg Sodium. **Exchanges:** 0 Grain (Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** Steamed red potatoes and steamed green beans.

**DO AHEAD TIP:** Prepare and chill tomorrow's salad for at least 1 hour before serving.

### Cool Dill Shrimp Salad

**Day 2 – Serves 6**

**INGREDIENTS:**
- 18 ounces salad shrimp
- 3/4 cup red onion, thinly sliced
- 1/3 cup Italian salad dressing (your favorite)
- 3/8 teaspoon dill weed
- 1 1/2 quart mixed salad greens
- 1/3 cup marinated artichoke hearts

**COOKING INSTRUCTIONS:** Combine shrimp, onion, salad dressing and dill. If you can afford the time, cover and refrigerate for 1 hour to blend the flavors. If not, refrigerate for as long as you can while you set the table. Toss greens and artichoke hearts in a large salad bowl. Divide greens and artichokes on individual dinner plates and spoon shrimp into the center of the greens; serve.

**NUTRITION per serving:** 181 Calories; 9g Fat; 18g Protein; 7g Carbohydrate; 1g Dietary Fiber; 129mg Cholesterol; 248mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 4

**SERVING SUGGESTION:** A relish tray of carrot and celery sticks, cherry tomatoes, cucumber spears and radishes.
**DO AHEAD TIP:** Grill flank steak for tomorrow’s meal.

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### Steak and Spinach Salad

**Day 3 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>6 large tomatoes</td>
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<tr>
<td>Salt and pepper to taste</td>
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<tr>
<td>2 to 3 cloves garlic, pressed</td>
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<tr>
<td>1 lime, juiced</td>
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<tr>
<td>1 bag washed spinach</td>
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**COOKING INSTRUCTIONS:** Chop tomatoes and place in a bowl; add salt, pepper, garlic and lime juice; set aside. Coarsely chop spinach and place it in a large salad bowl. Add onion, half of the black olives, and the steak slices. Pour tomato mixture over spinach and steak slices. Top with crumbled Feta cheese, remaining olives and pine nuts.

**NUTRITION per serving:** 368 Calories; 26g Fat; 19g Protein; 14g Carbohydrate; 3g Dietary Fiber; 69mg Cholesterol; 1024mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** Warm, crusty garlic bread would round this meal out nicely.

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### New Orleans Chicken and Pasta

**Day 4 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>12 ounces Linguine pasta</td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
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<tr>
<td>1 tablespoon butter</td>
</tr>
<tr>
<td>4 boneless skinless chicken thighs, cut into strips</td>
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<tr>
<td>2 to 3 teaspoons Cajun seasoning (depending on your heat tolerance)</td>
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<tr>
<td>3 cloves garlic, pressed</td>
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<tr>
<td>6 ounces mushrooms, sliced</td>
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<tr>
<td>Parmesan cheese, grated (optional)</td>
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</tbody>
</table>

**COOKING INSTRUCTIONS:** Cook pasta according to package directions. Warm oil and butter in a large skillet or Dutch oven over medium heat; add chicken and sprinkle with Cajun seasoning; cook until done. Once chicken is done, add garlic, mushrooms, peppers and onions to skillet; continue sauteing until veggies are tender. Add milk, basil, lemon pepper and salt and pepper. Heat, but do not bring to a boil. Serve with pasta. Garnish with grated Parmesan cheese, if desired.

**NUTRITION per serving:** 400 Calories; 8g Fat; 29g Protein; 52g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 247mg Sodium. **Exchanges:** 3 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates. **Points:** 8

**SERVING SUGGESTION:** Corn on the cob and a big salad.
Spiced Pork Chops
Day 5 – Serves 6

INGREDIENTS:
1 1/2 teaspoons paprika
3/4 teaspoon oregano
1 1/2 teaspoons cumin
1 1/2 teaspoons garlic powder
3/4 teaspoon salt
1/4 teaspoon fennel seeds, crushed (optional)
1/8 teaspoon cayenne pepper
1 1/2 tablespoons vegetable oil
6 pork chops
3/4 tablespoon butter
3/4 cup low sodium chicken broth

COOKING INSTRUCTIONS: Combine all spices and evenly sprinkle half of the spice mixture on the top of the pork chops. In a large skillet, heat oil over medium-high heat. Place pork chops in the hot skillet, spiced side down. Cook for 3 to 5 minutes on one side till browned (but not blackened—reduce heat if they’re cooking too fast). While chops are cooking on the first side, sprinkle remaining spice mixture on the uncooked side; flip them over once and finish cooking. Remove chops from skillet and keep warm. Add butter to the skillet and scrape up all the browned bits from the bottom of the pan with a wire whisk. Turn the heat up a little, add broth and keep whisking till the sauce reduces to about half. Serve chops with the sauce on top.

NUTRITION per serving: 286 Calories; 20g Fat; 24g Protein; 1g Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 436mg Sodium. Exchanges: 0 Grain (Starch); 3 1/2 Lean Meat; 2 Fat. Points: 7

SERVING SUGGESTION: Baked sweet potatoes (nuke in the microwave to keep your kitchen cool, if you like) and steamed broccoli.

Turkey Crock Chili
Day 6 – Serves 6

INGREDIENTS:
1/8 cup vegetable oil
2 cups onion, chopped
2 cloves garlic, pressed
1 tablespoon chili powder
1 teaspoon oregano
1 teaspoon cumin
1 teaspoon ground oregano
1 tablespoon chili powder
1 teaspoon salt
1 1/2 teaspoons crushed red pepper flakes
1/8 teaspoon hot pepper sauce
1 4-oz. can diced green chilies
1 (28-oz.) can peeled whole tomatoes, un-drained and chopped
2 teaspoons salt
4 cups cooked turkey meat, cubed

COOKING INSTRUCTIONS: Heat oil in a large skillet; add onions and garlic and cook until limp. Transfer onions and garlic to a slow cooker; add chili powder, oregano, cumin, crushed red pepper flakes, hot pepper sauce, diced green chilies, tomatoes, and salt. Add cooked turkey meat. Cover and cook for about 7 hours.

NUTRITION per serving: 273 Calories; 7g Fat; 29g Protein; 7g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 964mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates. Points: 6

SERVING SUGGESTION: Serve with warmed, drained black beans, corn muffins and a big salad.
Frugal E-Book Menu and Shopping List for Six

Week 9

**MENU**

**Day 1:** Lemon Garlic Fish, add baked potatoes steamed kale and carrots

**Day 2:** Country Fried Chicken and Peppers, with mashed potatoes, green beans and corn on the cob

**Day 3:** Summer Pasta with Tomatoes and Basil, add a spinach salad and some carrot sticks

**Day 4:** Grilled Chicken with Tex Mex Salsa, with brown rice, steamed broccoli and a big salad

**Day 5:** Pizza Joes, with a big green salad

**Day 6:** Cowboy Beans, with cornbread, honey butter and huge green salad

**SHOPPING LIST:**

**MEAT**

6 white fish fillets-or buy frozen [D1]
12 boneless skinless chicken thighs [D2,D4]
1 pound lean ground beef [D5]

**CONDIMENTS**

Olive oil [D1,D3,D4]
Vegetable oil [D2]
Balsamic vinegar [D4]
Barbecue sauce (your favorite) (1 cup) [D6]
Ketchup [D6]
Mustard [D6]
**Honey [D6]
**Salad dressing(s) (your choice) [D4,D5,D6]

**PRODUCE**

3 pounds onions (keep on hand) [D6]
1 small red onion [D4]
1 head garlic [D1,D4,D5]
3 medium green bell peppers [D2]
1 jalapeno pepper [D4]
2 pounds tomatoes [D3]
6 Roma (plum) tomatoes [D4]
1 bunch basil [D3]
1 bunch cilantro [D4]
1 medium carrot [D6] **Additional (2 meals) [D1,D3]
2 lemons [D1]
**Russet potatoes (2 meals) [D1,D2]
**Kale (1 meal) [D1]
**Green beans (1 meal) [D2]
**Broccoli (1 meal) [D4]
**Corn on the cob [D2]
**Spinach (1 meal) [D3]
**Lettuce for 3 salads (not Iceberg-no nutrition) [D4,D5,D6]
**Salad veggies (your choice) [D4,D5,D6]

**CANNED GOODS**

1 (6-oz.) can tomato paste [D5]
1 (8-oz.) can tomato sauce [D5]

**SPICES**

Lemon pepper [D1]
Paprika [D2]
Garlic powder [D2]
Onion powder [D2]
Cumin [D2]
Rosemary [D4]
Thyme [D4]
Oregano [D5]
Crushed red pepper flakes [D5]

**DAIRY/ DAIRY CASE**

Butter [D3,D6]
Parmesan cheese (4 tablespoons, grated) [D3]
12 slices Mozzarella cheese [D5]

**DRY GOODS**

Cornmeal [D2]
Flour [D2]
Sugar [D5]
3/4 pound pasta shells [D3]
1 pound pinto beans [D6]
**Brown rice (1 meal) [D4]

**FREEZER**

6 white fish fillets-if not using fresh [D1]
1 (10-oz.) package peas [D3]
Whole kernel corn (1 1/4 cups) [D4]

**BAKERY**

6 burger buns [D5]
**Cornbread (1 meal) [D6]

**OTHER**

Gallon-size zip-lock plastic bags

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## Lemon Garlic Fish

**Day 1 – Serves 6**

### INGREDIENTS:
- 3 tablespoons olive oil
- 3 cloves garlic, pressed
- 3 teaspoons lemon pepper
- 6 fish fillets (a white-type fish, fresh or frozen)
- Lemon wedges and juice

### COOKING INSTRUCTIONS:
Heat olive oil in large skillet over medium-high heat. Stir in garlic. Season fish fillets on both sides with lemon pepper. Place fillets in pan and cook for 10 minutes per inch of thickness, measured at thickest part, or until fish flakes when tested with a fork. Flip fillets halfway through cooking to brown on both sides. Sprinkle with lemon juice before serving and serve lemon wedges on the side.

### NUTRITION per serving:
- 255 Calories
- 8g Fat
- 41g Protein
- 1g Carbohydrate
- trace Dietary Fiber
- 99mg Cholesterol
- 295mg Sodium

**Exchanges**: 0 Grain (Starch); 5 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat. **Points**: 6

### SERVING SUGGESTION:
Microwaved baked potatoes (keep the kitchen cool!), steamed kale and carrots.

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## Country Fried Chicken and Peppers

**Day 2 – Serves 6**

### INGREDIENTS:
- 6 boneless skinless chicken thighs
- 3 tablespoons cornmeal
- 1 1/2 tablespoons flour
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons garlic powder
- Salt and pepper to taste
- 1 1/2 teaspoons onion powder
- 1/2 teaspoon cumin
- 3 medium green bell peppers, seeded, de-ribbed and cut into strips
- 2 tablespoons vegetable oil
- Bowl of water

### COOKING INSTRUCTIONS:
Pound chicken to about 1/4 inch thickness. Stir together cornmeal, flour, paprika, garlic powder, onion powder, salt, pepper and cumin and place on a plate or serving platter. Dip chicken in water, allowing excess water to drip off. Then dip chicken into cornmeal mixture, coating both sides well. In a large skillet, heat oil. Cook chicken over medium heat for 4 minutes. Turn chicken over; add pepper strips to skillet and cook another 4 or 5 minutes, or until chicken is nicely browned and cooked through. Remove chicken from skillet. Cook peppers another minute or two-more, if needed; remove from skillet and serve with chicken.

### NUTRITION per serving:
- 168 Calories
- 8g Fat
- 15g Protein
- 10g Carbohydrate
- 2g Dietary Fiber
- 57mg Cholesterol
- 62mg Sodium

**Exchanges**: 1/2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points**: 4

### SERVING SUGGESTION:
Mashed potatoes, steamed green beans and corn on the cob.
Summer Pasta with Tomatoes and Basil
Day 3 – Serves 6

**INGREDIENTS:**
- 2 pounds tomatoes, washed, cored and diced
- 3 tablespoons olive oil
- 16 large basil leaves, washed, torn into strips, divided
- Salt and freshly ground pepper
- 1 (10-oz.) package frozen peas
- 3/4 pound pasta shells
- 2 tablespoons butter
- 4 tablespoons freshly grated Parmesan cheese

**COOKING INSTRUCTIONS:** In a large skillet, heat the olive oil over medium heat. Add the diced tomato, half of the basil and salt and pepper to taste. Stir often until thickened, about 20 minutes. Add the frozen peas and reduce heat to low. Meanwhile, cook pasta according to package directions. When pasta has cooked, pour the drained pasta into a very large bowl (or return to pasta pot) and toss with the butter, remaining basil, and the hot tomato sauce. Sprinkle with freshly grated cheese.

LEANNE’S NOTE: If desired, add 1 or 2 pressed garlic cloves with the tomatoes while cooking. I’ve done it both ways and it’s delicious whichever way you decide to cook it. Make sure you have wonderful tomatoes!

**NUTRITION per serving:** 385 Calories; 13g Fat; 12g Protein; 55g Carbohydrate; 5g Dietary Fiber; 13mg Cholesterol; 170mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 0 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 8

**SERVING SUGGESTION:** A spinach salad and some carrot sticks.

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Grilled Chicken with Tex Mex Salsa
Day 4 – Serves 6

**INGREDIENTS:**
- 6 boneless skinless chicken thighs
- 1/4 cup olive oil
- 1 teaspoon black pepper
- 2 cloves garlic, pressed
- 1 teaspoon rosemary, crushed
- 1 teaspoon thyme
- TEX MEX SALSA
  - 6 Roma tomatoes, chopped
  - 1 1/4 cups frozen whole kernel corn, cooked
  - 2 tablespoons jalapeno chili pepper, ribbed, seeded and chopped (optional)
  - 1 small red onion, finely diced
  - 1 tablespoon balsamic vinegar
  - 3 tablespoons cilantro, chopped

**COOKING INSTRUCTIONS:** In a large zip-lock plastic bag, place olive oil, black pepper, garlic, rosemary and thyme. Place chicken in bag and marinate overnight in refrigerator. When it's time to cook, fire up the barby! When grill is medium-hot, remove chicken from marinade and place on prepared grill. Grill over medium heat about 12 minutes, turning once. To prepare Tex Mex Salsa, combine all ingredients and let sit for an hour (if possible) to allow flavors to meld. Serve on top of grilled chicken.

**NUTRITION per serving:** 286 Calories; 11g Fat; 30g Protein; 18g Carbohydrate; 4g Dietary Fiber; 68mg Cholesterol; 91mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** Serve with brown rice, steamed broccoli and a big salad.
Pizza Joes
Day 5 – Serves 6

INGREDIENTS:
1 pound lean ground beef
1 clove garlic, pressed
Salt and pepper to taste
1 (6-oz.) can tomato paste
1 (8-oz.) can tomato sauce
1/2 teaspoon sugar
1 teaspoon oregano
1/2 teaspoon crushed red pepper flakes
6 burger buns
12 slices Mozzarella cheese

COOKING INSTRUCTIONS: In a large skillet or Dutch oven, brown ground beef and garlic. Drain off any excess fat. Season with salt and pepper to taste and add tomato paste, tomato sauce, sugar, oregano, and crushed red pepper flakes. Stir, then simmer for about 6 or 7 minutes. Split burger buns in half. Spoon some of the pizza filling onto buns-bottoms and tops. Put a slice of Mozzarella cheese immediately on each bun half. Don't sandwich bun tops and bottoms back together. Allow cheese to melt from the heat of the pizza filling. You can also pop these into the oven to melt the cheese, if you wish. Serving size: 2 bun halves topped with filling and cheese.

NUTRITION per serving: 496 Calories; 25g Fat; 35g Protein; 32g Carbohydrate; 3g Dietary Fiber; 83mg Cholesterol; 1043mg Sodium. Exchanges: 1 1/2 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. Points: 11

SERVING SUGGESTION: Serve with a big green salad.

Cowboy Beans (with leftovers!!)
Day 6 – Serves 8

INGREDIENTS:
1 pound dry pinto beans, rinsed, drained and picked over
5 cups water, boiled
2 onions, chopped
1 cup barbecue sauce, your favorite
2 squirts of ketchup
1 medium carrot, grated
2 squirts mustard
Salt and pepper to taste

COOKING INSTRUCTIONS: In a slow cooker, mix beans, water and onion. Cook on high for 3 to 4 hours, then on low for about 7 hours. Drain beans and add barbecue sauce, carrot, ketchup and mustard squirts and salt and pepper to taste. Blend well. Serve in bowls.

NUTRITION per serving: 239 Calories; 1g Fat; 13g Protein; 45g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 382mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates. Points: 4

SERVING SUGGESTION: Serve with plenty of cornbread and honey butter. A huge green salad makes the meal.
Frugal E-Book Menu and Shopping List for Six

Summer Week 10

MENU
Day 1: Red Hot Stir Fry, over brown rice
Day 2: Grilled Citrus Chicken, add baked sweet potatoes and steamed broccoli
Day 3: Grilled Sausage Packets, with a big salad and some whole wheat rolls and butter
Day 4: Grilled Fish with Tomato Dill Relish, add red potatoes, green beans and baby carrots
Day 5: Summer Vegetable Pasta Salad, with fruit kabobs
Day 6: Crock Mixed Beans and Turkey Ham, with corn muffins and a big spinach salad

SHOPPING LIST:

MEAT
1 1/2 pounds flank steak [D1]
6 boneless skinless chicken breast halves [D2]
1 pound turkey kielbasa, fully cooked [D3]
Turkey ham (1 1/2 cups, chopped) [D6]
6 firm-fleshed fish fillets [D4]

CONDIMENTS
Vegetable oil [D1,3,4,5]
Vinegar [D1]
Balsamic vinegar [D4]
Low sodium soy sauce [D1]
Yellow mustard [D5]
Tabasco sauce [D5]
**Salad dressing(s) (your choice) [D3]

PRODUCE
Onions (3/4 cup, chopped) [D6]
Red onion (1 medium plus 3/4 cup, diced) [D3,4]
Broccoli (2 1/2 large stalks) [D1] **Additional [D2]
Bean sprouts (1/2 cup) [D1]
Red potatoes (8 medium) [D3] **Additional [D4]
Green bell peppers (3 medium) [D3]
Zucchini (6 small) [D3]
Yellow squash (3 small) [D3]
Tomatoes (3 cups, diced) [D4]
Cucumber (1) [D4]
Carrots (3/4 cup, diced) [D6]
Celery (3/4 cup, diced) [D6]
Dill (1/3 cup, diced) [D4]
Basil (1 tablespoon, chopped) [D5]
Parsley (1 tablespoon, chopped) [D5] **Additional [D4]
Lemons (6 tablespoons plus 1/2 teaspoon juice) [D2,4,5]
**Sweet potatoes (1 meal) [D2]
**Green beans (1 meal) [D4]
**Baby carrots (1 meal) [D4]
**Spinach (1 meal) [D6]
**Lettuce for 1 salad (not Iceberg-no nutrition) [D3]
**Salad veggies (your choice) [D3]
**Strawberries, cantaloupe, kiwi and pineapple [D5]

CANNED GOODS
2 (20-oz.) cans pineapple chunks in light syrup [D1]
1 (14.5-oz.) cans low sodium chicken broth [D6]

SPICES
Crushed red pepper flakes [D1]
Sesame seeds [D1]
Savory [D2]
Dry mustard [D2]
Thyme [D2,6]
Cajun seasoning [D3]
Garlic powder [D3]
Parsley flakes [D6]

DAIRY/DAIRY CASE
Parmesan cheese (1/2 cup, grated) [D5]
**Butter [D3]

DRY GOODS
Cornstarch [D1]
Baking soda [D6]
Brown sugar [D2,5]
1 pound corkscrew pasta [D5]
Mixed beans (your choice) (1 cup dry) [D6]
**Brown rice (1 meal) [D1]

FREEZER
1 (6-oz.) can lemonade concentrate [D2]
1 pound mixed vegetables (such as broccoli, snow peas, carrots, cauliflower, peppers, zucchini, onions) [D5]

BAKERY
**Whole wheat rolls (1 meal) [D3]
**Corn muffins (1 meal) [D6]

OTHER
Gallon-size zipper-topped plastic bags [D2]
Heavy-duty aluminum foil wrap (12 sheets, each about 18 x 12-inches) [D3]
**Bamboo skewers [D5]

SHOPPING LIST LEGEND
** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Red Hot Stir Fry
Day 1 – Serves 6

**INGREDIENTS:**
- 2 1/2 large broccoli stalks
- 1 1/2 pounds flank steak
- 1/3 cup vegetable oil
- 2 (20-oz.) cans pineapple chunks in light syrup (you’ll use 1 and 1/2 cans or 30 ounces)
- 1/3 cup soy sauce
- 3 tablespoons vinegar
- 3/4 teaspoons crushed red pepper flakes
- 3 tablespoons cornstarch
- 1 1/2 cups bean sprouts
- 3 tablespoons sesame seeds

**COOKING INSTRUCTIONS:** Trim and slice broccoli on the diagonal. Slice beef into strips diagonally (going across the grain). Heat oil in a wok or skillet over medium-high heat. Once oil is hot, add broccoli and stir-fry for about 2 minutes, or until it is bright green. Add steak strips and continue to stir-fry until meat is browned. Drain pineapple, reserving all of the syrup from one can and half of the syrup from the other can. Mix pineapple syrup with soy sauce, vinegar, cornstarch, and crushed red pepper flakes. Add pineapple, bean sprouts, and the sauce to the broccoli and beef mixture in the skillet. Continue to stir until sauce is thickened and all ingredients are heated through. Sprinkle with sesame seeds and serve.

**NUTRITION per serving:**
- Calories: 423
- Fat: 26g
- Protein: 26g
- Carbohydrate: 22g
- Dietary Fiber: 2g
- Cholesterol: 58mg
- Sodium: 1010mg

**Exchanges**
- 1/2 Grain (Starch)
- 3 1/2 Lean Meat
- 1 Vegetable
- 1 Fruit
- 3 1/2 Fat
- 0 Other Carbohydrates

**Points:** 10

**SERVING SUGGESTION:** Serve over brown rice.

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DO AHEAD TIP: Marinate chicken overnight, or for at least 1 hour, for tomorrow’s meal.

Grilled Citrus Chicken
Day 2 – Serves 6

**INGREDIENTS:**
- 6 boneless skinless chicken breast halves
- 1 teaspoon dried savory
- 1 (6-oz.) can frozen lemonade concentrate
- 1/2 teaspoon dry mustard
- 1/2 teaspoon thyme
- 1/2 cup brown sugar
- 1/2 teaspoon lemon juice

**COOKING INSTRUCTIONS:** Combine all ingredients, except chicken, in a large zipper-topped plastic bag. Add chicken, toss to coat, seal bag and marinate overnight or for at least 1 hour. Preheat indoor OR outdoor grill OR oven broiler. Grill marinated chicken until done.

**NUTRITION per serving:**
- Calories: 228
- Fat: 2g
- Protein: 27g
- Carbohydrate: 25g
- Dietary Fiber: trace
- Cholesterol: 68mg
- Sodium: 83mg

**Exchanges:**
- 0 Grain (Starch)
- 4 Lean Meat
- 0 Fruit
- 0 Fat
- 1 1/2 Other Carbohydrates

**Points:** 5

**SERVING SUGGESTION:** Baked sweet potatoes and steamed broccoli.
### Grilled Sausage Packets
**Day 3 – Serves 6**

**INGREDIENTS:**
- 1 pound fully cooked turkey kielbasa
- 8 medium red potatoes
- 3 medium green bell peppers
- 1 medium red onion
- 6 small zucchini
- 3 small yellow squash
- Cajun Seasoning to taste
- Garlic powder to taste
- Black Pepper to taste
- 12 sheets of heavy-duty aluminum foil, each about 18- x 12-inches
- Vegetable oil

**COOKING INSTRUCTIONS:** Preheat indoor OR outdoor grill OR oven broiler. Cut meat and vegetables into bite-size pieces. Brush a little oil on 6 of the sheets of aluminum foil and place a portion of the meat and vegetables on each. Add seasonings according to your family's preference. Brush a little oil on the remaining 6 sheets of aluminum foil and place on top of the six portions. Fold edges together tightly to seal. Grill packets for 20 to 30 minutes. Open carefully, being beware of the steam that will escape the packets.

**NUTRITION per serving:** 244 Calories; 5g Fat; 18g Protein; 35g Carbohydrate; 7g Dietary Fiber; 74mg Cholesterol; 691mg Sodium. **Exchanges:** 1 Grain (Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable. **Points:** 5

**SERVING SUGGESTION:** A big salad and some whole wheat rolls and butter.

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**DO AHEAD TIP:** Prepare and chill relish for tomorrow's meal for at least one hour.

### Grilled Fish with Tomato Dill Relish
**Day 4 – Serves 6**

**INGREDIENTS:**
- 3 cups fresh tomatoes, diced
- 3/4 cup red onion, diced
- 3/4 cup cucumber, diced
- 1/3 cup fresh dill, diced
- 3/4 cup balsamic vinegar
- 3 tablespoons lemon juice
- 3 tablespoons vegetable oil
- Salt and pepper to taste
- 6 firm-fleshed fish fillets, fresh or frozen

**COOKING INSTRUCTIONS:** In a bowl, combine all ingredients except fish; refrigerate for at least one hour. Preheat indoor OR outdoor grill OR oven broiler. Grill fish until it flakes easily when tested with a fork, about 3 minutes per side. Serve with relish on top.

**NUTRITION per serving:** 285 Calories; 9g Fat; 42g Protein; 9g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 134mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 6

**SERVING SUGGESTION:** Steamed red potatoes tossed with butter and chopped parsley and steamed green beans and baby carrots.
Summer Vegetable Pasta Salad
Day 5 – Serves 6

INGREDIENTS:
- 1 pound corkscrew pasta
- 1/2 cup vegetable oil
- 3 tablespoons lemon juice
- 1 tablespoon chopped parsley
- 1 tablespoon chopped basil
- 1/2 cup Parmesan cheese, grated
- 2 tablespoons yellow mustard
- Salt and pepper to taste
- Tabasco sauce to taste
- Pinch of brown sugar
- 1 pound fresh or frozen mixed vegetables (such as broccoli, snow peas, carrots, cauliflower, peppers, zucchini, onions)

COOKING INSTRUCTIONS: Cook pasta according to package directions; rinse with cold water and set aside. While pasta is cooking, make dressing: combine oil, lemon juice, parsley, basil, cheese, mustard, salt, pepper, Tabasco sauce, and brown sugar; blend well. In a large saucepan, cook vegetables in slightly salted boiling water for about 3 minutes, or until tender-crisp. Mix vegetables with pasta and toss with dressing.

NUTRITION per serving: 526 Calories; 22g Fat; 15g Protein; 68g Carbohydrate; 5g Dietary Fiber; 5mg Cholesterol; 228mg Sodium. Exchanges: 4 Grain (Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates. Points: 12

SERVING SUGGESTION: Fruit kabobs: Alternate strawberries and chunks of cantaloupe, kiwi and pineapple on bamboo skewers.

DO AHEAD TIP: Soak beans overnight for tomorrow's meal.

Crock Mixed Beans and Turkey Ham
Day 6 – Serves 6

INGREDIENTS:
- 1 cup dry mixed beans (your choice)
- 3/4 cup chopped carrots
- 3/4 cup chopped celery
- 3/4 cup chopped onion
- 1 1/2 cups turkey ham, chopped
- 2 (14.5-oz.) cans low sodium chicken broth
- 1 1/2 tablespoons parsley flakes
- 1/4 teaspoon thyme
- 1/2 teaspoon baking soda
- Salt and pepper to taste-AFTER beans are cooked

COOKING INSTRUCTIONS: Drain and rinse beans; place in slow cooker; add water to one inch above the beans. Cover and cook on high heat setting for 4 hours, or until tender. Add remaining ingredients and cook for an additional 2 to 3 hours. Add more water as needed. Salt and pepper to taste.

NUTRITION per serving: 237 Calories; 4g Fat; 26g Protein; 26g Carbohydrate; 10g Dietary Fiber; 33mg Cholesterol; 1004mg Sodium. Exchanges: 1 1/2 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fat. Points: 4

SERVING SUGGESTION: Serve with corn muffins and a big spinach salad.
**MENU**

**Day 1:** Chicken and Bean Pasta, add a big spinach salad
**Day 2:** Italian Pork Chops, with angel hair pasta and a big salad
**Day 3:** Open Faced Beef Tacos, add corn on the cob
**Day 4:** Sesame Fish, add steamed red potatoes, carrots and green beans
**Day 5:** Teriyaki Tofu Stir Fry, add some egg rolls
**Day 6:** Enchilada Casserole Con Crock, and a salad

**SHOPPING LIST:**

**MEAT**
- Chicken meat (2 cups, cooked and cubed) [D1]
- 6 boneless pork chops, trimmed [D2]
- 1/2 pound round steak [D3]
- 6 fish fillets (about 1 1/2 pounds)-or buy frozen [D4]

**CONDIMENTS**
- Olive oil [D2]
- Vegetable oil [D3,D4,D5]
- Salsa, chunky-style (your favorite) (1 2/3 cups plus garnish) [D6]
- Salsa verde (your favorite) (5 1/4 cups) [D1,D3]
- Low sodium soy sauce [D5]
- Black olives, sliced (2 ounces drained) [D6]
- **Salad dressing(s) (your choice) [D2,D6]**

**PRODUCE**
- 3 pounds onions (keep on hand) [D2,D5]
- Garlic (3 cloves) [D2]
- Tomatoes (3 medium) [D1]
- Green onions (3 bunches) [D1,D3,D5]
- Green bell peppers (1 large plus 3/4 cup, julienne) [D1,D5]
- Red bell peppers (1 large) [D2]
- Carrots (3/4 cup, julienne) [D5] **Additional [D4]
- Mushrooms (3/8 cup, sliced) [D5]
- Lettuce (3 cups, shredded)-not Iceberg, no nutrition [D3]
- **Additional (2 meals) [D2,D6]
- Lemons (1) [D4]
- Parsley (3 tablespoons, chopped) [D4]
- Basil (2 tablespoons, chopped) [D4]
- Firm tofu (16 ounces) [D5]
- **Spinach (1 meal) [D1]
- **Corn on the cob [D3]
- **Red potatoes (1 meal) [D4]
- **Green beans (1 meal) [D4]
- **Salad veggies (your choice) [D2,D6]

**CANNED GOODS**
- Spaghetti sauce (48 ounces)-roasted garlic is good [D2]
- Crushed tomatoes in tomato puree (3 1/3 cups) [D6]
- Tomato paste (6 ounces) [D6]
- 3 (16-oz.) cans black beans [D1,D6]
- 1 (4-oz.) can diced green chilies [D6]

**SPICES**
- Basil [D2]
- Oregano [D2]
- Sesame seeds [D4,D5]
- Ginger [D5]
- Cumin [D6]
- Garlic powder [D6]

**DAIRY/DAIRY CASE**
- Butter [D4]
- Sour cream, for garnish [D1,D3]
- Low fat Cheddar cheese (3 cups, shredded plus garnish) [D1,D3]

**DRY GOODS**
- Cornstarch [D5]
- 1 pound Rigatoni or other medium pasta shape [D1]
- Brown rice (3 cups, cooked) [D5]
- **Angel Hair pasta (1 meal) [D2]

**FREEZER**
- 6 fish fillets (about 1 1/2 pounds)-if not using fresh [D4]
- Whole kernel corn (1 pound) [D6]
- **Egg rolls (1 meal) [D5]

**BAKERY**
- Corn tortillas (17) [D3,D6]

**SHOPPING LIST LEGEND**

**= Serving Suggestions**
- Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...
- Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Chicken and Bean Pasta
Day 1 – Serves 6

**INGREDIENTS:**
- 1 pound Rigatoni or other medium pasta shape
- 1 (16-oz.) can black beans, drained and rinsed
- 2 cups cooked chicken, cubed

**GARNISH:**
- Chunky-style salsa (your favorite), sour cream, shredded low fat cheddar cheese, tomatoes, green onions, and green bell pepper

**COOKING INSTRUCTIONS:** Cook pasta according to package directions; drain and set aside. Warm the drained and rinsed black beans in a saucepan over medium heat; set aside. Divide pasta on dinner plates and top with warmed black beans and chicken. Top with garnishes of your choice.

**NUTRITION per serving:**
- 425 Calories; 4g Fat; 28g Protein; 66g Carbohydrate; 6g Dietary Fiber; 40mg Cholesterol; 274mg Sodium. **Exchanges:** 4 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Fat. **Points:** 8

**SERVING SUGGESTION:** A big spinach salad.

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Italian Pork Chops
Day 2 – Serves 6

**INGREDIENTS:**
- 1 large red bell pepper, seeded, de-ribbed and diced
- 1 large onion, thinly sliced
- 3 cloves garlic, pressed
- 3 tablespoons olive oil
- 6 boneless pork chops, trimmed
- 48 ounces jarred spaghetti sauce (roasted garlic is my personal favorite)
- 3/4 teaspoon dried basil
- 3/4 teaspoon oregano

**COOKING INSTRUCTIONS:** In a large skillet, sauté red bell pepper, onion and garlic in olive oil; remove from skillet and set aside. Now thoroughly brown pork chops on both sides and drain off any fat. Return pepper mixture to skillet, add the sauce and the basil; bring to a boil then reduce heat, cover and simmer for about 20 minutes, or until pork is thoroughly cooked (depending on thickness of the chops).

**NUTRITION per serving:**
- 286 Calories; 19g Fat; 24g Protein; 3g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 60mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 Fat. **Points:** 7

**SERVING SUGGESTION:** Angel Hair pasta and a big salad.
Open Faced Beef Tacos
Day 3 – Serves 6

**INGREDIENTS:**
- 1 teaspoon vegetable oil
- 1/2 pound round steak, cut into thin strips
- 5 1/4 cups salsa verde, your favorite jarred variety
- 12 corn tortillas, heated
- 3 cups low fat Cheddar cheese, shredded
- 9 green onions, sliced
- 3 cups lettuce, thinly shredded
- Sour cream (optional)

**COOKING INSTRUCTIONS:** In a 2-quart saucepan, brown beef in oil over medium-high heat. Pour salsa verde over beef strips; bring to a boil, then reduce heat and gently simmer, covered, for 30 minutes. Place one softened tortilla on each dinner plate; sprinkle with 1 tablespoon green onion, 1/4 cup cheese and 1/6 of the meat mixture. Repeat the above step (excluding the meat mixture) and top each serving with 1/2 cup shredded lettuce. Garnish with sour cream, if desired.

**NUTRITION per serving:** 267 Calories; 9g Fat; 12g Protein; 36g Carbohydrate; 6g Dietary Fiber; 24mg Cholesterol; 1373mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 Lean Meat; 2 1/2 Vegetable; 1/2 Fat. **Points:** 5

**SERVING SUGGESTION:** Corn on the cob.

Sesame Fish
Day 4 – Serves 6

**INGREDIENTS:**
- 6 fish fillets (about 1 1/2 pounds)-fresh or frozen
- Salt and pepper to taste
- 2 tablespoons vegetable oil
- 2 tablespoons butter
- 1 lemon
- 1 tablespoon sesame seeds
- 3 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh basil

**COOKING INSTRUCTIONS:** Sprinkle both sides of fish filets with salt and pepper; set aside. Heat oil and butter in a large skillet over medium-high heat. Brown fish on both sides until done; remove from skillet and keep warm. In the same skillet, add the sesame seeds and heat them till golden, about 5 minutes over medium high heat. Remove skillet from heat. Squeeze in lemon juice, parsley and basil, allowing the heat from the skillet to wilt the leaves. Then pour this mixture over the fish.

**NUTRITION per serving:** 188 Calories; 10g Fat; 22g Protein; 1g Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 110mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat. **Points:** 4

**SERVING SUGGESTION:** Steamed red potatoes, carrots and green beans.
### Teriyaki Tofu Stir Fry
**Day 5 – Serves 6**

**INGREDIENTS:**
- 3 tablespoons vegetable oil
- 3/4 cup carrots, julienne
- 3/4 cup onions, julienne
- 3/4 cup green bell pepper, julienne
- 3/8 cup mushrooms, sliced
- 16 ounces firm tofu, julienne
- 3/8 cup green onions, sliced diagonally
- 1 1/2 cups low sodium soy sauce
- 1 1/2 teaspoons ground ginger
- 1 1/2 teaspoons sesame seeds, for garnish
- 3 tablespoons cornstarch
- 3 cups brown rice, cooked

**COOKING INSTRUCTIONS:** Combine soy sauce, ginger and cornstarch; set aside. Heat oil in a skillet over medium-high heat; stir-fry tofu and vegetables (except green onion). Add soy sauce mixture and incorporate until thickened. Serve over warm rice and garnish with sesame seeds.

**NUTRITION per serving:** 319 Calories; 11g Fat; 13g Protein; 43g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2415mg Sodium. **Exchanges:** 2 Grain (Starch); 1 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** This is a complete meal, but you could add some frozen (cooked) egg rolls, if you like.

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### Enchilada Casserole con Crock
**Day 6 – Serves 6**

**INGREDIENTS:**
- 3 1/3 cups canned crushed tomatoes, in tomato puree
- 1 2/3 cups chunky-style prepared salsa
- 6 ounces tomato paste
- 2 (16-oz.) cans black beans, drained and rinsed
- 1 pound frozen whole kernel corn, thawed
- 1 (4-oz.) can diced green chilies
- 1/2 teaspoon garlic powder
- 5 corn tortillas
- 2 ounces sliced black olives, drained

**COOKING INSTRUCTIONS:** Combine first 8 ingredients in a bowl; blend thoroughly. Pour about 1 cup of this mixture into the bottom of a slow cooker; spread evenly and top with 1 1/2 tortillas, cutting to fit the pot. Spread 1/3 of the remaining tomato mixture over the top. Repeat this layering process, ending with tomato mixture. Spread top evenly. Sprinkle with olives. Cover and cook on low heat setting for about 5 hours. Serve hot.

**NUTRITION per serving:** 344 Calories; 4g Fat; 16g Protein; 67g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 1304mg Sodium. **Exchanges:** 3 Grain (Starch); 1/2 Lean Meat; 4 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 6

**SERVING SUGGESTION:** A big salad.
**Frugal E-Book Menu and Shopping List for Six**

**SUMMER WEEK 12**

**MENU**

**Day 1:** Easy Stove Top Tuna Pasta, add a relish tray
**Day 2:** Ham and Pineapple Kabobs, add steamed green beans and baked sweet potatoes
**Day 3:** Easy Chicken Stir Fry, serve over brown rice and add some egg rolls
**Day 4:** Mexican Casserole, add corn on the cob and a big salad
**Day 5:** End of Summer Pasta, with a big spinach salad and garlic toast.
**Day 6:** Crock Thai Chicken, with wild rice pilaf and stir-fried zucchini, yellow squash and snow peas

**SHOPPING LIST:**

**MEAT**
2 1/4 pounds turkey ham [D2]
3 boneless skinless chicken thighs [D3]
1/2 pound lean ground beef [D4]
6 skinless chicken thighs [D6]

**CONDIMENTS**
Vegetable oil [D1,3,4]
Olive oil [D5]
Sesame oil (found in ethnic section of grocery store) [D3]
Vinegar [D3]
1 (4-oz.) jar pimientos [D1]
Low sodium soy sauce [D2,3,6]
Salsa (your favorite) (3/4 cup) [D6]
Peanut butter [D6]
**Black olives (1 meal) [D1]
**Salad dressing(s) (your choice) [D4]

**PRODUCE**
3 pounds onions (keep on hand) [D1,4]
Garlic (1 clove) [D3]
Green bell pepper (1 small) [D4]
Firm, ripe, red tomatoes (2 pounds) [D5]
Basil (16 large leaves plus 2 teaspoons, chopped) [D1,5]
Parsley (1/4 cup, chopped) [D1]
Cilantro (2 tablespoons, chopped) [D6]
Ginger (1 teaspoon, grated) [D6]
Limes (2 tablespoons juice) [D6]
**Cherry tomatoes (1 meal) [D1]
**Baby carrots (1 meal) [D1]
**Cucumber (1 meal) [D1]
**Radishes (1 meal) [D1]
Sweet potatoes (1 meal) [D2]
**Green beans (1 meal) [D2]
**Corn on the cob (1 meal) [D4]
**Spinach (1 meal) [D5]
**Zucchini, yellow squash and snow peas (1 meal) [D6]
**Lettuce for 1 salad (not Iceberg-no nutrition) [D4]
**Salad veggies (your choice) [D4]

**CANNED GOODS**
1 (6-oz.) can white albacore tuna packed in water [D1]
Pineapple chunks, in juice (12 ounces) [D2]
1 (27.5-oz.) jar can spaghetti sauce (your favorite) [D4]
1 (16-oz.) can black beans [D4]
1 (4-oz.) can diced green chilies [D4]

**SPICES**
Ginger [D2,3]
**Garlic powder [D5]

**DAIRY/DAIRY CASE**
Butter [D5]
Skim milk (1 1/4 cups) [D1]
Low fat Cheddar cheese (6 ounces, shredded) [D1]
Low fat Monterey Jack cheese (1/2 cup, shredded) [D4]
Parmesan cheese (4 tablespoons, grated) [D5]

**DRY GOODS**
Brown sugar [D2]
Reduced sodium taco seasoning mix (half of a .75-oz. envelope) [D4]
Elbow Macaroni, Shells, or other medium pasta shape (12-oz.) [D1]
Penne or Mostaccioli pasta (8 ounces) [D4]
Rotini or Corkscrew pasta (1/2 pound) [D5]
Dry roasted peanuts (1/8 cup, chopped) [D6]
**Brown rice (1 meal) [D3]
**Wild rice pilaf (1 meal) [D6]

**FREEZER**
1 (9-oz.) package green beans [D1]
1 (16-oz.) package stir-fry vegetables [D3]
1 (10-oz.) package peas (petite are best) [D5]
**Egg rolls (1 meal) [D3]

**BAKERY**
**Bread for garlic toast (1 meal) [D5]

**OTHER**
Bamboo skewers (12) [D2]

**SHOPPING LIST LEGEND**
**= Serving Suggestions**
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Easy Stove Top Tuna Pasta
Day 1 – Serves 6

INGREDIENTS:
- 12 ounces Elbow Macaroni, Shells or other medium pasta shape, uncooked
- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 2 teaspoons fresh basil leaves, chopped
- 1 (4-oz.) jar pimientos, diced
- 1 1/4 cups skim milk
- 1 (9-oz.) package frozen green beans, thawed and drained
- 6 ounces low fat Cheddar cheese, shredded
- 1 (6 1/8-oz.) can white albacore tuna packed in water, drained
- 1/4 cup chopped fresh parsley
- Salt and pepper to taste

COOKING INSTRUCTIONS: Cook pasta according to package directions, drain and set aside. Add oil to the pasta pot and cook onion until translucent; return pasta to the pot and stir in basil, pimento, milk, and green beans; cover and simmer for a couple of minutes, or until all is heated through. Add cheese, tuna, and parsley, stirring until cheese is melted; salt and pepper to taste; serve immediately.

NUTRITION per serving: 374 Calories; 5g Fat; 30g Protein; 53g Carbohydrate; 3g Dietary Fiber; 26mg Cholesterol; 763mg Sodium. Exchanges: 3 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat. Points: 7

SERVING SUGGESTION: A relish tray of cherry tomatoes, baby carrots, cucumber spears, radishes and black olives.

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THIS MENU MAY NOT BE FORWARDED TO ANYONE. YOU WILL BE UNSUBSCRIBED.

DO AHEAD TIP: Soak bamboo skewers for at least 30 minutes.

Ham and Pineapple Kabobs
Day 2 – Serves 6

INGREDIENTS:
- 2 1/4 pounds turkey ham, cubed
- 12 ounces pineapple chunks, drained-reserve juice
- 3 tablespoons low sodium soy sauce
- 3 tablespoons brown sugar
- 1/8 teaspoon ginger
- 12 Bamboo or metal skewers

COOKING INSTRUCTIONS: If using bamboo skewers, soak in water for at least 30 minutes. Alternate cubes of turkey ham and pineapple chunks on the skewers. In a large plastic container or casserole dish, combine pineapple juice, soy sauce, brown sugar, and ginger; blend well. Place prepared kabobs in mixture and marinate for at least 2 hours. Preheat outdoor or indoor grill or oven broiler. Grill kabobs for 8 to 10 minutes, turning and basting with marinade.

NUTRITION per serving: 277 Calories; 9g Fat; 33g Protein; 16g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 2212mg Sodium. Exchanges: 0 Grain (Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates. Points: 6

SERVING SUGGESTION: Steamed green beans and baked sweet potatoes (nuke in the microwave to keep the kitchen cool, if you like).
Easy Chicken Stir Fry
Day 3 – Serves 6

INGREDIENTS:
1 tablespoon low sodium soy sauce
1 tablespoon vinegar
1 teaspoon sesame oil
1 clove garlic, pressed
1/2 teaspoon ginger
3 boneless skinless chicken thighs, cut into strips

COOKING INSTRUCTIONS: Blend soy sauce, vinegar, sesame oil, garlic, and ginger in a shallow dish; add chicken; marinate for 10 minutes. Swipe or spray a large nonstick skillet with vegetable oil; heat over medium-high heat until hot. Add chicken; stir-fry for 3 minutes. Add vegetables and water to skillet; cover and cook for 5 minutes, or until vegetables are tender-crisp.

NUTRITION per serving: 201 Calories; 8g Fat; 25g Protein; 6g Carbohydrate; 2g Dietary Fiber; 73mg Cholesterol; 170mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates. Points: 4

SERVING SUGGESTION: Serve over brown rice. Add some frozen (cooked) egg rolls, if you like.

Mexican Casserole
Day 4 – Serves 6

INGREDIENTS:
8 ounces Penne or Mostaccioli pasta, uncooked
1/2 pound lean ground beef
1 tablespoon vegetable oil
1/2 cup chopped onion
1 small green bell pepper, seeded, de-ribbed and chopped

COOKING INSTRUCTIONS: Cook pasta according to package directions. Meanwhile, in a large saucepan, brown ground beef in the oil over medium-high heat; drain well, blotting with paper towels to pick up the extra grease; remove from saucepan and set aside. In the same saucepan over medium heat, add onion and bell pepper; cook, stirring occasionally, until tender-crisp; return beef to saucepan and blend well. Add remaining ingredients, except cheese; heat to boiling, then reduce heat and cook, uncovered, for 15 minutes, stirring occasionally. Toss hot pasta with half of the sauce; spoon remaining sauce over the top; sprinkle with cheese.

NUTRITION per serving: 326 Calories; 14g Fat; 14g Protein; 58g Carbohydrate; 8g Dietary Fiber; 3mg Cholesterol; 994mg Sodium. Exchanges: 3 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. Points: 7

SERVING SUGGESTION: Corn on the cob and a big salad.
### End of Summer Pasta

**Day 5 – Serves 6**

**INGREDIENTS:**
- 2 pounds firm, ripe, red tomatoes, washed and cored
- 3 tablespoons olive oil
- 16 large basil leaves, washed and torn into strips
- Salt and freshly ground black pepper
- 1 (10-oz.) package frozen peas (petite peas are by far the best)
- 1/2 pound Rotini or Corkscrew pasta
- 2 tablespoons butter
- 4 tablespoons freshly grated Parmesan cheese

**COOKING INSTRUCTIONS:** On a cutting board, dice tomatoes. Warm the olive oil in a large skillet over medium heat; add diced tomato, half of the strips of basil and salt and pepper to taste; cook, stirring often, for at least 30 minutes, or until thickened. Meanwhile, cook pasta according to package directions. When the pasta is almost ready, add the frozen peas to the tomato/basil sauce; blend well, then turn off the heat (you don't want the peas overcooked!). Pour the drained pasta into a large bowl and toss with butter, remaining basil, and the tomato/basil sauce. Sprinkle with freshly grated Parmesan cheese.

**NUTRITION per serving:** 315 Calories; 13g Fat; 10g Protein; 41g Carbohydrate; 5g Dietary Fiber; 13mg Cholesterol; 169mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 0 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 7

**SERVING SUGGESTION:** A big spinach salad and garlic toast.

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### Crock Thai Chicken

**Day 6 – Serves 6**

**INGREDIENTS:**
- 6 skinless chicken thighs
- 3/4 cup salsa, your favorite
- 1/8 cup peanut butter
- 1 tablespoon low sodium soy sauce
- 2 tablespoons lime juice
- 1 teaspoon gingerroot, grated
- 1/8 cup dry roasted peanuts, chopped
- 2 tablespoons cilantro, chopped

**COOKING INSTRUCTIONS:** Place chicken in a slow cooker; add remaining ingredients, except peanuts and cilantro. Cover and cook on low heat setting for 8 to 9 hours, or until chicken is cooked through. Skim fat from the sauce, remove chicken and serve sauce on top; sprinkle with chopped peanuts and cilantro.

**NUTRITION per serving:** 146 Calories; 7g Fat; 16g Protein; 5g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 422mg Sodium. **Exchanges:** 0 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 3

**SERVING SUGGESTION:** Wild rice pilaf and stir-fried zucchini, yellow squash and snow peas.
Saving Dinner with Frugal Winter E-Book Volume 1
<table>
<thead>
<tr>
<th>Week 1</th>
<th>Roasted Vegetable Cheddar Soup, add a spinach salad and some crusty bread</th>
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<tbody>
<tr>
<td></td>
<td>Easy Breezy Mexicale Ole, and a big salad</td>
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<tr>
<td></td>
<td>Shells with Beans and Tuna, with a relish tray and some whole grain rolls</td>
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<tr>
<td></td>
<td>Effortless Spiced Pork, add baked sweet potatoes and a big bowl of coleslaw</td>
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<td></td>
<td>Italian Cube Steak Supper, with angel hair pasta and a big salad</td>
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<td>Crock Chicken Indonesian, add brown rice and steamed broccoli</td>
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<thead>
<tr>
<th>Week 2</th>
<th>Warm Chicken Spinach Salad, with baked butternut squash</th>
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<tbody>
<tr>
<td></td>
<td>Manhattan Clam Chowder, add a spinach salad and some crusty bread</td>
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<tr>
<td></td>
<td>Red and Green Lasagna, with a salad and some garlic toast</td>
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<td></td>
<td>Thai Beef and Rice, add steamed broccoli</td>
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<td></td>
<td>Veggie Chili, and a big salad</td>
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<td></td>
<td>Crock African Turkey and Couscous, with stir-fried zucchini and yellow squash</td>
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<thead>
<tr>
<th>Week 3</th>
<th>Easy Vegetarian Lasagna, with a big salad and garlic toast</th>
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<tbody>
<tr>
<td></td>
<td>Dijon Rosemary Chicken, add steamed red potatoes and steamed green beans</td>
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<td></td>
<td>Salmon and White Bean Stew, with a big salad and some whole grain rolls</td>
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<tr>
<td></td>
<td>Stir Fry Pork and Veggies, over brown rice</td>
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<td>Garlic Cube Steaks with Vegetables, with baked russet potatoes and steamed broccoli</td>
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<td>Crock Navy Bean Soup, add a big spinach salad and some crusty bread</td>
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<thead>
<tr>
<th>Week 4</th>
<th>Raspberry Balsamic Glazed Chicken Thighs, add red potatoes and steamed green beans</th>
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<tbody>
<tr>
<td></td>
<td>Cool Dill Shrimp Salad, with a relish tray of carrot and celery sticks, cherry tomatoes, cucumber spears and radishes</td>
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<tr>
<td></td>
<td>Steak and Spinach Salad, add warm, crusty garlic bread</td>
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<tr>
<td></td>
<td>New Orleans Chicken and Pasta, with corn on the cob and a big salad</td>
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<tr>
<td></td>
<td>Spiced Pork Chops, add baked sweet potatoes and steamed broccoli</td>
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<td></td>
<td>Turkey Crock Chili, with warmed, drained black beans, corn muffins and a big salad</td>
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<tr>
<th>Week 5</th>
<th>Oven Fried Chicken Legs, add baked sweet potatoes and coleslaw</th>
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<tbody>
<tr>
<td></td>
<td>Salsa Steaks, with ranch beans and salad</td>
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<tr>
<td></td>
<td>Sautééed Turkey and Veggies, add brown rice and sautééed zucchini, yellow squash and snow peas</td>
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<td>Baked Tomato Basil Fish, with roasted asparagus and steamed red potatoes</td>
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<td></td>
<td>Skillet Pasta, and a salad</td>
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<td>Crock Cuban Beans and Rice, and a spinach salad</td>
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<tr>
<th>Week 6</th>
<th>Winter Veggies and Rice, salad and whole grain rolls</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Herbed Chicken Thighs, baked potatoes and steamed broccoli and baby carrots</td>
</tr>
<tr>
<td></td>
<td>Pasta Clam and Vegetable Chowder, spinach salad and crusty bread</td>
</tr>
<tr>
<td></td>
<td>Easy Barbecue Meatloaf, red potatoes, steamed green beans, and corn on the cob</td>
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<td></td>
<td>Spiced Turkey, Squash and Apples, baked sweet potatoes and steamed Brussels sprouts</td>
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<tr>
<td></td>
<td>Crock Potato Cheese Soup, relish tray of baby carrots, broccoli florets, cherry tomatoes and Ranch dressing</td>
</tr>
</tbody>
</table>
| Week 7 | Beefy Nacho Casserole, ranch beans and Spanish rice  
Poor Tater Supper, with a big spinach salad  
Chicken Broccoli and Brown Rice Casserole, mini corn on the cob and a big salad  
Spinach Bread Pudding, with Waldorf salad and raw baby carrots  
Sweet and Sour Fish, steamed red potatoes and steamed cauliflower/broccoli florets w/carrots  
Sausage Casserole, buttered noodles, steamed green beans and rye bread |
|---|---|
| Week 8 | Turkey Provencale, mashed potatoes, steamed green beans and whole grain rolls  
Mashed Potato Soup, salad and corn muffins  
Fast and Furious Chicken and Rice, steamed broccoli and baked sweet potatoes  
One Pot Tuna Pasta, salad  
Chinese Beef Stir Fry served over brown rice with sautéed zucchini, yellow squash and snow peas  
Sweet Onion Pork Chops, creamed spinach, steamed red potatoes and steamed baby carrots |
| Week 9 | No Frills Crock Roast aka Pot Roast 1, add baked sweet potatoes, steamed green beans, and a loaf of whole-grain bread  
Four Cheese Vegetable Lasagna, with a Caesar salad, and whole wheat garlic toast  
Shredded Beefwiches aka Pot Roast 2, add a green salad, and oven-fried russet potatoes  
Pumpkin Bean Soup, with whole grain rolls and a big salad  
Soft Tacos aka Pot Roast 3, add brown rice and black beans  
Caramelized Garlic Chicken, with baked russet potatoes, baked butternut squash, and steamed broccoli |
| Week 10 | Parmesan Pork Chops with Italian Veggies, spinach salad and crusty rolls  
Very Nice Chicken and Rice Casserole, steamed broccoli and baby carrots  
Potatoes and Trees Soup, grilled cheese sandwiches  
Lentils, Pasta and Greens, baby carrots and crusty rolls  
Athenian Chicken, couscous and sautéed zucchini and yellow squash  
Spaghetti a la Crock, served over spaghetti noodles with a salad and garlic toast |
| Week 11 | Veggie and Cheese Strata, sautéed green beans and glazed carrot coins  
Teriyaki Beef Stir-Fry with brown rice  
Vegetable and Lentil Stew, a loaf of crusty bread, and a big green salad  
Mediterranean Chicken Thighs with Artichoke Hearts, sautéed spinach, steamed cauliflower and baked sweet potatoes  
Mock Pork Marsala, braised cabbage, braised turnips and brown rice  
Corny Chicken and Potato Chowder, BLT's and a fresh pear and raisin yogurt salad |
| Week 12 | Philly Steak Sandwiches and coleslaw  
Crunchy Honey Mustard Chicken Fingers, Macaroni and cheese, and a big green salad  
Vegetable Frittata, corn muffins and a fruit salad  
Pork Fried Rice and stir-fried mixed veggies  
Tiny's Two-Ton Weekend Lasagna, huge green salad and garlic bread  
Tuna Salad a la Crock, chopped spinach and whole grain rolls |
Frugal E-Book Menu and Shopping List for Six

**Week 1**

**MENU**

**Day 1:** Roasted Vegetable Cheddar Soup, add a spinach salad and some crusty bread

**Day 2:** Easy Breezy Mexicale Ole, and a big salad

**Day 3:** Shells with Beans and Tuna, with a relish tray and some whole grain rolls

**Day 4:** Effortless Spiced Pork, add baked sweet potatoes and a big bowl of coleslaw

**Day 5:** Italian Cube Steak Supper, with angel hair pasta and a big salad

**Day 6:** Crock Chicken Indonesian, add brown rice and steamed broccoli

**SHOPPING LIST:**

**CONDIMENTS**

- Olive oil [D1]
- Vegetable oil [D5]
- Sesame oil (in ethnic section of grocery store) [D6]
- Red wine vinegar [D3]
- Salsa (8 ounces) [D2]
- Worcestershire sauce [D5]
- Low sodium soy sauce [D6]
- Barbecue sauce (your favorite) [D4]
- Tabasco sauce [D4]
- Taco sauce [D2]
- Black olives (1/4 cup chopped) [D3]
- Honey [D4]
- Peanut butter (1/3 cup) [D6]
- **Mayonnaise [D4]**
- **Rice vinegar [D4]**
- **Salad dressing(s) (your choice) [D2,D5]**

**PRODUCE**

- 3 pounds onions (keep on hand) [D1]
- Red onion (1/2 medium) [D3]
- Garlic (12 cloves) [D1,D6]
- Rutabagas (2 large) [D1]
- Turnips (2 large) [D1]
- Cauliflower (1 large head) [D1]
- Green onions (5 medium) [D2]
- Tomatoes (1 medium) [D2]
- Lettuce, shredded for garnish (not Iceberg—no nutrition) - optional**
- Gingerroot (1 1/2 tablespoons grated) [D2,D5]
- Cilantro OR parsley (1/4 cup chopped) [D3]
- Lemons (2) [D4]
- **Sweet potatoes (1 meal) [D4]**
- **Broccoli (1 meal) [D6]**
- **Spinach (1 meal) [D1]**
- **Coleslaw mix (1 meal) [D4]**
- **Baby carrots (1 meal) [D3]**
- **Cherry tomatoes (1 meal) [D3]**
- **Celery (1 meal) [D3]**
- **Salad veggies—your choice [D2,D5]**

**MEAT**

- 1/2 pound boneless skinless chicken breast halves [D2]
- 12 skinless chicken thighs [D6]
- 6 pork chops (whichever cut is on sale) [D4]
- 6 cube steaks (also known as “minute steaks”) [D5]

**CANNED GOODS**

- 1 (12-oz.) can solid white tuna in water [D3]
- Low sodium chicken broth (3 cups) [D1]
- 1 (16-oz.) can chili beans [D2]
- 1 (16-oz.) can white beans [D3]
- 1 (14.5-oz.) can Italian-style tomatoes [D5]

**SPICES**

- Thyme [D1]
- Garlic powder [D2,D5]
- Cumin [D2]
- Italian seasoning [D4,D5]
- Cayenne pepper [D6]

**DAIRY/ DAIRY CASE**

- Half and half (1 1/2 cups) U.K. Members: Half and half is half milk and half cream [D1]
- Low fat sour cream (1 cup) [D2]
- Low fat Cheddar cheese (1 1/2 cups plus 4 ounces shredded) [D1,D2]
- Parmesan cheese (2 tablespoons grated plus optional garnish) [D3,D5]

**DRY GOODS**

- Flour [D1]
- Baked unsalted tortilla chips (2 cups plus optional garnish) [D2]
- 1 pound Medium Shells, Elbow Macaroni or other medium pasta shape [D3]
- **Angel Hair pasta (1 meal) [D5]**
- **Brown rice (1 meal) [D6]**

**BAKERY**

- **Crusty bread (1 meal) [D1]**
- **Whole grain rolls (1 meal) [D3]**

**SHOPPING LIST LEGEND**

**= Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Roasted Vegetable Cheddar Soup
Day 1 – Serves 6

**INGREDIENTS:**
- 2 large rutabagas, peeled and quartered
- 2 large turnips, peeled and quartered
- 1 large onion, quartered
- 6 cloves garlic, whole
- 1 large head of cauliflower, broken up
- 3 tablespoons olive oil
- Salt and pepper, to taste
- 1 1/2 teaspoons thyme
- 3 cups low sodium chicken broth
- 1 1/2 cups half and half (UK members, this is half cream and half milk)
- 1 tablespoon flour
- 1 1/2 cups shredded low fat Cheddar cheese

**COOKING INSTRUCTIONS:** Preheat oven to 425 degrees. Place all vegetables in a large roasting pan and toss well with the olive oil, salt and pepper and thyme; bake for 30 minutes, or until veggies start to brown; remove from oven and set aside to cool. In a blender, place the cooled roasted veggies and 1/4 cup of the chicken broth (or more—you just want to help the blender process the veggies, and it needs liquid). Pulse the blender—you don't want your veggies liquefied—just blended. Transfer blender contents and the remaining broth to a large saucepan; bring to a boil, then reduce heat to a simmer and add the cream. When it is hot (but NOT boiling, or the cream will break!), add the cheese tossed with the flour. Again, bring to ALMOST boiling point, stirring constantly until the cheese has melted.

**NUTRITION per serving:** 345 Calories; 17g Total Fat; 13g Protein; 3g Dietary Fiber; 14g Carbohydrate; 111mg Cholesterol; 616mg Sodium. **Exchanges:** 0 Grain (Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** A big spinach salad and some crusty bread.

DO-AHEAD TIP: Pre-cook chicken for this meal.

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Easy Breezy Mexicale Ole
Day 2 – Serves 6

**INGREDIENTS:**
- 1/2 pound boneless skinless chicken breast halves, cooked and chopped
- 1 (16-oz.) can chili beans
- 1 (8-oz.) jar salsa
- 2 tablespoons taco sauce
- 2 teaspoons cumin
- 2 teaspoon garlic powder
- 2 cups baked unsalted tortilla chips
- 1 cup low-fat sour cream
- 1/2 cup sliced green onions (5 medium)
- 3/4 cup chopped tomato
- 4 ounces shredded low fat Cheddar cheese

**COOKING INSTRUCTIONS:** Preheat oven to 350 degrees. In a 10-inch skillet, add chopped, cooked chicken; stir in beans, salsa, 2 tablespoons of taco sauce, cumin and garlic powder; heat to a simmer, stirring occasionally. Place tortilla chips in an un-greased 2-quart casserole dish; top with chicken mixture; spread with sour cream; sprinkle with chopped green onions, chopped tomato and shredded cheese. Bake, uncovered, for 20 to 30 minutes, or until hot and bubbly; arrange additional tortilla chips around edge of the casserole, if desired. Garnish with shredded lettuce and more taco sauce, if desired.

**NUTRITION per serving:** 517 Calories; 7g Fat; 29g Protein; 85g Carbohydrate; 10g Dietary Fiber; 34mg Cholesterol; 987mg Sodium. **Exchanges:** 5 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** A big salad.
DO-AHEAD TIP: Prepare salad and chill before serving.

### Shells with Beans and Tuna

**Day 3 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
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<tbody>
<tr>
<td>1 pound Elbow Macaroni, or other medium pasta shape, uncooked</td>
<td>1/4 cup chopped cilantro OR parsley</td>
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<tr>
<td>1 (12-oz.) can solid white tuna in water, drained</td>
<td>1/4 cup chopped black olives</td>
</tr>
<tr>
<td>1 (16-oz.) can white beans, drained</td>
<td>2 tablespoons red wine vinegar</td>
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<tr>
<td>1/3 cup chopped red onion</td>
<td>Salt and pepper to taste</td>
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**COOKING INSTRUCTIONS:** Prepare pasta according to package directions. Meanwhile, combine tuna, beans, onion, cilantro OR parsley and olives in a mixing bowl. In a small bowl, whisk together vinegar and salt and pepper. When pasta is cooked, drain it well and toss it with the bean mixture; pour vinaigrette over pasta/bean mixture and toss well; add grated Parmesan cheese and toss gently. Refrigerate and serve cold.

**NUTRITION per serving:** 325 Calories; 2g Fat; 22g Protein; 53g Carbohydrate; 5g Dietary Fiber; 15mg Cholesterol; 404mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** A relish tray of baby carrots, cherry tomatoes and celery sticks; add some whole grain rolls.

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### Effortless Spiced Pork

**Day 4 – Serves 6**

<table>
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<tr>
<th>INGREDIENTS:</th>
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<tbody>
<tr>
<td>1 teaspoon Italian seasoning</td>
<td>2 tablespoons barbecue sauce (your favorite)</td>
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<tr>
<td>2 lemons, juiced</td>
<td>6 to 8 drops Tabasco sauce (more or less to taste)</td>
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<tr>
<td>1 tablespoon honey</td>
<td>Salt and pepper to taste</td>
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**COOKING INSTRUCTIONS:** Preheat outdoor or indoor grill or oven broiler. Combine first 5 ingredients (Italian seasoning through Tabasco). Season pork chops with salt and pepper to taste; baste with sauce; grill for about 10 minutes per side, or until cooked through.

**NUTRITION per serving:** 251 Calories; 15g Fat; 23g Protein; 6g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 102mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Baked sweet potatoes and a big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar).
**Italian Cube Steak Supper**

**Day 5 – Serves 6**

**INGREDIENTS:**
- 1 (14.5-oz.) can Italian-style tomatoes
- 2 teaspoons Worcestershire sauce
- 1 teaspoon garlic powder
- 2 teaspoons Italian seasoning
- 1/4 cup water
- 6 cube steaks (also known as minute steaks)
- Salt and pepper to taste
- 2 teaspoons vegetable oil
- Parmesan cheese, grated (optional)

**COOKING INSTRUCTIONS:** Combine first 5 ingredients (tomatoes through water); set aside. Season cube steaks with salt and pepper to taste. In a large skillet over medium heat, brown cube steaks in the oil for about 2 minutes per side; pour tomato mixture on top. Cover and simmer over low heat for about 10 minutes, turning steaks once. Remove steaks from skillet; top with tomato sauce and grated Parmesan cheese, as desired.

**NUTRITION per serving:**
- 243 Calories; 15g Fat; 21g Protein; 5g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 227mg Sodium.
- Exchanges: 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.
- Points: 6

**SERVING SUGGESTION:** Angel Hair pasta and a big salad.

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**Crock Chicken Indonesian**

**Day 6 – Serves 6**

**INGREDIENTS:**
- 12 skinless chicken thighs
- 3 tablespoons low sodium soy sauce
- 4 to 6 cloves garlic, pressed
- 1 1/2 tablespoons grated fresh gingerroot
- 3 teaspoons sesame oil
- 1/2 teaspoon cayenne pepper (or less, depending on your heat tolerance)
- 1/3 cup peanut butter

**COOKING INSTRUCTIONS:** In a skillet over medium-high heat, brown chicken thighs well on both sides. In a small bowl, combine soy sauce, garlic, gingerroot, sesame oil and cayenne pepper. Place chicken in a slow cooker; spoon sauce mixture over the top. Cover and cook on low heat setting for 6 1/2 to 7 hours, or until chicken is tender and fully cooked. Remove chicken from slow cooker and stir peanut butter into juices until smooth; spoon sauce over chicken to serve.

**NUTRITION per serving:**
- 380 Calories; 20g Fat; 20g Protein; 6g Carbohydrate; 2g Dietary Fiber; 32mg Cholesterol; 251mg Sodium.
- Exchanges: 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 3 Fat.
- Points: 9

**SERVING SUGGESTION:** Brown rice and steamed broccoli.
Frugal E-Book Menu and Shopping List for Six

Winter Week 2

MENU

Day 1: Warm Chicken Spinach Salad, with baked butternut squash
Day 2: Manhattan Clam Chowder, add a spinach salad and some crusty bread
Day 3: Red and Green Lasagna, with a salad and some garlic toast
Day 4: Thai Beef and Rice, add steamed broccoli
Day 5: Veggie Chili, and a big salad
Day 6: Crock African Turkey and Couscous, with stir-fried zucchini and yellow squash

SHOPPING LIST:

MEAT
6 boneless skinless chicken breast halves [D1]
2 pounds boneless skinless turkey thigh meat [D6]
Turkey bacon (6 slices) [D2]
3/4 pound sirloin steak [D4]

CONDIMENTS
Olive oil [D5]
Vegetable oil [D4]
Rice vinegar [D5]
Low sodium soy sauce [D4]
Worcestershire sauce [D5]
Italian salad dressing (6 tablespoons) [D1]
**Salad dressing(s) (your choice) [D3,D5]

PRODUCE
3 pounds onions (keep on hand) [D1,D2,D5,D6]
Garlic (8 cloves) [D4,D5,D6]
Green bell peppers (1/2 large) [D5]
Red bell peppers (1 large) [D1]
Jalapeno peppers (1) [D4]
Mushrooms (1 1/2 pounds) [D1]
Spinach, washed (1 1/2 10-oz. bags or baby spinach) [D1]**Additional (1 meal) [D2]
Turnips (1 1/2 cups chopped) [D2]
Celery (1/2 cup chopped) [D2]
Carrots (3 medium) [D4,D5]
Cucumber (1) [D4]
Tomatoes (3/4 cup chopped) [D5]
Avocado (chopped, for garnish) (optional) [D5]
Gingerroot (1 tablespoon plus 1 teaspoon grated) [D4,D6]
Parsley (3 teaspoons chopped) [D2]
Mint (chopped for garnish) (optional) [D4]
Limes (1/4 cup juice) [D6]
Firm tofu (1 1/2 cups crumbled) [D5]
**Butternut squash (1 meal) [D1]
**Broccoli (1 meal) [D4]
**Zucchini and yellow squash (1 meal) [D6]
**Lettuce for 2 salads (not Iceberg—no nutrition) [D3,D5]
**Salad veggies (your choice) [D3,D5]

CANNED GOODS
24 ounces clams and juice [D2]
1 (24-oz.) can diced tomatoes [D2]
1 (15-oz.) can tomato sauce [D5]
1 (16-oz.) can dark red kidney beans [D5]
1 (26 to 32-oz.) can/jar spaghetti sauce (your favorite) [D3]
Low sodium chicken broth or vegetable broth (1 1/2 cups) [D2]

SPICES
Thyme [D2]
Oregano [D3]
Basil [D3,D5]
 Crushed red pepper flakes [D4,D6]
Chili powder [D5]
Cumin [D5]
Cayenne pepper [D5]
**Garlic powder [D3]

DAIRY/DAIRY CASE
Eggs (1) [D3]
1 (16-oz.) container cottage cheese [D3]
Mozzarella cheese (1 1/2 cups shredded) [D3]
Cheddar cheese (shredded, for garnish) (optional) [D5]
**Butter [D3]

DRY GOODS
8 ounces Lasagna noodles [D3]
Brown rice (4 cups cooked) [D4]
Couscous (6 cups cooked) [D5,D6]

FREEZER
1 (10-oz.) package chopped spinach [D3]
1 (9-oz.) package French-style green beans [D4]

BAKERY
**Crusty bread (1 meal) [D2]
**Bread for garlic toast (1 meal) [D3]

OTHER
Aluminum foil wrap [D3]

SHOPPING LIST LEGEND

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
# Warm Chicken Spinach Salad

**Day 1 – Serves 6**

**INGREDIENTS:**
- 6 tablespoons Italian salad dressing, divided
- 6 boneless skinless chicken breast halves, cut into 1-inch cubes
- 1 1/2 pounds sliced mushrooms
- 1 large red bell pepper, seeded, de-ribbed and cut into strips
- 1 cup chopped onion
- 1 1/2 (10-oz.) bags washed spinach, torn (or use baby spinach and don't tear)

**COOKING INSTRUCTIONS:** Heat 2 tablespoons of the salad dressing in a large skillet over medium heat; add chicken and brown, stirring occasionally until cooked through, about 5 minutes; remove from skillet and set aside. To the same skillet, heat 1 more tablespoon of the dressing; add half of the mushrooms, the bell pepper and the onion; cook, stirring frequently for about 3 minutes, or until mushrooms begin to release their liquid. In a large salad bowl, combine spinach and remaining mushrooms; add cooked mushroom mixture, reserved chicken and remaining dressing; toss well; season with salt and pepper, if desired.

**NUTRITION per serving:** 271 Calories; 11g Fat; 31g Protein; 14g Carbohydrate; 4g Dietary Fiber; 66mg Cholesterol; 280mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** Serve baked butternut squash on the side.

# Manhattan Clam Chowder

**Day 2 – Serves 6**

**INGREDIENTS:**
- 6 slices turkey bacon
- 1 cup finely chopped onion
- 24 ounces canned clams and juice
- 1 1/2 cups finely chopped turnips
- 1/2 cup chopped celery
- 1 1/2 cups low sodium chicken broth or vegetable broth
- 1 (24-oz.) can diced tomatoes
- 3 teaspoons chopped fresh parsley
- 1/3 teaspoon dried thyme leaves
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** In a large saucepan, cook turkey bacon and onion, stirring occasionally, until bacon is crisp and onion is tender. Add clams and their juice, turnips, celery and broth; bring to a boil, then reduce heat, cover and simmer for 10 minutes, or until turnips are tender. Add diced tomatoes and remaining ingredients; bring to a boil, stirring occasionally; serve.

**NUTRITION per serving:** 112 Calories; 1g Total Fat; 14g Protein; 2g Dietary Fiber; 11g Carbohydrate; 31mg Cholesterol; 576mg Sodium. **Exchanges:** 0 Grain (Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 2

**SERVING SUGGESTION:** Serve a big spinach salad on the side; add some crusty bread.
**Red and Green Lasagna**  
Day 3 – Serves 6

**INGREDIENTS:**
- 1 teaspoon salt
- 1 (16-oz.) container cottage cheese
- 1 1/2 cups shredded Mozzarella cheese, divided
- 1 egg, slightly beaten
- 1 (10-oz.) package frozen chopped spinach, thawed, and well drained
- 1 (26- to 32-oz.) can/jar spaghetti sauce (your favorite)
- 8 ounces Lasagna noodles, uncooked
- 1 cup water

**COOKING INSTRUCTIONS:** Preheat oven to 350 degrees. Grease a 9-x 13-inch baking dish. In a large bowl, combine cottage cheese, 1 cup of the shredded Mozzarella cheese, egg, spinach, salt, oregano and basil. Spread 1/2 cup of the spaghetti sauce evenly on the bottom of the baking dish, then use 1/3 of the noodles smeared with the Mozzarella mixture (use a spatula to smear the cheese mixture right on each of the hard noodles; place them in the baking dish, cheese side up). Add a little more sauce, then repeat with the cheese-smeared noodles. Keep going till you're out of ingredients. End with noodles on top, then sprinkle with remaining Mozzarella cheese. Pour some water around the edges of the baking dish (this will help cook the noodles). Cover the baking dish tightly with aluminum foil wrap, but “tent” it to make sure the cheese isn’t in contact with the foil. Bake for 45 minutes. Uncover and let Lasagna stand for 15 minutes before serving so that it has a chance to firm up.

**NUTRITION per serving:** 341 Calories; 12g Fat; 19g Protein; 40g Carbohydrate; 5g Dietary Fiber; 47mg Cholesterol; 1078mg Sodium.  
**Exchanges:** 1 1/2 Grain (Starch); 2 Lean Meat; 3 Vegetable; 1 1/2 Fat.  
**Points:** 7

**SERVING SUGGESTION:** Serve a big salad on the side; add some garlic toast.

**DO-AHEAD TIP:** Partially freeze steak (to ease cutting); marinate steak strips for 1 hour. Also, cook rice.

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**Thai Beef and Rice**  
Day 4 – Serves 6

**INGREDIENTS:**
- 3/4 pound sirloin steak, partially frozen and cut across the grain into 1/4-inch strips
- 1/4 cup vegetable oil, divided
- 1/3 cup rice vinegar
- 1/4 cup low sodium soy sauce
- 1 jalapeno pepper, finely chopped (optional)
- 2 cloves garlic, pressed
- 1 tablespoon grated fresh gingerroot
- 1/2 teaspoon crushed red pepper flakes
- 1 (9-oz.) package frozen French-style green beans, thawed and drained
- 2 medium carrots, thinly sliced and halved
- 1 cucumber, peeled, seeded and sliced
- 4 cups cooked brown rice
- Chopped fresh mint leaves (optional)

**COOKING INSTRUCTIONS:** Slice partially frozen steak across the grain into 1/4-inch strips; place in a large bowl. In a small bowl, combine all but 1 tablespoon of the oil with the vinegar, soy sauce, half of the chopped jalapeno pepper, garlic, gingerroot and crushed red pepper flakes; pour mixture over beef; marinate for 1 hour. Drain beef, discarding marinade. Heat remaining 1 tablespoon of oil in a large skillet over medium-high heat until hot; add beef and remaining jalapeno pepper; cook and stir for 3 to 5 minutes, or until steak strips are no longer pink. Combine beef, liquid from the skillet, beans, carrots, cucumber and rice in a large bowl; toss to coat; sprinkle with mint, if desired.

**NUTRITION per serving:** 383 Calories; 18g Fat; 16g Protein; 40g Carbohydrate; 5g Dietary Fiber; 36mg Cholesterol; 442mg Sodium.  
**Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.  
**Points:** 8

**SERVING SUGGESTION:** Serve steamed broccoli on the side.
**Veggie Chili**
Day 5 – Serves 6

**INGREDIENTS:**
- 1 1/2 cups firm tofu, crumbled
- 2 cloves garlic, minced
- 3/4 tablespoon chili powder
- 1 tablespoon Worcestershire sauce
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 3/4 cup thinly sliced carrot
- 3/4 cup chopped tomatoes
- 1 (15-oz.) can tomato sauce
- 1 (16-oz.) can dark red kidney beans
- 1/2 teaspoon dried basil, crushed
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- Salt to taste
- 3 cups cooked couscous

**GARNISHES—OPTIONAL:**
- Minced onion
- Shredded Cheddar cheese
- Chopped avocado

**COOKING INSTRUCTIONS:** In a mixing bowl, combine tofu, garlic, chili powder and Worcestershire sauce; set aside. In a large skillet over medium heat, sauté onion, bell pepper and carrot in olive oil until onion is translucent. Add tofu mixture; cook and stir for 3 minutes. Add tomatoes, tomato sauce, kidney beans, basil, cumin, and cayenne pepper. Cover and simmer for 30 minutes; salt to taste. Serve over hot couscous; garnish as desired.

**NUTRITION per serving:**
- 267 Calories; 6g Fat; 14g Protein; 43g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 750mg Sodium. **Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 2 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Serve a big salad on the side.

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**Crock African Turkey and Couscous**
Day 6 – Serves 6

**INGREDIENTS:**
- 2 pounds boneless skinless turkey thigh meat, cut into 1/2-inch slices
- 3/4 cup chopped onion
- 4 cloves garlic, minced
- 1/2 teaspoon crushed red pepper flakes
- 2 teaspoons grated fresh gingerroot
- Salt and pepper to taste
- 1/4 cup lime juice
- 3 cups hot, cooked couscous (follow directions on package)

**COOKING INSTRUCTIONS:** Combine all ingredients, except couscous, in a slow cooker. Cover and cook on low heat setting for 6 to 8 hours, or on high setting for 3 to 4 hours. Serve over hot couscous.

**NUTRITION per serving:**
- 269 Calories; 1g Fat; 40g Protein; 21g Carbohydrate; 2g Dietary Fiber; 94mg Cholesterol; 79mg Sodium. **Exchanges:** 1 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit. **Points:** 5

**SERVING SUGGESTION:** Stir-fried zucchini and yellow squash.
Frugal E-Book Menu and Shopping List for Six

Winter Week 3

**MENU**

**Day 1:** Easy Vegetarian Lasagna, with a big salad and garlic toast

**Day 2:** Dijon Rosemary Chicken, add steamed red potatoes and steamed green beans

**Day 3:** Salmon and White Bean Stew, with a big salad and some whole grain rolls

**Day 4:** Stir Fry Pork and Veggies, over brown rice

**Day 5:** Garlic Cube Steaks with Vegetables, with baked russet potatoes and steamed broccoli

**Day 6:** Crock Navy Bean Soup, add a big spinach salad and some crusty bread

**SHOPPING LIST:**

**MEAT**

- 12 boneless skinless chicken thighs (about 2 1/4 pounds) [D2]
- 1 pound boneless pork chops [D4]
- 6 cube steaks [D5]

**CONDIMENTS**

- Olive oil [D1,D3,D4]
- Cooking spray (vegetable based is best) [D1]
- Vinegar (if not using sherry) [D3,D4]
- Dijon mustard [D2,D4]
- Worcestershire sauce [D3]
- Dry sherry (1/2 cup or red grape juice with vinegar) [D3]
- White wine (1/2 cup or white grape juice with vinegar) [D4]
- Red grape juice (1/2 cup if not using sherry) [D3]
- White grape juice (1/2 cup if not using wine) [D4]
- **Salad dressing(s) (your choice) [D1,D3]**

**PRODUCE**

- 3 pounds onions (keep on hand) [D3,D5,D6]
- Garlic (6 cloves) [D3,D6]
- Carrots (1 medium) [D3]
- Celery (1 medium stalk) [D6]
- Green onions (8) [D1]
- Mushrooms (1 cup sliced) [D1]
- Zucchini (1 medium) [D3]
- Yellow squash (2 small) [D5]
- Green bell peppers (1 small) [D5]
- Tomatoes (1/2 cup diced) [D3]
- Silken tofu (5.25-oz. packaged) [D1]
- Mixed vegetables (1 1/2 cups if you don't have leftovers in crisper) [D4]
- **Red potatoes (1 meal) [D2]**
- **Russet potatoes (1 meal) [D5]**
- **Green beans (1 meal) [D2]**
- **Broccoli (1 meal) [D5]**
- **Spinach (1 meal) [D6]**
- **Lettuce for 2 salads (not Iceberg—no nutrition) [D1,D3]**
- **Salad veggies—your choice [D1,D3]**

**CANNED GOODS**

- 1 (14.75-oz.) can salmon [D3]
- Low sodium chicken broth (6 cups) [D6]
- 1 (48-oz.) can/jar spaghetti sauce (your favorite) [D1]
- 1 (14.5-oz.) can diced tomatoes [D6]
- 2 (16-oz.) cans small white beans [D3]

**SPICES**

- Garlic powder [D1,D5]
- Oregano [D1,D3,D5]
- White pepper [D2]
- Rosemary [D2]
- Basil [D3]
- Thyme [D4]
- Bay leaves [D6]

**DAIRY/DAIRY CASE**

- Butter [D1,D4]
- Eggs (1) [D1]
- Low fat sour cream (3 tablespoons) [D2]
- 1 (8-oz.) package shredded fat-free Mozzarella cheese [D1]
- Parmesan cheese (4 tablespoons grated) [D3]

**DRY GOODS**

- 1 (8-oz.) package Lasagna noodles [D1]
- Brown rice (3 cups cooked) [D4]
- 1 pound navy beans [D6]

**FREEZER**

- 1 (10-oz.) package chopped spinach [D1]

**BAKERY**

- **Bread for garlic toast (1 meal) [D1]**
- **Crusty bread (1 meal) [D6]**
- **Whole grain rolls (1 meal) [D3]**

**OTHER**

- Aluminum foil wrap [D1]

**SHOPPING LIST LEGEND**

**= Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
Easy Vegetarian Lasagna
Day 1 – Serves 6

INGREDIENTS:
Non-stick cooking spray (I prefer vegetable based)
1 tablespoon olive oil
8 green onions, chopped
1 cup sliced fresh mushrooms
1 (48-oz.) can/jar spaghetti sauce (your favorite)
5.25 ounces packaged firm silken tofu
1 (10-oz.) package frozen chopped spinach, thawed and drained
1 egg, slightly beaten
1 teaspoon garlic powder
1/2 teaspoon oregano
Salt and pepper to taste
1 (8-oz.) package uncooked Lasagna noodles
1 (8-oz.) package shredded fat-free Mozzarella cheese

COOKING INSTRUCTIONS: Preheat oven to 350 degrees. Lightly grease a 9- x 13-inch baking pan with non-stick cooking spray. In a skillet, heat olive oil over medium-high heat; sauté green onions and mushrooms; add spaghetti sauce; set aside. Combine tofu, spinach, egg and seasonings; blend well. Layer all ingredients in a baking dish in the following order: spaghetti sauce, uncooked noodles, tofu mixture, noodles again, then top with remaining sauce. Cover pan with aluminum foil wrap and bake for 45 minutes. Remove foil wrap and top with Mozzarella cheese; bake, uncovered, for an additional 15 minutes. Allow Lasagna to stand for 10 minutes before serving.

NUTRITION per serving: 308 Calories; 9g Fat; 16g Protein; 42g Carbohydrate; 7g Dietary Fiber; 23mg Cholesterol; 993mg Sodium.
Exchanges: 1 Grain (Starch); 1 1/2 Lean Meat; 4 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.
Points: 6

SERVING SUGGESTION: A big salad and garlic toast.

DO-AHEAD TIP: Marinate chicken for at least 3 hours.

Dijon Rosemary Chicken
Day 2 – Serves 6

INGREDIENTS:
3 tablespoons low fat sour cream
3 tablespoons Dijon mustard
1 teaspoon dried rosemary leaves, crushed
1/4 teaspoon white pepper
12 boneless skinless chicken thighs (about 2 1/4 pounds)

COOKING INSTRUCTIONS: Combine all ingredients, except chicken, in a large glass or plastic dish; add chicken and turn to coat with marinade. Cover and refrigerate for at least 3 hours, but no longer than 24 hours. Preheat oven to 400 degrees. Lightly grease a 13- x 9- inch pan. Place chicken in the pan and bake, uncovered, for 30 minutes, or until chicken is no longer pink when centers of thickest pieces are cut.

NUTRITION per serving: 179 Calories; 6g Fat; 28g Protein; 1g Carbohydrate; trace Dietary Fiber; 116mg Cholesterol; 221mg Sodium.
Exchanges: 0 Grain (Starch); 4 Lean Meat; 0 Fat; 0 Other Carbohydrates.
Points: 4

SERVING SUGGESTION: Steamed red potatoes and steamed green beans.
### Salmon and White Bean Stew

**Day 3 – Serves 6**

**INGREDIENTS:**
- 2 tablespoons olive oil
- 4 cloves garlic, pressed
- 3/4 cup chopped onion
- 1 teaspoon oregano
- 3/4 cup chopped zucchini
- 3/4 cup chopped carrot
- 1 tablespoon Worcestershire sauce
- 2 (16-oz.) cans small white beans, save all liquid
- 1/2 cup dry sherry (or use red grape juice with a splash of vinegar)
- Salt and pepper to taste
- 1 (14.75-oz.) can salmon, drained and flaked
- 2 tablespoons dried basil
- 1/2 cup diced fresh tomato
- 4 tablespoons grated Parmesan cheese

**COOKING INSTRUCTIONS:** In a skillet, heat the oil over medium heat; add garlic, onion and oregano and sauté until onion is translucent. Add the zucchini, carrot and Worcestershire sauce; stir-fry for 3 to 4 minutes. Drain beans, saving liquid. Add drained beans to the onion mixture. Add enough water to the bean liquid to equal a total of 4 cups, then add the sherry (or juice/vinegar) and salt and pepper to taste. Add this liquid to the skillet, bring to a boil, then reduce heat and simmer for 5 minutes. Add the salmon, basil and diced tomato and cook for 3 to 4 minutes, until salmon is heated through. Serve in bowls, each topped with 1 tablespoon of grated Parmesan cheese.

**NUTRITION per serving:** 641 Calories; 7g Fat; 47g Protein; 95g Carbohydrate; 37g Dietary Fiber; 41mg Cholesterol; 500mg Sodium. **Exchanges:** 6 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 13

**SERVING SUGGESTION:** A big salad and some whole grain rolls.

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### Stir Fry Pork and Veggies

**Day 4 – Serves 6**

**INGREDIENTS:**
- 1 pound boneless pork chops, cut into strips
- 1 tablespoon olive oil
- 2 tablespoons coarse Dijon mustard
- 1 1/2 cups chopped mixed vegetables of your choice (clean out the crisper)
- 1 teaspoon thyme
- Salt and pepper to taste
- 1 tablespoon butter
- 1/2 cup white wine (or use white grape juice with a splash of vinegar)

**COOKING INSTRUCTIONS:** Place pork strips and vegetables in a large bowl; add mustard and toss to coat. Sprinkle with thyme and salt and pepper to taste; toss again. Heat the oil in a wok or skillet till hot; add veggies and pork, stirring frequently till cooked; remove from pan and keep warm. Add wine (or juice/vinegar) to the wok or skillet, whisking up all of the browned bits from the bottom of the pan; cook until reduced by half. Add the butter and whisk till well mixed and bubbling. Add pork and veggies and heat through.

**NUTRITION per serving:** 548 Calories; 11g Fat; 23g Protein; 78g Carbohydrate; 4g Dietary Fiber; 50mg Cholesterol; 261mg Sodium. **Exchanges:** 5 Grain (Starch); 2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 12

**SERVING SUGGESTION:** Serve over brown rice.
### Garlic Cube Steaks with Vegetables

**Day 5 – Serves 6**

**INGREDIENTS:**
- 6 cube steaks (UK and Canadian members: this is also known as minute steaks)
- Salt and pepper to taste
- 1/2 teaspoon garlic powder
- 3 small onions, quartered
- 1 small green bell pepper, seeded, de-ribbed and cut into 1/2-inch slices
- 2 small yellow squash, cut into 1/2-inch slices
- 3/4 teaspoon dried oregano leaves

**COOKING INSTRUCTIONS:** Sprinkle cube steaks with salt, pepper and garlic powder. In a non-stick skillet over medium heat, cook steaks and onions together for about 5 minutes, or until light brown; turn. Arrange bell pepper and squash around steaks; sprinkle with oregano. Cover and cook for about 8 minutes, or until vegetables are tender-crisp and steaks are no longer pink in the center.

**NUTRITION per serving:**
- 242 Calories
- 14g Fat
- 21g Protein
- 8g Carbohydrate
- 2g Dietary Fiber
- 63mg Cholesterol
- 57mg Sodium

**Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1 1/2 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** Baked russet potatoes and steamed broccoli.

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**DO-AHEAD TIP:** Sort, rinse and soak beans overnight.

### Crock Navy Bean Soup

**Day 6 – Serves 6**

**INGREDIENTS:**
- 1 pound dried navy beans, sorted, rinsed and soaked overnight
- 6 cups low sodium chicken broth
- 3/4 cup chopped onion
- 1/4 cup chopped celery
- 1/2 cup chopped carrot
- 2 cloves garlic, pressed
- 1/2 bay leaf
- 1 (14.5-oz.) can diced tomatoes with juice
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** Drain beans from soaking water and place them in a slow cooker. Combine remaining ingredients and pour over beans; cover and cook on high heat setting for one hour, then reduce setting to low and cook for 8 to 10 hours. When beans are tender, add tomatoes and salt and pepper to taste; heat through.

**NUTRITION per serving:**
- 231 Calories
- 2g Fat
- 17g Protein
- 38g Carbohydrate
- 14g Dietary Fiber
- 0mg Cholesterol
- 587mg Sodium

**Exchanges:** 2 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable. **Points:** 6

**SERVING SUGGESTION:** A big spinach salad and some crusty bread.
Frugal E-Book Menu and Shopping List for Six

Week 4

MENU
Day 1: Raspberry Balsamic Glazed Chicken Thighs, add red potatoes and steamed green beans
Day 2: Cool Dill Shrimp Salad, with a relish tray of carrot and celery sticks, cherry tomatoes, cucumber spears and radishes
Day 3: Steak and Spinach Salad, add warm, crusty garlic bread
Day 4: New Orleans Chicken and Pasta, with corn on the cob and a big salad
Day 5: Spiced Pork Chops, add baked sweet potatoes and steamed broccoli
Day 6: Turkey Crock Chili, with warmed, drained black beans, corn muffins and a big salad

SHOPPING LIST:
MEAT
10 boneless skinless chicken thighs [D1,D4]
Turkey meat (4 cups, cooked and cubed) [D6]
3 flank steaks (or whatever is on sale) [D3]
6 pork chops [D5]
Salad shrimp (18 ounces or buy frozen OR canned) [D2]

CONDIMENTS
Olive oil [D4]
Vegetable oil [D1,D5,D6]
Balsamic vinegar [D1]
Hot pepper sauce [D6]
Italian salad dressing (your favorite 1/3 cup) [D2]
Black olives (1 small jar) [D3]
Fruit-sweetened raspberry conserve (1/2 cup) [D1]
**Salad dressing(s) (your choice) [D4]

PRODUCE
3 pounds onions (keep on hand) [D6]
Red onion (1 large plus 1 1/2 cups, chopped) [D1,D2,D3]
Garlic (8 cloves) [D3,D4,D6]
Red bell pepper (1 large) [D4]
Green bell pepper (1 large) [D4]
Mushrooms (6 ounces) [D4]
Green onions (3) [D4]
Tomatoes (6 large) [D3]
Spinach (1 bag) [D3]
Limes (1) [D3]
Mixed salad greens (1 1/2 quarts) [D2]
**Lettuce for 2 salads (not Iceberg—no nutrition) [D4,D6]
**Salad veggies (your choice) (2 meals) [D4,D6]
**Red potatoes (1 meal) [D1]
**Sweet potatoes (1 meal) [D5]
**Green beans (1 meal) [D1]
**Corn on the cob (1 meal) [D4]
**Broccoli (1 meal) [D5]
**Carrots (1 meal) [D2]
**Celer (1 meal) [D2]
**Cherry tomatoes (1 meal) [D2]
**Cucumber (1 meal) [D2]
**Radishes (1 meal) [D2]

CANNED GOODS
Salad shrimp (18-oz., drained or buy fresh OR frozen) [D2]
Marinated artichoke hearts (1/3 cup) [D2]
1 (4-oz.) can diced green chilies [D6]
1 (28-oz.) can peeled whole tomatoes [D6]
Low sodium chicken broth (3/4 cup) [D5]
**Black beans (1 meal) [D6]

SPICES
Thyme [D1]
Dill [D2]
Basil [D4]
Lemon pepper [D4]
Paprika [D5]
Oregano [D5,D6]
Cumin [D5,D6]
Garlic powder [D5]
Fennel seeds (optional) [D5]
Cajun seasoning [D4]
Cayenne pepper [D5]
Chili powder [D6]
Crushed red pepper flakes [D6]

DAIRY/ DAIRY CASE
Butter [D4]
Low fat milk (2 cups) [D4]
Feta cheese (9 ounces crumbled) [D3]
Parmesan cheese, grated (for garnish, optional) [D4]

DRY GOODS
Linguine pasta (12-oz.) [D4]
Pine nuts (3 tablespoons, optional) [D3]

FREEZER
Salad shrimp (18 ounces, or buy fresh or canned) [D2]

BAKERY
**Bread for garlic bread (1 meal) [D3]
**Corn muffins (1 meal) [D6]

SHOPPING LIST LEGEND
** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
**Raspberry Balsamic Glazed Chicken Thighs**

**Day 1 – Serves 6**

**INGREDIENTS:**
- 1 1/2 teaspoons vegetable oil
- 3/4 cup red onion, chopped
- 3/4 teaspoon thyme
- Salt and pepper to taste
- 6 boneless skinless chicken thighs
- 1/2 cup fruit-sweetened raspberry conserve
- 3 tablespoons balsamic vinegar

**COOKING INSTRUCTIONS:** In a skillet, heat oil over medium-high heat; add onion and sauté for 3 minutes. Meanwhile, sprinkle thyme and salt and pepper on chicken; add to the skillet and cook for 6 minutes on each side, or until done. Remove from skillet and keep warm. Reduce heat to medium-low. Add conserve, vinegar and a little salt and pepper, stirring constantly until the conserve melts; spoon sauce over chicken.

**NUTRITION per serving:**
- 343 Calories; 4g Total Fat; 55g Protein; 20g Carbohydrate; 137mg Cholesterol; 165mg Sodium. Exchanges: 0 Grain (Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates.

**Points:** 7

**SERVING SUGGESTION:** Steamed red potatoes and steamed green beans.

---

**Cool Dill Shrimp Salad**

**Day 2 – Serves 6**

**INGREDIENTS:**
- 18 ounces salad shrimp
- 3/4 cup red onion, thinly sliced
- 3/8 teaspoon dill weed
- 1 1/2 quart mixed salad greens
- 1/3 cup marinated artichoke hearts
- 1/3 cup Italian salad dressing (your favorite)

**COOKING INSTRUCTIONS:** Combine shrimp, onion, salad dressing and dill. If you can afford the time, cover and refrigerate for 1 hour to blend the flavors. If not, refrigerate for as long as you can while you set the table. Toss greens and artichoke hearts in a large salad bowl. Divide greens and artichokes on individual dinner plates and spoon shrimp into the center of the greens; serve.

**NUTRITION per serving:**
- 181 Calories; 9g Fat; 18g Protein; 20g Carbohydrate; 1g Dietary Fiber; 129mg Cholesterol; 248mg Sodium. Exchanges: 0 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.

**Points:** 4

**SERVING SUGGESTION:** A relish tray of carrot and celery sticks, cherry tomatoes, cucumber spears and radishes.
**DO-AHEAD TIP:** Grill flank steak for tomorrow’s meal.

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### Steak and Spinach Salad

**Day 3 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>1 large red onion, sliced thin</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 large tomatoes</td>
<td>1 small jar black olives, drained</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td>3 grilled flank steaks, sliced into 1/2-inch strips (or use whatever is on sale)</td>
</tr>
<tr>
<td>2 to 3 cloves garlic, pressed</td>
<td>9 ounces Feta cheese, crumbled</td>
</tr>
<tr>
<td>1 lime, juiced</td>
<td>3 tablespoons pine nuts (optional)</td>
</tr>
<tr>
<td>1 bag washed spinach</td>
<td></td>
</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** Chop tomatoes and place in a bowl; add salt, pepper, garlic and lime juice; set aside. Coarsely chop spinach and place it in a large salad bowl. Add onion, half of the black olives, and the steak slices. Pour tomato mixture over spinach and steak slices. Top with crumbled Feta cheese, remaining olives and pine nuts.

**NUTRITION per serving:** 368 Calories; 26g Fat; 19g Protein; 14g Carbohydrate; 3g Dietary Fiber; 69mg Cholesterol; 1024mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** Warm, crusty garlic bread would round this meal out nicely.

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### New Orleans Chicken and Pasta

**Day 4 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>1 large red bell pepper, seeded, de-ribbed and sliced</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 ounces Linguine pasta</td>
<td>1 large green bell pepper, seeded, de-ribbed and sliced</td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
<td>3 green onions, sliced</td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td>2 cups low fat milk</td>
</tr>
<tr>
<td>4 boneless skinless chicken thighs, cut into strips</td>
<td>3/8 teaspoon dried basil</td>
</tr>
<tr>
<td>2 to 3 teaspoons Cajun seasoning (depending on your heat tolerance)</td>
<td>3/8 teaspoon lemon pepper</td>
</tr>
<tr>
<td>3 cloves garlic, pressed</td>
<td>Salt and pepper to taste</td>
</tr>
<tr>
<td>6 ounces mushrooms, sliced</td>
<td>Parmesan cheese, grated (optional)</td>
</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** Cook pasta according to package directions. Warm oil and butter in a large skillet or Dutch oven over medium heat; add chicken and sprinkle with Cajun seasoning; cook until done. Once chicken is done, add garlic, mushrooms, peppers and onions to skillet; continue sautéing until veggies are tender. Add milk, basil, lemon pepper and salt and pepper. Heat, but do not bring to a boil. Serve with pasta. Garnish with grated Parmesan cheese, if desired.

**NUTRITION per serving:** 400 Calories; 8g Fat; 29g Protein; 52g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 247mg Sodium. **Exchanges:** 3 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates. **Points:** 8

**SERVING SUGGESTION:** Corn on the cob and a big salad.
### Spiced Pork Chops
**Day 5 – Serves 6**

**INGREDIENTS:**
- 1 1/2 teaspoons paprika
- 3/4 teaspoon oregano
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon fennel seeds, crushed (optional)
- 1/8 teaspoon cayenne pepper
- 1/2 tablespoon vegetable oil
- 3/4 tablespoon butter
- 1 1/2 tablespoons low sodium chicken broth
- 6 pork chops

**COOKING INSTRUCTIONS:** Combine all spices and evenly sprinkle half of the spice mixture on the top of the pork chops. In a large skillet, heat oil over medium-high heat. Place pork chops in the hot skillet, spiced side down. Cook for 3 to 5 minutes on one side till browned (but not blackened—reduce heat if they're cooking too fast). While chops are cooking on the first side, sprinkle remaining spice mixture on the uncooked side; flip them over once and finish cooking. Remove chops from skillet and keep warm. Add butter to the skillet and scrape up all the browned bits from the bottom of the pan with a wire whisk. Turn the heat up a little, add broth and keep whisking till the sauce reduces to about half. Serve chops with the sauce on top.

**NUTRITION per serving:**
- 286 Calories; 20g Fat; 24g Protein; 1g Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 436mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 2 Fat. **Points:** 9

**SERVING SUGGESTION:** Baked sweet potatoes (nuke in the microwave to keep your kitchen cool, if you like) and steamed broccoli.

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### Turkey Crock Chili
**Day 6 – Serves 6**

**INGREDIENTS:**
- 1/8 cup vegetable oil
- 2 cups onion, chopped
- 2 cloves garlic, pressed
- 1 tablespoon chili powder
- 1 teaspoon ground oregano
- 1 teaspoon cumin
- 1/2 teaspoon crushed red pepper flakes
- 1/8 teaspoon hot pepper sauce
- 1 (4-oz.) can diced green chilies
- 1 (28-oz.) can peeled whole tomatoes, un-drained and chopped
- 2 teaspoons salt
- 4 cups cooked turkey meat, cubed

**COOKING INSTRUCTIONS:** Heat oil in a large skillet; add onions and garlic and cook until limp. Transfer onions and garlic to a slow cooker; add chili powder, oregano, cumin, crushed red pepper flakes, hot pepper sauce, diced green chilies, tomatoes and salt. Add cooked turkey meat. Cover and cook for about 7 hours.

**NUTRITION per serving:**
- 273 Calories; 7g Fat; 29g Protein; 7g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 964mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Serve with warmed, drained black beans, corn muffins and a big salad.
Frugal E-Book Menu and Shopping List for Six

**MENU**

**Day 1:** Oven Fried Chicken Legs, add baked sweet potatoes and coleslaw

**Day 2:** Salsa Steaks, with ranch beans and salad

**Day 3:** Sautéed Turkey and Veggies, add brown rice and sautéed zucchini, yellow squash and snow peas

**Day 4:** Baked Tomato Basil Fish, with roasted asparagus and steamed red potatoes

**Day 5:** Skillet Pasta, and a salad

**Day 6:** Crock Cuban Beans and Rice, and a spinach salad

**SHOPPING LIST:**

**MEAT**

12 skinless chicken legs [D1]
6 cube steaks [D2]
6 turkey breast cutlets (or pork chops, if they’re on sale) [D3]
6 fish fillets [D4]
12 ounces light turkey sausage (or pork sausage—whichever is on sale) [D5]

**CONDIMENTS**

Vegetable oil [D3,D4,D5,D6]
Cooking spray [D1]
1 (16-oz.) jar salsa (your favorite) [D2]
**Mayonnaise [D1]**
**Rice vinegar [D1]**
**Salad dressing(s) (your choice) [D5]**

**PRODUCE**

3 pounds onions (keep on hand) [D2,D5,D6]
Garlic (6 cloves) [D6]
1 small green bell pepper [D2]
3 large green bell peppers [D5,6]
Jalapeno pepper (2 teaspoons, chopped) [D6]
Carrots (1 cup, sliced) [D3]
Celery (1/2 cup, sliced) [D3]
Green onions (1/2 cup, sliced) [D3]
Broccoli florets (1 1/2 cups) [D3]
3 medium plum tomatoes [D4]
1 1/2 pounds white mushrooms [D5]
Lemons (1 1/2 teaspoons peel and 1 tablespoon juice) [D3,D4]
**Sweet potatoes (1 meal) [D1]**
**Coleslaw mix (1 meal) [D1]**
**Zucchini, yellow squash and snow peas (1 meal) [D3]**
**Asparagus (1 meal) [D4]**
**Red potatoes (1 meal) [D4]**
**Spinach (1 meal) [D6]**
**Lettuce for 2 salads (not Iceberg—no nutrition) [D2,5]**
**Salad veggies (your choice) [D2,D5,D6]**

**CANNED GOODS**

Low-sodium chicken broth (need 1/4 cup) [D3]
2 (14.5-oz.) cans diced tomatoes [D5,D6]
2 (8-oz.) cans tomato sauce [D5]
**Ranch beans (1 meal) [D2]**

**SPICES**

Paprika [D1]
Thyme [D1]
Garlic powder [D1]
Crushed red pepper flakes [D1]
Cumin [D2,D6]
Ginger [D3]
Basil [D4]

**DAIRY/DAIRY CASE**

Butter [D1]
Low-fat buttermilk (1/3 cup) [D1]
Low-fat cheddar cheese (1 1/2 cups, shredded) [D5]
Parmesan cheese (1 tablespoon, grated) [D1]
Romano cheese (6 teaspoons, grated) [D4]

**DRY GOODS**

Cornstarch [D3]
Dry bread crumbs (1/4 cup) [D1]
Elbow macaroni (1 1/2 cups) [D5]
1 pound black beans [D6]
Brown rice (3 cups, cooked) **Additional (1 meal) [D3,D6]**

**OTHER**

Aluminum foil [D4]

**SHOPPING LIST LEGEND**

** = Serving Suggestions

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## Oven Friend Chicken Legs
### Day 1 – Serves 6

**INGREDIENTS:**
- 1/4 cup dry bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 1/3 cup low-fat buttermilk
- 12 skinless chicken legs
- Cooking spray
- 1 tablespoon butter, melted

**COOKING INSTRUCTIONS:** Pre-heat oven to 400 degrees. In a shallow dish, combine first 6 ingredients. In another shallow dish, pour buttermilk. Dip chicken in buttermilk; dredge in bread crumb mixture. Place chicken, breast sides up, in a jellyroll pan coated with cooking spray. Drizzle butter over chicken. Bake, uncovered, for 40 minutes, or till done.

**NUTRITION per serving:** 358 Calories; 12g Fat; 54g Protein; 4g Carbohydrate; trace Dietary Fiber; 214mg Cholesterol; 310mg Sodium. 
**Exchanges:** 1/2 Grain (Starch); 7 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat. **Points:** 8

**SERVING SUGGESTION:** Baked sweet potatoes and coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar).

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## Salsa Steaks
### Day 2 – Serves 6

**INGREDIENTS:**
- 6 cube steaks
- 1 teaspoon cumin
- Salt and pepper to taste
- 1 small green bell pepper, seeded, de-ribbed and sliced
- 1 medium onion, sliced
- 1 (16-oz.) jar salsa, your favorite

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. Place steaks in a 9- x 13-inch baking dish; season with cumin and salt and pepper. Arrange bell pepper and onion over the meat and pour the salsa over all. Cover with aluminum foil and bake for 30 minutes, or till cube steaks are done.

**NUTRITION per serving:** 232 Calories; 14g Fat; 21g Protein; 6g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 243mg Sodium. 
**Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** Ranch beans and a big salad.
### Sautéed Turkey and Veggies

**Day 3 – Serves 6**

**INGREDIENTS:**
- 4 tablespoons vegetable oil, divided
- 6 turkey breast cutlets (or you can use pork chops if they are on sale)
- 1/2 cup green onions, diagonally sliced
- 1 cup carrots, thinly sliced
- 1/2 cup celery, thinly sliced
- 1/2 cup broccoli florets
- Salt and pepper to taste
- 1 1/2 cups low-sodium chicken broth
- 3 teaspoons cornstarch
- 1/4 teaspoon salt
- 1/2 teaspoon ground ginger
- 1 1/2 teaspoons grated lemon peel

**COOKING INSTRUCTIONS:** Cut turkey into 1-inch cubes and season with salt and pepper to taste. In a skillet, heat 2 tablespoons of the oil over medium-high heat. Sauté turkey cubes till barely cooked; remove from skillet. In the same skillet, sauté vegetables in remaining oil till tender-crisp. Return turkey to skillet. Add salt and ginger. In a small bowl, combine chicken broth, cornstarch and lemon peel; add to turkey mixture. Cook and stir till thickened and turkey is fully cooked.

**NUTRITION per serving:** 198 Calories; 11g Fat; 19g Protein; 5g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 157mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 4

**SERVING SUGGESTION:** Brown rice and sautéed zucchini, yellow squash and snow peas.

### Baked Tomato Basil Fish

**Day 4 – Serves 6**

**INGREDIENTS:**
- 1 tablespoon vegetable oil
- 1 tablespoon lemon juice
- 6 fish fillets
- 1 teaspoon basil
- Salt and pepper to taste
- 3 medium plum tomatoes, each cut into 4 slices
- 6 teaspoons Romano cheese, grated

**COOKING INSTRUCTIONS:** Pre-heat oven to 400 degrees. In a 9- x 13-inch baking dish, combine oil and lemon juice; add fish and turn to coat thoroughly. Sprinkle fish with basil and salt and pepper to taste. Top each fillet with two slices of tomato. Cover with aluminum foil (don't let foil touch the tomatoes--there is a reaction with aluminum and tomato) and bake for 10 to 15 minutes, or till fish flakes easily when tested with a fork. Top each fillet with a teaspoon of grated Romano cheese and serve.

**NUTRITION per serving:** 226 Calories; 5g Fat; 42g Protein; 2g Carbohydrate; trace Dietary Fiber; 102mg Cholesterol; 156mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 5

**SERVING SUGGESTION:** Roasted asparagus and steamed red potatoes.
# Skillet Pasta

**Day 5 – Serves 6**

**INGREDIENTS:**
- 1 1/2 cups uncooked elbow macaroni
- 4 1/2 tablespoons vegetable oil
- 1 1/2 pounds fresh white mushrooms (about 6 cups), sliced
- 3/4 cup onion, chopped
- 1 1/2 large green bell peppers, seeded, de-ribbed and chopped
- 12 ounces light turkey sausage (or pork sausage—whichever is on sale)
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 (14.5-oz.) can diced tomatoes (un-drained)
- 1 1/2 (8-oz.) cans tomato sauce
- 1 1/2 cups shredded low-fat cheddar cheese

**COOKING INSTRUCTIONS:** Cook elbow macaroni according to package directions; drain and set aside. In a large skillet, heat oil over medium-high heat. Add mushrooms, onion and green bell pepper; cook and stir till mushrooms are golden, about 10 minutes. Remove from skillet. Add sausage and salt and pepper, using a fork to break the meat into small pieces. Cook, stirring till sausage is browned, about 5 minutes. Drain fat and use paper toweling to blot remaining grease. Return mushroom mixture to skillet. Add tomatoes and their juice, tomato sauce and cooked macaroni. Bring to a boil; reduce heat to medium-low. Simmer, uncovered, for 10 minutes, stirring occasionally. Sprinkle with shredded cheddar cheese. Cover and simmer until cheese melts, about 5 minutes.

**NUTRITION per serving:** 413 Calories; 20g Fat; 22g Protein; 31g Carbohydrate; 3g Dietary Fiber; 51mg Cholesterol; 1386mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 Lean Meat; 3 1/2 Vegetable; 3 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** A big salad.

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**Crock Cuban Beans and Rice**

**Day 6 – Serves 6**

**INGREDIENTS:**
- 1 pound dried black beans, rinsed and sorted
- 1 cup chopped onion
- 1 large green bell pepper, seeded, de-ribbed and chopped
- 2 teaspoons jalapeno pepper, finely chopped
- 6 cloves garlic, pressed
- 1 (14-oz.) can diced tomatoes, un-drained
- 5 cups water
- 2 tablespoons vegetable oil
- 5 teaspoons cumin
- 3 cups brown rice, cooked

**COOKING INSTRUCTIONS:** In a slow cooker, combine all ingredients, except rice. Cover and cook on high heat setting for 6 to 8 hours, or till beans are tender and most of the liquid is absorbed. Serve over brown rice.

**NUTRITION per serving:** 327 Calories; 6g Fat; 17g Protein; 53g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. **Exchanges:** 3 Grain (Starch); 1 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** A big spinach salad.
Frugal E-Book Menu and Shopping List for Six

Winter

Week 6

**MENU**

**Day 1:** Winter Veggies and Rice, salad and whole grain rolls

**Day 2:** Herbed Chicken Thighs, baked potatoes and steamed broccoli and baby carrots

**Day 3:** Pasta Clam and Vegetable Chowder, spinach salad and crusty bread

**Day 4:** Easy Barbecue Meatloaf, red potatoes, steamed green beans, and corn on the cob

**Day 5:** Spiced Turkey, Squash and Apples, baked sweet potatoes and steamed Brussels sprouts

**Day 6:** Crock Potato Cheese Soup, relish tray of baby carrots, broccoli florets, cherry tomatoes and Ranch dressing

**SHOPPING LIST:**

**MEAT**

6 boneless skinless chicken thighs [D2]
2 1/4 pounds skinless turkey thighs [D5]
2 pounds extra-lean ground beef [D4]

**PRODUCE**

3 pounds onions (keep on hand) [D1,D3,D4,D6]
Acorn squash (2 1/4 cups, cut into chunks plus 1 pound) [D1,D5]
1 medium turnip [D1]
Carrots (1 cup, julienne plus 2/3 cup, chopped) [D1,D3]
Zucchini (2 1/2 cup, chopped) [D3]
Yellow squash (2/3 cup, chopped) [D3]
Broccoli (2/3 cup, chopped) **Additional** (2 meals) [D2,D3,D6]
2 pounds russet potatoes **Additional** (1 meal) [D2,D6]
1 small green bell pepper [D4]
1 bunch parsley [D2,D4]
1 orange [D1]
1 pound cooking apples, half green and half red **Additional** (red 1 meal) [D3,D5]
**Baby carrots (2 meals) [D2,D6]
**Spinach (1 meal) [D3]
**1 small red onion [D3]
**Red potatoes (1 meal) [D4]
**Green beans (1 meal) [D4]
**Sweet potatoes (1 meal) [D5]
**Brussels sprouts (1 meal) [D5]
**Cherry tomatoes (1 meal) [D6]
**Lettuce for 1 salad (not iceberg—no nutrition) [D1]
**Salad veggies (your choice) [D1]

**CONDIMENTS**

Cooking spray (if you don’t use your own pump bottle) [D2]
Barbecue sauce (1/3 cup) [D4]
Salsa (your favorite for garnish) [D4]
Honey (1/4 cup) [D1]
Maple syrup (1 1/2 tablespoons) [D5]
**Ranch dressing [D6]
**Salad dressing(s) (your choice) [D1,D3]

**CANNED GOODS**

Low-sodium chicken broth (7 cups) [D3,D6]
2 (6-oz.) cans clams [D3]
1 (10-oz.) can whole kernel corn [D4]
Apple juice (1/4 cup) [D5]

**SPICES**

Nutmeg [D1,D5]
Cinnamon [D5]
Marjoram leaves [D2]
Garlic powder [D2]
Onion powder [D2]
Thyme [D3,D6]
Paprika [D3]
Chili powder [D4]

**DAIRY/DAIRY CASE**

Butter [D1,4,5]
Low-fat milk (5 cups) [D3,D6]
Eggs (2) [D4]
Low-fat cheddar cheese (1 cup, shredded) [D6]

**DRY GOODS**

Cornstarch [D2,D3]
Brown rice (3 cups, cooked) [D1]
Small pasta shells or elbow macaroni (2 cups) [D3]

**FREEZER**

**Mini corn on the cob (1 meal) [D4]

**BAKERY**

Bread for soft crumbs (1 cup) [D4]
**Whole grain rolls (1 meal) [D1]
**Crusty bread (1 meal) [D3]
**Sourdough bread (1 meal) [D6]

**OTHER**

Aluminum foil [D5]
Meat thermometer

**SHOPPING LIST LEGEND**

** = Serving Suggestions

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[D1] – [D6] = Day 1, Day 2, Day 3, etc...

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Winter Veggies and Rice
Day 1 – Serves 6

**INGREDIENTS:**
- 2 1/4 cups acorn squash, pared, seeded and cut into chunks
- 1 medium turnip, pared and cut into chunks
- 1 cup julienne carrots
- 1 small onion, quartered
- 1/4 cup honey
- 2 tablespoons butter, melted
- 1 teaspoon grated orange peel
- 1/4 teaspoon ground nutmeg
- 3 cups cooked brown rice

**COOKING INSTRUCTIONS:** Cook rice according to package directions. In a covered skillet, steam squash, turnip, carrot and onion for about 5 minutes, or till tender. Drain. In a small bowl, combine honey, butter, orange peel and nutmeg. Drizzle over vegetables and toss; serve over brown rice.

**NUTRITION per serving:** 230 Calories; 5g Fat; 3g Protein; 45g Carbohydrate; 4g Dietary Fiber; 10mg Cholesterol; 64mg Sodium. **Exchanges:** 2 Grain (Starch); 1 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTION:** A big salad and whole grain rolls.

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Herbed Chicken Thighs
Day 2 – Serves 6

**INGREDIENTS:**
- 6 boneless skinless chicken thighs
- 3/4 teaspoon dried marjoram leaves
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 teaspoon freshly ground black pepper
- 3/4 cup plus 1 tablespoon water, divided
- 1 1/2 tablespoons cornstarch
- 3 tablespoons parsley, chopped

**COOKING INSTRUCTIONS:** Spray a 12-inch non-stick skillet; heat over medium heat. Add chicken and cook for 10 minutes, or till slightly browned, turning once. Combine marjoram, garlic powder, onion powder and pepper; sprinkle over chicken. Add 3/4 cup of the water to the skillet; cover, reducing heat, and simmer for 20 minutes, or till chicken is thoroughly cooked. Remove chicken. Combine cornstarch and remaining 1 tablespoon of the water. Add to pan juices; cook till thickened and translucent, stirring constantly. Pour sauce over chicken and sprinkle with chopped parsley.

**NUTRITION per serving:** 140 Calories; 1g Fat; 27g Protein; 2g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 79mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 0 Vegetable; 0 Fat. **Points:** 3

**SERVING SUGGESTION:** Baked russet potatoes and steamed broccoli and baby carrots.
## Pasta Clam and Vegetable Chowder
### Day 3 – Serves 6

**INGREDIENTS:**
- 2 cups small shells or elbow macaroni, uncooked
- 4 cups low-fat milk, divided
- 2 cups low-sodium chicken broth
- 3 cups chopped fresh vegetables (zucchini, yellow squash, carrots, onion, broccoli, etc)
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 3 tablespoons cornstarch
- 2 (6-oz.) cans clams, drained
- Salt and pepper to taste

**COOKING INSTRUCTIONS:**
Prepare pasta according to package directions; drain. Rinse pasta under cold water until cool. Drain again. In a 2-quart saucepan, combine 3 1/2 cups of the milk, chicken broth, vegetables, thyme, paprika and pasta. Cook over medium heat till simmering lightly, but don't let it boil hard or the milk will separate. In a separate bowl, mix the remaining 1/2 cup of milk and the cornstarch until cornstarch dissolves. Stir the cornstarch mixture into the soup and heat to simmering. Add clams and simmer, stirring frequently, for 3 minutes. Add salt and pepper to taste. Serve hot.

**NUTRITION per serving:**
- 270 Calories; 2g Fat; 21g Protein; 41g Carbohydrate; 3g Dietary Fiber; 38mg Cholesterol; 95mg Sodium. **Exchanges:** 2 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:**
A big spinach salad (add some sliced red onion and red apple) and some warm crusty bread.

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## Easy Barbecue Meatloaf
### Day 4 – Serves 8 (Great Leftovers!!)

**INGREDIENTS:**
- 1 teaspoon chili powder
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 pounds ground extra-lean ground beef
- 8 1/4 ounces corn kernels, drained and chopped
- 3/4 cup chopped onion
- 1 cup soft bread crumbs
- 2 eggs, slightly beaten
- 1/3 cup green bell pepper, seeded, de-ribbed and chopped
- 1/3 cup barbecue sauce
- 1/3 cup chopped onion
- Salsa (your favorite)

**COOKING INSTRUCTIONS:**
Pre-heat oven to 350 degrees. Sprinkle chili powder and salt and pepper over ground beef. Add corn, onion, bread crumbs, eggs, bell pepper and barbecue sauce, mixing lightly but thoroughly. Shape beef mixture into a 10- x 4-inch loaf. Place meatloaf on a rack in a shallow roasting pan. Bake for 1 to 1 1/2 hours, or till cooked through. Allow loaf to sit for about 10 minutes before slicing. Spoon salsa over slices.

**NUTRITION per serving:**
- 355 Calories; 21g Fat; 25g Protein; 14g Carbohydrate; 1g Dietary Fiber; 125mg Cholesterol; 555mg Sodium. **Exchanges:** 1/2 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:**
Steamed red potatoes tossed with butter and chopped parsley, steamed green beans and mini corn on the cob.
Spiced Turkey, Squash and Apples
Day 5 – Serves 6

**INGREDIENTS:**
- 2 1/4 pounds skinless turkey thighs
- 1 pound cooking apples, half green and half red, cored and cut into quarters
- 1 pound acorn squash, seeded and cut into 8 wedges
- 1/4 cup apple juice
- 4 1/2 tablespoons maple syrup
- 3/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees. In a 13- x 9-inch baking pan, place turkey thighs in one half of the pan and arrange apple quarters and squash wedges in other half. In a small bowl, combine apple juice, maple syrup, cinnamon and nutmeg; pour over turkey, apples and squash. Cover pan with aluminum foil and bake for 1 hour. Remove foil and baste with pan juices. Bake, uncovered, for 15 minutes, or until internal temperature of thighs registers 180 degrees on a meat thermometer.

**NUTRITION per serving:** 461 Calories; 17g Fat; 48g Protein; 28g Carbohydrate; 3g Dietary Fiber; 144mg Cholesterol; 527mg Sodium. **Exchanges:** 1/2 Grain (Starch); 7 Lean Meat; 1 Fruit; 0 Fat; 1/2 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** Baked sweet potatoes and steamed Brussels sprouts tossed with butter and a little nutmeg.

Crock Potato Cheese Soup
Day 6 – Serves 6

**INGREDIENTS:**
- 2 pounds russet potatoes, peeled and cubed
- 3/4 cup chopped onion
- 5 cups low-sodium chicken broth
- Salt and pepper to taste
- 1/2 teaspoon thyme
- 1 cup 1% low-fat milk
- 1 cup low-fat cheddar cheese, shredded

**COOKING INSTRUCTIONS:** In slow cooker, cook the potatoes, onion, chicken broth and salt and pepper to taste for 3 hours on high heat setting (or till tender). Process half of this potato mixture in a blender or food processor; pour into a large saucepan. Add the other half of the potato mixture. Stir well and heat, adding milk. When the soup begins to simmer, turn down the heat. If it boils too hard, the soup will separate. Add cheese and stir till melted. Correct the seasoning.

**NUTRITION per serving:** 218 Calories; 2g Fat; 18g Protein; 33g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 577mg Sodium. **Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat. **Points:** 4

**SERVING SUGGESTION:** A relish tray of raw baby carrots, broccoli florets and cherry tomatoes served with your favorite dipping sauce (Ranch dressing?) and some warm sourdough bread.
## Frugal E-Book Menu and Shopping List for Six

### Winter Week 7

**MENU**

**Day 1:** **Beefy Nacho Casserole**, ranch beans and Spanish rice  
**Day 2:** **Poor Tater Supper**, with a big spinach salad  
**Day 3:** **Chicken Broccoli and Brown Rice Casserole**, mini corn on the cob and a big salad  
**Day 4:** **Spinach Bread Pudding**, with Waldorf salad and raw baby carrots  
**Day 5:** **Sweet and Sour Fish**, steamed red potatoes and steamed cauliflower/broccoli florets w/ carrots  
**Day 6:** **Sausage Casserole**, buttered noodles, steamed green beans and rye bread

**SHOPPING LIST:**

**MEAT**  
1 pound lean ground beef [D1]  
Chicken breast meat (2 cups, cooked and chopped) [D3]  
6 fish fillets (any firm white or buy frozen) [D5]  
Bacon (10 slices) [D4,D6]  
2 pounds bratwurst OR knockwurst OR kielbasa [D6]

**CONDIMENTS**  
Olive oil [D5]  
Red wine vinegar [D5]  
Vinegar (if not using white wine) [D6]  
 Chunky salsa (your favorite) [D1]  
Dijon mustard [D4]  
Low fat mayonnaise [D1,D4]  
White wine (3/4 cup or use white grape juice with vinegar) [D6]  
**Salad dressing(s) (your choice) [D2,D3]

**PRODUCE**  
3 pounds onions (keep on hand) [D4,D5,D6]  
Garlic (3 cloves) [D4,D6]  
Baking potatoes (6 large) [D2]  
Russet potatoes (4 large) [D6]  
Carrots (2 medium) [D6]  
Broccoli florets (4 1/2 cups, chopped) **Additional (1 meal) [D3,D6]  
Green onions (3) [D3]  
1 bunch parsley [D5]  
Veggies (your choice - if no leftovers in crisper) [D2]  
Granny Smith apples (3) **Additional (1 meal) [D4,D6]  
**Spinach (1 meal) [D2]  
**Celery (1 meal) [D4]  
**Red potatoes (1 meal) [D5]  
**Baby carrots (2 meals) [D4,D5]  
**Cauliflower florets (1 meal) [D5]  
**Green beans (1 meal) [D6]  
**Lettuce for 1 salad (not Iceberg—no nutrition) [D3]  
**Salad veggies (your choice) [D2,D3]

**CANNED GOODS**  
White grape juice (3/4 cup if not using white wine) [D6]  
1 (10-oz.) can whole kernel corn [D1]  
Low sodium chicken broth (2/3 cup) [D2,D6]  
3 (16-oz.) cans sauerkraut [D6]  
**Ranch beans (1 meal) [D1]

**SPICES**  
Chili powder [D1]  
Oregano [D3]  
Garlic powder [D3]  
Basil [D3]  
Paprika [D3]  
Thyme [D6]  
Caraway seeds (optional) [D6]  
Bay leaves [D6]

**DAIRY/DAIRY CASE**  
Skim milk (3 cups) [D4]  
Eggs (9) [D3,D4]  
Sour cream (32 ounces) [D3]  
Cottage cheese (12 ounces) [D2]  
Parmesan cheese (3/4 cup, grated) [D3]  
Low fat Cheddar cheese OR Monterey Jack OR Colby (4 1/4 cups, shredded) [D1,D2,D4]  
**Butter [D5,D6]

**DRY GOODS**  
Flour [D3]  
Brown sugar [D5]  
Brown rice (5 cups, cooked) [D3]  
Tortilla chips (2 cups, crushed) [D1]  
**Spanish rice (1 meal) [D1]  
**Wide noodles (1 meal) [D6]  
**Walnuts (1 meal) [D4]

**FREEZER**  
6 fish fillets (any firm white fish if not using fresh) [D5]  
1 (10-oz.) package chopped spinach [D4]  
**Mini corn on the cob (1 meal) [D3]

**BAKERY**  
Day-old French bread (12 ounces, cubed) [D4]  
**Rye bread (1 meal) [D6]

**SHOPPING LIST LEGEND**

** = Serving Suggestions  
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
**Beefy Nacho Casserole**

Day 1 – Serves 6

**INGREDIENTS:**
- 1 pound lean ground beef
- 1 1/2 cups chunky salsa, your favorite brand
- 1 (10-oz.) can whole kernel corn, drained
- 3/4 cup low fat mayonnaise
- 1 teaspoon chili powder
- 2 cups tortilla chips, crushed (a great time to use those crumbs in the bottom of the bag)
- 2 cups low fat Cheddar cheese, shredded (or you can use Monterey Jack or Colby).

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees and lightly grease a 2-quart casserole dish. Place ground beef in a large skillet over medium-high heat. Crumble and cook until browned. Drain grease. Remove from the heat, then add salsa, corn, mayonnaise and chili powder. Layer ground beef mixture, tortilla chips and cheese twice in the casserole baking dish, ending with cheese. Bake, uncovered, for 20 minutes, or until cheese is melted and all ingredients are heated through.

**NUTRITION per serving:** 767 Calories; 45g Fat; 31g Protein; 64g Carbohydrate; 7g Dietary Fiber; 70mg Cholesterol; 1224mg Sodium. **Exchanges:** 4 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 7 Fat; 0 Other Carbohydrates. **Points:** 18

**SERVING SUGGESTION:** Ranch beans and Spanish rice.

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**Poor Tater Supper**

Day 2 – Serves 6

**INGREDIENTS:**
- 6 large baking potatoes, baked
- 3 cups vegetables, sautéed (your choice - whatever you have on hand to empty out the crisper)
- 12 ounces cottage cheese
- 1/3 cup low sodium chicken broth
- Salt and pepper to taste
- 3/4 cup cheddar cheese, shredded

**COOKING INSTRUCTIONS:** Wash, pierce and bake potatoes for 1 hour. You should use good-sized potatoes—remember: this is dinner! Pre-heat oven to 400 degrees. Split potatoes lengthwise and scoop innards into a large bowl. Mix well with veggies, cottage cheese and chicken broth; season with salt and pepper to taste. Stuff potato innards back into the skins and top with shredded Cheddar cheese. Bake until bubbly, about 15 minutes.

**NUTRITION per serving:** 300 Calories; 6g Fat; 17g Protein; 44g Carbohydrate; 8g Dietary Fiber; 20mg Cholesterol; 629mg Sodium. **Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 6

**SERVING SUGGESTION:** A big spinach salad.
# Chicken Broccoli and Brown Rice
## Day 3 – Serves 6

**INGREDIENTS:**
- 5 cups cooked brown rice
- Salt and pepper to taste
- 1 teaspoon oregano
- 2 teaspoons garlic powder
- 4 1/2 cups broccoli florets, chopped
- Water
- 1/4 cup flour
- 2 eggs
- 1 egg white
- 1 (32-oz.) container low fat sour cream
- 3/4 cup Parmesan cheese, grated, divided
- 1 teaspoon basil
- 1 1/2 teaspoons paprika
- 2 cups cooked chicken, chopped
- 3 green onions, sliced

**COOKING INSTRUCTIONS:** Pre-heat oven to 350 degrees and lightly grease a 9- x13-inch casserole dish. Combine first 4 ingredients in a bowl; blend well and set aside. Drop broccoli into a large saucepan of boiling water and cook for 3 minutes. Drain and set aside. Combine flour, eggs and egg white in a large bowl and blend well with a wire whisk. Add 1/2 cup plus two tablespoons of the grated Parmesan cheese along with the basil, 1 teaspoon of the paprika, and the sour cream. Spoon half of the rice mixture into the baking dish. Arrange chicken over the rice mixture and top with green onions. Spread half the sour cream mixture evenly over the green onions. Spoon the remaining rice mixture over the sour cream mixture. Arrange broccoli over the rice and spread the remaining sour cream mixture evenly over the broccoli. Combine remaining cheese and paprika and sprinkle over the casserole. Bake, uncovered, for 30 minutes, or until bubbly.

**NUTRITION per serving:**
- 712 Calories; 14g Fat; 33g Protein; 111g Carbohydrate; 4g Dietary Fiber; 105mg Cholesterol; 334mg Sodium.
- Exchanges: 6 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 2 Fat; 1 Other Carbohydrates.
- Points: 15

**SERVING SUGGESTION:** Mini corn on the cob and a big salad.

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# Spinach Bread Pudding
## Day 4 – Serves 6

**INGREDIENTS:**
- 4 slices bacon, divided
- 1 cup chopped onion
- 1 (10-oz.) package frozen chopped spinach, thawed and drained
- 1 clove garlic, pressed
- Salt and pepper to taste
- 6 eggs, beaten
- 3 cups skim milk
- 2 teaspoons Dijon mustard
- 12 ounces day old French bread, cut into 1-inch cubes
- 1 1/2 cups low fat cheddar cheese, shredded, divided

**COOKING INSTRUCTIONS:** Grease a 2-qrt casserole dish and set aside. Cook bacon in a large skillet; drain on paper toweling. Pour off most of the drippings from the pan, leaving about 1 tablespoon. Cool and crumble bacon. Sauté onion in skillet until translucent. Add spinach, garlic and salt and pepper to taste; cook for about 2 minutes, or until spinach is warmed through. Remove from skillet and set aside. In a mixing bowl, combine eggs, milk, mustard and salt and pepper to taste, blending well. Place half of the bread crumbs in the greased casserole dish. Cover with spinach mixture and half of the crumbled bacon. Sprinkle with 1 cup of the shredded Cheddar cheese. Cover with egg mixture and top with remaining bread crumbs. Using a spoon or spatula, press bread crumbs into egg/milk mixture to absorb the liquid. Refrigerate casserole and remaining cheese and crumbled bacon overnight. Whenever you open the refrigerator, push the bread crumbs down into the liquid. Pre-heat oven to 350 degrees. Sprinkle casserole with remaining bacon and cheese. Bake, uncovered, for 35 to 40 minutes, or until pudding is set in the middle.

**NUTRITION per serving:**
- 353 Calories; 11g Fat; 24g Protein; 39g Carbohydrate; 3g Dietary Fiber; 199mg Cholesterol; 720mg Sodium.
- Exchanges: 2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.
- Points: 7

**SERVING SUGGESTION:** Serve with a Waldorf salad (chopped apple, celery and walnuts tossed with mayonnaise) and a bowl of raw baby carrots.
Sweet and Sour Fish
Day 5 – Serves 6

INGREDIENTS:
6 fish fillets (any firm white fish, fresh or frozen) 1/2 cup red wine vinegar
Salt and pepper to taste 2 1/4 teaspoons brown sugar
2 1/4 tablespoons olive oil, divided 1 1/2 tablespoons parsley, chopped
1 1/2 cups onion, sliced 3/4 teaspoon dried mint

COOKING INSTRUCTIONS: In a large skillet over medium heat, sauté fish in 1 tablespoon of the oil until fish flakes easily when tested with a fork, about 5 minutes per side. Turn once while cooking. Remove from skillet and keep warm. Sauté onion in remaining oil until translucent. Add vinegar, brown sugar, parsley and mint; reduce heat, cover and simmer for about 5 minutes. Serve fish topped with onion sauce.

NUTRITION per serving: 235 Calories; 7g Fat; 37g Protein; 6g Carbohydrate; 1g Dietary Fiber; 110mg Cholesterol; 134mg Sodium. Exchanges: 5 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. Points: 5

SERVING SUGGESTION: Steamed red potatoes tossed with butter and chopped parsley and steamed cauliflower/broccoli florets with baby carrots.

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Sausage Casserole
Day 6 – Serves 6

INGREDIENTS:
6 slices bacon 4 large russet potatoes, peeled and thickly sliced
1 cup chopped onion 1 bay leaf
2 medium carrots, chopped 3/4 cup white wine (or use white grape juice with a splash of vinegar)
2 cloves garlic, pressed 1/3 cup low sodium chicken broth
3 (16-oz.) cans sauerkraut, rinsed and drained 2 pounds bratwurst (or you can use knockwurst or kielbasa), sliced into 2-inch pieces
1 teaspoons thyme 3 Granny Smith apples, peeled, cored and roughly chopped
1 teaspoon caraway seeds, (optional)

COOKING INSTRUCTIONS: Cook bacon in a skillet over medium heat; drain on paper toweling. Pour off most of the drippings from the skillet, leaving about 1 tablespoon in the pan. Crumble cooled bacon. Add onion, carrot and garlic to skillet; sauté until onion is translucent. In a mixing bowl, combine crumbled bacon, sauerkraut, thyme and caraway seeds. Place sliced potatoes in the bottom of a slow cooker. Add sautéed veggies and sauerkraut mixture, then bay leaf, wine and broth. Cover and cook on low heat setting for about 7 hours, or until potatoes are tender. About an hour before you are ready to serve, add sausage and apples. Crank slow cooker heat setting up to high. Cover, but leave lid slightly ajar so that moisture can escape. Cook for about an hour, or until apples are tender, most of moisture has evaporated and sausage is heated through. Check often to make sure it isn’t scorching.

LEANNE’S NOTE: Be sure to rinse and drain sauerkraut. Nutritional information below does not reflect the rinsing of sauerkraut. Rinsing will lower the sodium count drastically. Fresh sauerkraut will be lower in sodium. If your grocery carries fresh sauerkraut in the refrigerated section of the dairy or produce department you can use that also. Make sure to rinse the fresh sauerkraut also.

NUTRITION per serving: 674 Calories; 43g Fat; 28g Protein; 40g Carbohydrate; 10g Dietary Fiber; 96mg Cholesterol; 2486mg Sodium. Exchanges: 1 Grain (Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 6 1/2 Fat; 0 Other Carbohydrates. Points: 16

SERVING SUGGESTION: Buttered wide noodles, steamed green beans and a loaf of rye bread.
# Frugal E-Book Menu and Shopping List for Six

## Week 8

### MENU

**Day 1:** *Turkey Provencal*, mashed potatoes, steamed green beans and whole grain rolls  
**Day 2:** *Mashed Potato Soup*, salad and corn muffins  
**Day 3:** *Fast and Furious Chicken and Rice*, steamed broccoli and baked sweet potatoes  
**Day 4:** *One Pot Tuna Pasta*, salad  
**Day 5:** *Chinese Beef Stir Fry* served over brown rice with sautéed zucchini, yellow squash and snow peas  
**Day 6:** *Sweet Onion Pork Chops*, creamed spinach, steamed red potatoes and steamed baby carrots

### SHOPPING LIST:

#### MEAT
- 6 boneless skinless chicken thighs [D3]  
- 1 1/2 pounds turkey fillets OR additional boneless skinless chicken thighs [D1]  
- 1 1/4 pounds top sirloin steak (or whatever is on sale) [D5]  
- 6 boneless pork chops [D6]  

#### PRODUCE
- 3 pounds onions (keep on hand) [D1]  
- Garlic (3 cloves) [D1,D5]  
- 4 large sweet onions—Vidalia, if available [D6]  
- Russet potatoes (to make 6 cups mashed) **Additional (1 meal) [D1,2]**  
- 1 bunch parsley [D4,D6]  
- Gingerroot (2 teaspoons, grated) [D5]  
- Green onions (5) [D5]  
- Mushrooms (1 cup, sliced) [D5]  
- 1 10-oz. bag washed spinach [D2,D4,D5]  
- **Green beans (1 meal) [D1]**  
- **Broccoli (1 meal) [D3]**  
- **Sweet potatoes (1 meal) [D3]**  
- **Zucchini (1 meal) [D5]**  
- **Yellow squash (1 meal) [D5]**  
- **Snow peas (1 meal) [D5]**  
- **Red potatoes (1 meal) [D6]**  
- **Baby carrots (1 meal) [D6]**  
- **Lettuce for 2 salads (not Iceberg—no nutrition) [D2,4]**  
- **Salad veggies (your choice) [D2,D4]**

#### CANNED GOODS
- White grape juice (1/2 cup) (if not using wine )[D6]  
- 1 (14.5-oz.) can crushed tomatoes [D1]  
- Low sodium chicken broth (43 ounces) [D2,D3,D6]  
- 1 (12-oz.) can solid white tuna, packed in water [D4]

#### CONDIMENTS
- Olive oil [D1]  
- Vegetable oil [D5]  
- Sesame oil (optional) (ethnic section of grocery store) [D5]  
- Low sodium soy sauce [D5]  
- Vinegar (if not using wine )[D6]  
- White wine (1/2 cup or use white grape juice with vinegar) [D6]  
- Dry sherry (1 tablespoon) (optional) [D5]  
- Salsa (your favorite) (18 ounces) [D3]  
- Black olives, sliced (1/4 cup) [D1]  
- 1 (4-oz.) jar pimiento [D4]  
- Honey [D5]  
- **Salad dressing(s) (your choice) [D2,D4]**

#### SPICES
- Rosemary [D1]  
- Thyme [D1]  
- Garlic powder [D3]  
- Cumin [D3]  
- Basil [D4]

#### DAIRY/DAIRY CASE
- Low fat milk (3 cups) [D2,D3]  
- Low fat sour cream, for garnish (optional) [D3]  
- Cheddar cheese (6 ounces, shredded plus garnish) [D2,D4]  
- **Butter [D6]**

#### DRY GOODS
- Flour [D1]  
- Cornstarch [D5]  
- Brown rice (3 cups, cooked) **Additional (1 meal) [D3]**  
- 12 ounces Elbow Macaroni, Medium Shells or other medium pasta shape [D4]  
- Chicken bouillon cubes (3) [D4]

#### FREEZER
- 1 (9-oz.) package cut green beans [D4]  
- **Creamed spinach (1 meal) [D6]**

#### BAKERY
- **Whole grain rolls (1 meal) [D1]**  
- **Corn muffins (1 meal) [D2]**

#### OTHER
- Gallon-size zip-lock plastic bags [D1,D5]

### SHOPPING LIST LEGEND

**= Serving Suggestions**  
**Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.**  
[D1] - [D6] = Day 1, Day 2, Day 3, etc...  
**Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
# Turkey Provençal

**Day 1 – Serves 6**

**INGREDIENTS:**
- 1 1/2 pounds turkey fillets (or substitute chicken thighs)
- 2 tablespoons flour
- Salt and pepper to taste
- 2 teaspoons olive oil
- 1 medium onion, diced
- 2 cloves garlic, pressed
- 1 (15-oz.) can crushed tomatoes
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1/4 cup sliced black olives
- 1/2 cup fresh parsley, chopped

**COOKING INSTRUCTIONS:** In a large zip-lock plastic bag, place the turkey, flour and salt and pepper. Shake the bag until the turkey is well coated. In a large skillet heat oil over medium heat. Add the turkey and sauté for 4 minutes on each side. Remove turkey from the skillet. In the same skillet, sauté onion and garlic for 5 minutes, or till onions begin to brown. Add crushed tomatoes and bring to a boil; reduce heat and simmer for 5 minutes. Return turkey to the skillet; add rosemary, thyme and olives. Simmer over low heat for 10 minutes. Add parsley and serve.

**NUTRITION per serving:** 169 Calories; 4g Fat; 25g Protein; 8g Carbohydrate; 2g Dietary Fiber; 64mg Cholesterol; 286mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 3

**SERVING SUGGESTION:** Mashed potatoes (see Do Ahead Tip below), steamed green beans and some whole grain rolls.

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**DO AHEAD TIP:** Make enough mashed potatoes to have 6 cups for tomorrow’s meal.

# Mashed Potato Soup

**Day 2 – Serves 6**

**INGREDIENTS:**
- 6 cups leftover mashed potatoes
- 3 cups low sodium chicken broth
- 1 1/2 cups low fat milk
- Grated cheddar cheese

**COOKING INSTRUCTIONS:** Make mashed potatoes and place in a large saucepan. Add chicken broth and milk. Bring to just boiling point—you don’t want this to boil, or it will separate. Stir it up, then serve it up! Top with a little cheddar cheese if desired, or more cheddar cheese if you are feeling kinda cheesy.

**NUTRITION per serving:** 250 Calories; 8g Fat; 14g Protein; 31g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 825mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat. **Points:** 5

**SERVING SUGGESTION:** A big salad (add some of the extra spinach from Day 5 recipe) and corn muffins.
**Fast and Furious Chicken and Rice**

**Day 3 – Serves 6**

**INGREDIENTS:**
- 3 cups brown rice, cooked
- 6 boneless skinless chicken thighs
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons cumin
- 18 ounces salsa (your favorite)
- 3/4 of a 14.5-oz. can low sodium chicken broth
- Low fat sour cream (optional)

**COOKING INSTRUCTIONS:** Prepare rice according to package directions. Pre-heat oven to 375 degrees. Place chicken in a 9- x13-inch pan and sprinkle with seasonings. Spoon half of the salsa over the chicken, then pour chicken broth over chicken and salsa. Bake for about 20 minutes, or until done. Slice chicken horizontally and serve on top of rice with more salsa and a dollop of low fat sour cream, if desired.

**NUTRITION per serving:**
- 248 Calories; 5g Fat; 20g Protein; 31g Carbohydrate; 3g Dietary Fiber; 60mg Cholesterol; 555mg Sodium.

**Exchanges**:
- 1 1/2 Grain (Starch)
- 2 Lean Meat
- 1 Vegetable
- 0 Non-Fat Milk
- 0 Other Carbohydrates

**Points**: 5

**SERVING SUGGESTION**: Steamed broccoli and baked sweet potatoes.

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**One Pot Tuna Pasta**

**Day 4 – Serves 6**

**INGREDIENTS:**
- 3 3/4 cups water
- 3 chicken bouillon cubes
- 1/8 teaspoon black pepper
- 1 teaspoon basil
- 12 ounces Elbow Macaroni, Medium Shells or other medium pasta shape (uncooked)
- 1/2 cup chopped fresh parsley
- 1 (4-oz.) jar pimiento, drained and diced
- 1 (9-oz.) package frozen cut green beans
- 1 1/2 cups low fat milk
- 6 ounces low-fat cheddar cheese, shredded
- 1 (12-oz.) can solid white tuna packed in water, drained

**COOKING INSTRUCTIONS:** Bring water, bouillon cubes, pepper and basil to a boil in a 4-quart saucepan. Gradually add pasta while water continues to boil. Cover and simmer for 7 minutes, stirring occasionally. Add diced pimento, green beans and milk; cover and simmer for 6 to 8 minutes, or till pasta and beans are tender. Add cheese, tuna and parsley, tossing until cheese is melted. Serve immediately.

**NUTRITION per serving:**
- 374 Calories; 5g Fat; 30g Protein; 53g Carbohydrate; 3g Dietary Fiber; 26mg Cholesterol; 763mg Sodium.

**Exchanges**:
- 3 Grain (Starch)
- 2 1/2 Lean Meat
- 1 1/2 Vegetable
- 0 Non-Fat Milk
- 0 Fat

**Points**: 7

**SERVING SUGGESTION**: A big salad should do the trick! (Add some of the extra spinach from Day 5 recipe.)

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**DO AHEAD TIP:** Cook brown rice for tomorrow’s meal.
### Chinese Beef Stir Fry

**Day 5 – Serves 6**

**INGREDIENTS:**
- 3 tablespoons low sodium soy sauce
- 1 tablespoon cornstarch
- 1 tablespoon dry sherry (optional)
- 1 teaspoon honey
- 1 1/4 pounds top sirloin steak, thinly sliced across the grain (or use whatever is on sale)
- 1 teaspoon vegetable oil
- 2 teaspoons fresh gingerroot, grated
- 1 clove garlic, minced
- 5 green onions, chopped
- 1 cup mushrooms, sliced
- 1 teaspoon sesame oil (in the ethnic section of grocery store) (optional)
- Half of a 10-oz. bag washed spinach

**COOKING INSTRUCTIONS:** Combine first 4 ingredients in a large zip-lock plastic bag and mush around to mix. Add sliced beef and mush around again. In a wok or heavy skillet heat oil over medium-high heat; stir-fry ginger and garlic for 45 seconds. Add meat and marinade and stir-fry for 2 minutes, or till beef begins to brown. Add green onions, mushrooms and sesame oil; stir-fry for another 2 minutes, or till green onions are softened. Add spinach and stir-fry for 45 seconds (spinach will be bright green and just beginning to wilt).

**NUTRITION per serving:** 223 Calories; 14g Fat; 19g Protein; 5g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 365mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Serve over brown rice with sides of sautéed zucchini, yellow squash and snow peas.

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### Sweet Onion Pork Chops

**Day 6 – Serves 6**

**INGREDIENTS:**
- 6 boneless pork chops
- 1 cup low sodium chicken broth
- 1 teaspoon vegetable oil
- 1/2 cup white wine (or use white grape juice with a splash of vinegar)
- 4 large sweet onions (Vidalia, if available), thickly sliced

**COOKING INSTRUCTIONS:** In a large skillet heat oil over medium-high heat: add pork chops and brown on each side. Don't worry about cooking them through—you just want them nicely browned on the outside. Remove chops from skillet and place in a slow cooker. Sauté onions in skillet until nicely browned, about 2 minutes per side, then place on top of pork chops in slow cooker. Add chicken broth and wine into skillet, scraping up all the browned bits from the bottom of the pan; pour liquid over pork chops. Cover and cook on low heat setting for about 8 hours.

**NUTRITION per serving:** 200 Calories; 7g Fat; 24g Protein; 7g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 142mg Sodium. **Exchanges:** 3 Lean Meat; 1 Vegetable. **Points:** 4

**SERVING SUGGESTION:** Creamed spinach and steamed red potatoes and baby carrots tossed with butter and chopped parsley.
We are mixing things up this week. You’ll find the slow cooker meal on Day 1 this week. And don’t fret over the size of the roast. This pot roast recipe will take your pot roast to new places. Like the famous Rubber Chicken recipe, it recycles your pot roast into three meals. So, instead of having leftovers, you can sneak in two more entrees without anyone being the wiser. The secret to pulling this off is lots of vegetables served with this delicious pot roast. So now allow me to introduce you to Pot Roasts 1, 2, and 3.

**MENU**

Day 1: No Frills Crock Roast aka Pot Roast 1, add baked sweet potatoes, steamed green beans, and a loaf of whole-grain bread

Day 2: Four Cheese Vegetable Lasagna, with a Ceasar salad, and whole wheat garlic toast

Day 3: Shredded Beefwiches aka Pot Roast 2, add a green salad, and oven-fried russet potatoes

Day 4: Pumpkin Bean Soup, with whole grain rolls and a big salad

Day 5: Soft Tacos aka Pot Roast 3, add brown rice and black beans

Day 6: Caramelized Garlic Chicken, with baked russet potatoes, baked butternut squash, and steamed broccoli

**SHOPPING LIST:**

**MEAT**

1 (5- to 6-pound) beef pot roast [D1,D3,D5]
6 boneless skinless chicken thighs [D6]

**PRODUCE**

3 pounds onions (keep on hand) [D1,D2,D3,D4]
Garlic (12 cloves) [D2,D4,D6]
Carrots (2 medium plus 1 1/2 cups, sliced,) [D1,D2]
Russet potatoes (9 medium) **Additional (2 meals) [D1,D3,D6]
Broccoli (2 cups florets) **Additional (1 meal) [D2,D6]
1 bunch green onions **Additional for garnish (2 meals) [D2,D5,D6]
1 medium green bell pepper [D2]
1 bunch cilantro [D4,D5]
Tomatoes (chopped, for garnish) (optional) [D5]
Lettuce (shredded, for garnish) (optional) [D5]
**Sweet potatoes (1 meal) [D1]
**Green beans (1 meal) [D1]
**Butternut squash (1 meal) [D6]
**1 head Romaine lettuce [D2]
**Lettuce for 2 salads (not Iceberg—no nutrition) [D3]
**Salad veggies (your choice) [D2,D3]

**CANNED GOODS**

1 (16-oz.) can black beans **Additional (1 meal) [D4,D5]
Low sodium chicken broth (1 2/3 cups) [D4]
Pumpkin puree (14 ounces) [D4]

**SPICES**

Thyme [D1]
Bay leaves [D1]
Cumin [D4]
**Garlic powder [D2]

**CONDIMENTS**

Olive oil [D6]
Vegetable oil [D1,D2,D3]
Horseradish sauce (optional) [D3]
Salsa for garnish (optional) [D5]
**Caesar salad dressing [D2]
**Salad dressing(s) (your choice) [D2,D3]

**DAIRY/ DAIRY CASE**

Milk (3 cups) [D2]
Low fat Cottage cheese (1 1/2 cups) [D2]
Sour cream (garnish for 2 meals) (optional) [D5,D6]
Mozzarella cheese (1 cup, shredded) [D2]
Swiss cheese (1/3 cup, shredded plus 6 slices) [D2,D3]
Cheddar cheese (shredded, for garnish) (optional) [D5]
Romano OR Parmesan cheese (1/2 cup, grated) **Additional for salad [D2]
**Butter [D6]

**DRY GOODS**

Flour [D2]
Brown sugar [D6]
Lasagna noodles (12) [D2]
1 envelope Mexican OR Taco seasoning mix (if not using recipe from website) [D3]
**Brown rice (1 meal) [D5]

**FREEZER**

1 (10-oz.) package spinach [D2]

**BAKERY**

6 whole grain crusty Kaiser rolls OR burger buns [D3]
6 corn OR flour tortillas [D5]
**Whole grain bread (2 meals) [D1,D2]
**Whole grain rolls (1 meal) [D4]

**OTHER**

Aluminum foil wrap [D2]

**SHOPPING LIST LEGEND**

** = Serving Suggestions
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
No Frills Crock Roast
Day 1 – Serves 18 (or use for 3 meals)

**INGREDIENTS:**
- 1 1/2 tablespoons vegetable oil
- 1 (5- to 6-pound) beef pot roast, left whole
- Salt and pepper to taste
- 3 teaspoons thyme
- 1 1/2 large onions, sliced
- 2 carrots, sliced
- 9 medium russet potatoes, peeled and sliced
- 3/4 cup water
- 2 bay leaves

**COOKING INSTRUCTIONS:** Heat the oil in a large skillet and brown the beef on all sides. Don't worry about cooking it through, you just want it nicely browned on the outside. Put the roast in the slow cooker and liberally season with salt and pepper, and add thyme. In the same skillet, sauté onions, carrots and potatoes for about 3 minutes. Pour the veggies on top of the beef. Return the skillet once more to the stovetop. Heat the water in the skillet and, using a wire whisk, scrape up all the browned bits from the bottom of the pan. Pour the water and browned bits over the beef and veggies. Add bay leaves, cover and cook on low heat setting for about 10 hours. Remove beef from slow cooker and let rest for about 10 minutes before slicing. Remove veggies from slow cooker, place in a serving dish and keep warm. If you wish, you can make a gravy from the cooking juices, or serve it as is.

**NUTRITION per serving:**
- 385 Calories; 9g Fat; 38g Protein; 38g Carbohydrate; 4g Dietary Fiber; 88mg Cholesterol; 107mg Sodium.
- Exchanges: 2 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fat. 
- Points: 8

**SERVING SUGGESTION:** Serve with baked sweet potatoes, steamed green beans and a loaf of whole grain bread along with the veggies from the crock pot. Remember to add these side servings because you want to extend the life of your beef.

DO AHEAD TIP: Save remaining beef for Days 3 and 5 meals. Prep lasagna for tomorrow’s meal so that all you have to do is pop it in the oven.

Four Cheese Vegetable Lasagna
Day 2 – Serves 9 (Great Leftovers)

**INGREDIENTS:**
- 2 teaspoons vegetable oil
- 2 cups broccoli florets
- 1 1/2 cups carrots, thinly sliced
- 1 cup green onions, thinly sliced
- 1/2 cup green bell pepper, chopped
- 3 cloves garlic, pressed
- 1/2 cup flour
- 1/2 cup Romano or Parmesan cheese, grated
- 1/2 cup low fat Cottage cheese
- 1 cup Mozzarella cheese, shredded
- 1/2 cup Swiss cheese, shredded
- 12 uncooked Lasagna noodles
- 3/4 cup water
- Aluminum foil wrap

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. Heat oil in a Dutch oven until hot. Add broccoli, carrots, onions, bell pepper and garlic and sauté for about 5 minutes. Set aside. To make white sauce, place flour in a medium saucepan and slowly add milk, stirring with a whisk to blend. Bring to a boil over medium heat and cook about 3 to 5 minutes, or until thickened, stirring constantly. Add 1/4 cup grated Romano or Parmesan cheese and salt and pepper to taste. Continue cooking for about one minute, stirring constantly. Remove from heat and add spinach. Combine Cottage cheese, Mozzarella cheese and Swiss cheese; blend well. Spread 1/2 cup of the spinach mixture into the bottom of a 9- x13-inch baking dish. Arrange 4 lasagna noodles on top of spinach mixture. Layer with Cottage cheese mixture and vegetable mixture, and then more spinach. Repeat layers until you end with noodles. Pour water on top and tent with aluminum foil wrap. Bake, covered, for 1 hour, or until noodles are tender. Remove foil and sprinkle with remaining grated Romano or Parmesan cheese. Let stand about 5 or 10 minutes before serving to allow cheese to melt.

**NUTRITION per serving:**
- 631 Calories; 10g Fat; 32g Protein; 101g Carbohydrate; 5g Dietary Fiber; 28mg Cholesterol; 395mg Sodium.
- Exchanges: 6 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 1 Fat. 
- Points: 13

**SERVING SUGGESTION:** Serve with a large Caesar salad and whole wheat garlic toast.
### Shredded Beefwiches
**Day 3 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Leftover beef</td>
<td>6 whole grain crusty or Kaiser rolls (or you can use hamburger buns)</td>
</tr>
<tr>
<td>1 small onion, sliced</td>
<td>6 slices Swiss cheese</td>
</tr>
<tr>
<td>1 teaspoon vegetable oil</td>
<td>Horseradish sauce (optional)</td>
</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** With any luck you have quite a bit of beef left over (let’s assume about 4 pounds). Shred the beef with two forks and warm on stovetop over low heat. While beef is warming, sauté onion slices in vegetable oil. Serve shredded beef on rolls. Top with cheese, sautéed onions and horsey sauce.

**NUTRITION per serving:** 507 Calories; 20g Fat; 47g Protein; 33g Carbohydrate; 2g Dietary Fiber; 114mg Cholesterol; 471mg Sodium. **Exchanges:** 2 Grain (Starch); 6 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. **Points:** 11

**SERVING SUGGESTION:** Serve with a large green salad and oven-fried russet potatoes.

**DO AHEAD TIP:** Save remaining beef for Day 5’s meal.

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### Pumpkin Bean Soup
**Day 4 – Serves 6**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 teaspoons cumin</td>
<td>1 2/3 cups low sodium chicken broth</td>
</tr>
<tr>
<td>1 (16-oz.) can black beans, rinsed, drained</td>
<td>2/3 cup water</td>
</tr>
<tr>
<td>1 cup chopped onions</td>
<td>14 ounces pumpkin puree, canned</td>
</tr>
<tr>
<td>3 cloves garlic, peeled</td>
<td>Salt and pepper, to taste</td>
</tr>
<tr>
<td></td>
<td>Cilantro, finely chopped (as garnish)</td>
</tr>
</tbody>
</table>

**COOKING INSTRUCTIONS:** In a blender, process cumin, black beans, onions, garlic, broth, and water at high speed until smooth. Transfer bean mixture to saucepan; stir in pumpkin and heat to boiling, then reduce heat and simmer, covered, for 5 minutes; season to taste with salt and pepper. Serve in bowls; sprinkle with chopped cilantro.

**NUTRITION per serving:** 110 Calories; 1g Fat; 8g Protein; 18g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 367mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 2

**SERVING SUGGESTION:** Whole grain rolls and a big salad would be perfect!
# Soft Tacos
## Day 5 – Serves 6

**INGREDIENTS:**
- Leftover beef
- 3 tablespoons Mexican OR taco seasoning
- Water
- 6 tortillas (corn or flour (your choice))
- Garnishes of your choice (optional)
  - Shredded lettuce, chopped tomato, chopped cilantro, chopped green onion, shredded Cheddar cheese, sour cream, salsa, etc.

**COOKING INSTRUCTIONS:** Take the remaining shredded beef out of the fridge and throw it into a saucepan with 3 tablespoons of Mexican OR taco seasoning mix. Add enough water to the saucepan to keep the beef from burning. You’ll need to eyeball this part, probably anywhere from 1/2 cup to a cup, depending on how much beef is left over. Cook this mixture over low heat for about 15 minutes. In the meantime, fix your fixin’s. Shred lettuce, chop tomato, cilantro and/or green onion... whatever you like on your tacos.

**NUTRITION per serving:**
- 279 Calories; 9g Fat; 35g Protein; 13g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 225mg Sodium.
  - Exchanges: 1 Grain (Starch); 4 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.
  - Points: 6

**SERVING SUGGESTION:** Serve wrapped in warmed tortillas with your favorite toppings and a hefty side serving of brown rice and black beans.

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# Caramelized Garlic Chicken
## Day 6 – Serves 6

**INGREDIENTS:**
- 1 tablespoon olive oil
- 6 cloves garlic, pressed
- 2 tablespoons brown sugar
- 6 boneless skinless chicken thighs

**COOKING INSTRUCTIONS:** Pre-heat oven to 500 degrees. Line a shallow metal roasting pan (do not use glass at this high temperature!) with aluminum foil wrap; lightly grease the foil with a little oil (not included in the above measurement--just put a little on a paper towel and rub on the foil). Heat oil in a small skillet over medium-low heat until hot. Add garlic and cook for 1 to 2 minutes, or until garlic begins to soften (DON’T let garlic get brown!) Remove from heat, add brown sugar and blend well; set aside. Place chicken thighs on oiled, foil-lined pan, spreading the garlic mixture evenly over the chicken. Bake for 10 to 15 minutes, or until chicken is fork tender and juices run clear.

**NUTRITION per serving:**
- 118 Calories; 5g Fat; 14g Protein; 4g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 61mg Sodium.
  - Exchanges: 2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.
  - Points: 3

**SERVING SUGGESTION:** Baked russet potatoes with all the fixin’s (butter, sour cream, chopped green onions), baked butternut squash and steamed broccoli.
# Menu

**Day 1:** Parmesan Pork Chops with Italian Veggies, spinach salad and crusty rolls  
**Day 2:** Very Nice Chicken and Rice Casserole, steamed broccoli and baby carrots  
**Day 3:** Potatoes and Trees Soup, grilled cheese sandwiches  
**Day 4:** Lentils, Pasta and Greens, baby carrots and crusty rolls  
**Day 5:** Athenian Chicken, couscous and sautéed zucchini and yellow squash  
**Day 6:** Spaghetti a la Crock, served over spaghetti noodles with a salad and garlic toast

## Shopping List:

### Meat
- 6 pork chops, thin-cut [D1]  
- 6 boneless skinless chicken thighs [D2]  
- 6 boneless skinless chicken breast halves [D5]  
- 1 1/2 pounds extra-lean ground beef [D6]

### Condiments
- Olive oil [D5, 6]  
- Vegetable oil [D1,D4]  
- Vinegar (if not using red wine) [D4,D6]  
- Red wine (1 1/4 cups or use red grape juice with a splash of vinegar) [D4,D6]  
- Black olives (12) [D5]  
- **Ranch dressing (for dipping sauce) [D4]**  
- **Salad dressing (your choice) [D1,D6]**

### Produce
- 5 pounds onions [D2,D3,D4,D5,D6]  
- Garlic (7 cloves) [D4]  
- 6 medium russet potatoes [D3]  
- 3 medium carrots [D4]  
- 1 medium red bell pepper [D4]  
- 1 small green bell pepper [D5]  
- 2 pounds spinach **Additional (1 meal) [D1,D4]**  
- Lemons (3 tablespoons juice and 1 1/2 tablespoons peel) [D5]  
- **Broccoli [D2]**  
- **Baby carrots [D2,D4]**  
- **Zucchini (1 meal) [D5]**  
- **Yellow squash (1 meal) [D5]**  
- **Lettuce for 1 salad (not Iceberg—no nutrition) [D6]**  
- **Salad veggies (your choice) [D1,6]**

### Bakery
- **Whole wheat crusty rolls (2 meals) [D1,D4]**  
- **Bread (your choice) (for grilled cheese) [D3]**  
- **Bread (your choice) (for garlic toast) [D6]**

### Canned Goods
- Red grape juice (1 1/4 cup if not using red wine) [D4,D6]  
- 2 (14.5-oz.) cans whole potatoes [D1]  
- 2 (28-oz.) can diced tomatoes [D6]  
- 4 (14.5-oz.) cans diced tomatoes [D1,D2,D6]  
- 2 (6-oz.) cans tomato paste [D4,D6]  
- Low sodium chicken broth (91.25 ounces) [D1,D3,D4,D5]

### Spices
- Italian seasoning [D1,D2,D6]  
- Garlic powder [D2]  
- Bay leaves [D4]  
- Allspice [D4]  
- Cumin [D4]  
- Oregano [D5]  
- Crushed red pepper flakes [D6]

### Dairy/Dairy Case
- Butter [D3]  
- Eggs (4) [D1,D6]  
- Skim milk (1/3 cup) [D6]  
- Parmesan cheese (1 1/3 cups plus 4 1/2 tablespoons, grated) **Additional for garnish (1 meal) [D1,D2,D6]**  
- Cheddar cheese (2 1/4 cups, shredded) **Additional for sandwiches [D3]**  
- Mozzarella cheese (3/4 cup, shredded) [D2]

### Dry Goods
- Italian bread crumbs (1 3/4 cups) [D1,D6]  
- Brown rice (1 1/2 cups) [D2]  
- Lentils—color of your choice (1 cup) [D4]  
- 16 ounces bow tie pasta [D4]  
- **Couscous (1 meal) [D5]**  
- **Spaghetti noodles (1 meal) [D6]**

### Freezer
- Green beans (16 ounces) [D1]  
- 2 (10-oz.) packages chopped broccoli [D3]

### Other
- Aluminum foil wrap [D2]

## Shopping List Legend

** = Serving Suggestions  
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...  
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
## Parmesan Pork Chops With Italian Veggies

**Day 1 – Serves 6**

**INGREDIENTS:**
- 3/4 cup Italian bread crumbs
- 3/4 cup Parmesan cheese, grated
- 2 eggs, beaten
- 3 tablespoons vegetable oil
- 6 pork chops (thin-cut)
- 16 ounces frozen green beans
- 2 (14.5-oz.) cans whole potatoes, drained and quartered
- 1 1/2 (14.5-oz.) cans diced tomatoes, un-drained
- 1 teaspoon Italian seasoning

**COOKING INSTRUCTIONS:** Combine bread crumbs and Parmesan cheese in a pie plate. Place beaten eggs in another pie plate. In a large skillet heat oil over medium high heat. Dip pork chops in egg, then in bread crumb mixture. Place pork chops in warmed skillet, cooking about 4 minutes per side, or until cooked through and lightly golden brown. While chops are cooking, combine beans, potatoes, tomatoes (saving the extra 1/2 can for tomorrow night’s dinner) and Italian seasoning in a large saucepan or Dutch oven. Cover and cook for about 7 minutes, or until veggies are warmed through. Serve pork chops with veggies. Sprinkle with additional Parmesan cheese.

**NUTRITION per serving:** 568 Calories; 28g Fat; 36g Protein; 44g Carbohydrate; 7g Dietary Fiber; 144mg Cholesterol; 747mg Sodium. 
**Exchanges**
- 2 Grain (Starch)
- 4 Lean Meat
- 2 Vegetable
- 3 Fat

**Points**
- 13

**SERVING SUGGESTION:** Serve with a large spinach salad and whole wheat crusty rolls.

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## Very Nice Chicken and Rice Casserole

**Day 2 – Serves 6**

**INGREDIENTS:**
- 2 1/4 cups low sodium chicken broth
- 1 1/2 cups brown rice
- 1 cup chopped onion
- 3/4 cup mozzarella cheese, shredded
- 2 1/4 teaspoons Italian seasoning
- 3/4 teaspoon garlic powder
- 1/3 cup Parmesan cheese
- 1 1/2 (14.5-oz.) cans diced tomatoes, drained
- 6 boneless skinless chicken thighs
- 3/4 teaspoon garlic powder
- 2 1/4 teaspoons Italian seasoning
- 1/4 cup Parmesan cheese, grated
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** Pre-heat oven to 375 degrees. Combine the first 9 ingredients in a lightly greased casserole dish and stir well. Arrange chicken thighs over rice mixture and sprinkle with 3/4 teaspoon garlic powder, Italian seasoning and Parmesan cheese. Cover and bake for 45 minutes. Uncover and bake for an additional 15 minutes, or until liquid is absorbed.

**NUTRITION per serving:** 388 Calories; 10g Fat; 29g Protein; 46g Carbohydrate; 2g Dietary Fiber; 76mg Cholesterol; 462mg Sodium. 
**Exchanges**
- 2 1/2 Grain (Starch)
- 3 1/2 Lean Meat
- 1 Vegetable
- 1 Fat

**Points**
- 8

**SERVING SUGGESTION:** Steamed broccoli and baby carrots.
### Potatoes and Trees Soup
Day 3 – Serves 6

**INGREDIENTS:**
- 1 1/2 tablespoons butter
- 1 cup chopped onion
- 6 medium russet potatoes, peeled and cubed
- 3 (14.5-oz.) cans low sodium chicken broth
- 1 1/2 (10-oz.) packages frozen chopped broccoli, thawed and drained

**COOKING INSTRUCTIONS:** In a large saucepan, melt butter over medium heat. Add onion and sauté till soft. Add potatoes and chicken broth. Bring to a boil, then reduce heat, cover and simmer for about 15 minutes, or until potatoes are tender. Remove half of the potatoes with a slotted spoon and set aside. Pour the remaining contents of the saucepan into a blender. Blend until smooth, then return to saucepan. Add reserved potatoes and the broccoli. Over medium heat, slowly add cheese, stirring until heated through and cheese is completely melted. Season with salt and pepper to taste.

**NUTRITION per serving:** 362 Calories; 17g Fat; 25g Protein; 29g Carbohydrate; 4g Dietary Fiber; 52mg Cholesterol; 753mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat. **Points:** 8

**SERVING SUGGESTION:** Serve with grilled cheese sandwiches.

### Lentils, Pasta and Greens
Day 4 – Serves 6

**INGREDIENTS:**
- 1 cup lentils, color of your choice
- 2 dried bay leaves, divided
- 4 1/2 tablespoons vegetable oil
- 1 cup chopped onion
- 3 medium carrots, sliced into thin coins
- 1 medium red bell pepper, seeded, de-ribbed and chopped
- 3 cloves garlic, pressed
- 3/4 cup red wine (or use red grape juice with a splash of vinegar)
- 3 tablespoons tomato paste
- 1 1/2 (14.5-oz.) cans low sodium chicken broth
- 2 pounds spinach, washed and chopped
- 1 medium red bell pepper, seeded, de-ribbed and chopped
- 3 cloves garlic, pressed
- 1 1/2 teaspoons cumin
- Salt and pepper to taste
- 16 ounces bow tie pasta, cooked and drained

**COOKING INSTRUCTIONS:** Cover lentils with water and bring to a boil. Add 1 bay leaf and cook until lentils are tender, about 20 minutes. Drain and set aside. While lentils are cooking, in a skillet heat oil over medium-high heat. Sauté onion, carrots, bell pepper and garlic for about 5 minutes. Add wine and remaining bay leaf. Let wine reduce for about a minute, then add tomato paste. Cook for another minute. Add chicken broth and spinach. Cover and let spinach wilt. Next, add allspice, cumin and salt and pepper to taste; stir. Reduce heat and simmer for 8 to 10 minutes. Add cooked pasta and lentils and toss to blend ingredients.

**NUTRITION per serving:** 432 Calories; 12g Fat; 23g Protein; 58g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 428mg Sodium. **Exchanges:** 3 Grain (Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 2 Fat. **Points:** 9

**SERVING SUGGESTION:** Whole grain crusty rolls and a bowl of raw baby carrots with your favorite dipping sauce (Ranch dressing?).

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### Notes
- This menu may not be forwarded to anyone. You will be unsubscribed.
### Athenian Chicken
**Day 5 – Serves 6**

**INGREDIENTS:**
- 6 boneless skinless chicken breast halves
- Salt and pepper to taste
- 1 1/2 tablespoons olive oil
- 3/4 cup onion, chopped
- 1/3 cup green bell pepper, chopped
- 1 cup low sodium chicken broth
- 1 tablespoon lemon juice
- 1 1/2 teaspoons oregano
- 12 black olives, sliced

**COOKING INSTRUCTIONS:** Season chicken with salt and pepper to taste. In a large skillet heat oil over medium-high heat and sauté chicken breasts for 5 to 6 minutes per side. Add onion and bell pepper and continue to cook until chicken is cooked through and veggies are tender-crisp. While chicken is cooking, combine broth, lemon juice, lemon peel and oregano in a saucepan. Bring to a boil and continue to cook until sauce is reduced to about 1/2 cup. Spoon sauce over chicken and sprinkle with sliced olives.

**NUTRITION per serving:** 193 Calories; 6g Fat; 30g Protein; 4g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 252mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat. **Points:** 4

**SERVING SUGGESTION:** Couscous and sautéed zucchini and yellow squash.

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### Spaghetti a la Crock
**Day 6 – Serves 6**

**INGREDIENTS:**
- 1/2 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, pressed
- 2 (28-oz.) + 1 (14.5-oz.) can diced tomatoes, drained
- 2 tablespoons Italian seasoning
- 1 1/2 (6-oz.) cans tomato paste
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup red wine (or use red grape juice with a splash of vinegar)
- 1/3 cup skim milk
- 1 1/2 pounds extra-lean ground beef
- 1 cup finely chopped onion
- 2 cloves garlic, pressed
- 2 eggs, beaten
- 4 1/2 tablespoons Parmesan cheese, grated
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** In a large skillet heat oil over medium heat, sauté onion and garlic till onions are translucent; transfer to a slow cooker. Next, add tomatoes, Italian seasoning, tomato paste, red wine and crushed red pepper flakes to slow cooker; stir. In a large mixing bowl, combine remaining ingredients. Mix well with your clean hands, then form into meatballs just a little bit smaller than a golf ball. Gently place meatballs in spaghetti sauce in slow cooker. Cover and cook on low heat setting for about 6 hours, or until meatballs are cooked through.

**NUTRITION per serving:** 551 Calories; 27g Fat; 33g Protein; 44g Carbohydrate; 7g Dietary Fiber; 144mg Cholesterol; 1080mg Sodium. **Exchanges:** 1 Grain (Starch); 3 1/2 Lean Meat; 5 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat. **Points:** 12

**SERVING SUGGESTION:** Serve over spaghetti noodles topped with additional grated Parmesan cheese along with a big salad and garlic toast.
**Frugal E-Book Menu and Shopping List for Six**

**Week 11**

**MENU**

**Day 1:** Veggie and Cheese Strata, sautéed green beans and glazed carrot coins

**Day 2:** Teriyaki Beef Stir-Fry with brown rice

**Day 3:** Vegetable and Lentil Stew, a loaf of crusty bread, and a big green salad

**Day 4:** Mediterranean Chicken Thighs with Artichoke Hearts, sautéed spinach, steamed cauliflower and baked sweet potatoes

**Day 5:** Mock Pork Marsala, braised cabbage, braised turnips and brown rice

**Day 6:** Corny Chicken and Potato Chowder, BLT’s and a fresh pear and raisin yogurt salad

**SHOPPING LIST:**

**MEAT**

1 pound beef top round [D2]

6 boneless pork chops [D5]

6 boneless skinless chicken thighs, plus additional to make 3 cups, cooked and chopped, [D4,D6]

Turkey OR pork bacon (9 slices) **Additional (1 meal) [D6]**

**PRODUCE**

3 pounds onions (keep on hand) [D3,D4,D6]

Garlic (8 cloves) **Additional (2 meals) [D3,D4,D5]**

2 bunches green onions [D1,D2]

Tomatoes (1 large plus 1/2 cup, diced, f) **Additional (1 meal) [D1]**

2 large green bell peppers [D2,D4]

1 medium red bell pepper [D3]

Carrots (2 medium plus 1/2 cup, diced) **Additional (1 meal) [D1,D2,D3]**

Zucchini (1/2 cup, diced) [D3]

Yellow squash (1/3 cup, diced) [D3]

Mushrooms (1/2 cup, quartered) [D3]

3 medium russet potatoes [D6]

**Green beans (1 meal) [D1]**

**Spinach (1 meal) [D4]**

**Cauliflower (1 meal) [D4]**

**Sweet potatoes (1 meal) [D4]**

**Cabbage (1 meal) [D5]**

**Turnips (1 meal) [D5]**

**Lettuce for 1 salad plus BLTs (not Iceberg—no nutrition) [D3,D6]**

**Salad veggies (your choice) [D3]**

**Pears (1 meal) [D6]**

**CONDIMENTS**

Olive oil [D3,5]

Vegetable oil [D2,D4,D6]

Mayonnaise [D1]

Tabasco sauce [D1]

Teriyaki sauce [D2]

Balsamic vinegar OR white wine vinegar [D4]

**Salad dressing (your choice) [D3]**

**CANNED GOODS**

Tomato paste (2 tablespoons) [D3]

Low sodium chicken broth (100 ounces) [D3,D4,D6]

3 jarred roasted bell peppers (optional) [D1]

Apple juice (3/4 cup) [D5]

**SPICES**

Basil [D1,3]

Oregano [D3,4]

Crushed red pepper flakes [D4]

Thyme [D5,D6]

**DAIRY/ DAIRY CASE**

Milk (3 1/2 cups) [D1,D6]

Eggs (5) [D1]

Heavy (whipping) cream (3 tablespoons) [D5]

Swiss cheese (1 1/4 cups, shredded) [D1]

Feta cheese (3/4 cup, crumbled) [D4]

**Butter [D5]**

**Yogurt (1 meal) [D6]**

**DRY GOODS**

Cornstarch [D2]

Lentils (2 cups) [D3]

**Brown rice (2 meals) [D2,D5]**

**Raisins (1 meal) [D6]**

**FREEZER**

1 package artichoke hearts [D4]

Whole kernel corn (6 cups) [D6]

**BAKERY**

Bread (12 slices, day-old) [D1]

**Crusty bread (1 meal) [D3]**

**Bread (for BLTs) [D6]**

**SHOPPING LIST LEGEND**

**= Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
DO AHEAD TIP: Let strata soak for at least 30 minutes

### Veggie and Cheese Strata

**Day 1 – Serves 6**

**INGREDIENTS:**
- 12 slices day-old bread
- 1 1/4 cups Swiss cheese, shredded
- 3 green onions, finely chopped
- 5 eggs, slightly beaten
- 2 cups milk
- 1/3 cup mayonnaise
- 3/4 teaspoon Tabasco sauce
- 3/4 teaspoon basil
- Salt and pepper to taste
- 1 large tomato, sliced
- 3 jarred roasted bell peppers (optional)

**COOKING INSTRUCTIONS:** ace 6 slices of the bread in the bottom of 9- x13-inch or similar greased baking dish. Sprinkle with Swiss cheese and green onions. Top with remaining slices of bread. Combine eggs, milk, mayonnaise, basil and salt and pepper to taste in a bowl. Blend well and pour mixture over bread. Spread egg mixture around so that bread is covered with the liquid. Cover and refrigerate for at least 30 minutes. Pre-heat oven to 350 degrees. Uncover strata and top with thin slices of tomato and roasted peppers, if desired. Sprinkle with remaining cheese. Bake for 30 to 35 minutes, or until a knife inserted in center comes out clean.

**NUTRITION per serving:** 420 Calories; 24g Fat; 19g Protein; 33g Carbohydrate; 2g Dietary Fiber; 193mg Cholesterol; 485mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 3 Fat. **Points:** 10

**SERVING SUGGESTION:** Sautéed green beans and glazed carrot coins.

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### Teriyaki Beef Stir Fry

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1 pound beef top round, cut in thin strips
- 3 tablespoons teriyaki sauce
- 2 tablespoons vegetable oil, divided
- 2 teaspoons cornstarch
- 1 large green bell pepper, cut into 3/4-inch slices
- 2 carrots, sliced, pre-cooked, tender-crisp
- 6 green onions, cut into 2 inch slices

**COOKING INSTRUCTIONS:** Combine teriyaki sauce, 1 tablespoon of the oil and the cornstarch. Add beef strips and marinate for 30 minutes. Heat remaining oil over medium-high heat in a skillet. Drain beef (reserve marinade) and add to skillet. Add vegetables and cook until meat is done and vegetables are tender-crisp. Add remaining marinade and cornstarch mixture and cook until thickened.

**NUTRITION per serving:** 205 Calories; 12g Fat; 17g Protein; 7g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 394mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 5

**SERVING SUGGESTION:** Serve with brown rice. That's all you need!
### Vegetable and Lentil Stew

**Day 3 – Serves 6**

**INGREDIENTS:**
- 2 tablespoons olive oil
- 1/2 cup onion, diced small
- 1/2 cup red bell pepper, diced medium
- 1/2 cup carrots, diced medium
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 cups dry lentils
- 5 cups low sodium chicken broth
- 1/2 cup zucchini, diced medium
- 1/2 cup yellow squash, diced medium
- 1/2 cup mushrooms, quartered
- 1 teaspoon oregano
- 1 teaspoon basil
- Salt and pepper to taste

**COOKING INSTRUCTIONS:** Heat olive oil over medium-high heat in a large saucepan; sauté onions, peppers, and carrots for approximately two minutes; add garlic and tomato paste and stir for one minute; add lentils and broth; bring to a boil, then reduce heat and simmer for 15 minutes; add remaining ingredients and simmer for another 10 minutes.

**NUTRITION per serving:** 303 Calories; 5g Fat; 20g Protein; 44g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 1846mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 6

**SERVING SUGGESTION:** A loaf of crusty bread and a big green salad makes this simple meal nice and balanced.

### Mediterranean Chicken with Artichoke Hearts

**Day 4 – Serves 6**

**INGREDIENTS:**
- 6 boneless skinless chicken thighs, cut into 2-inch pieces
- 3 tablespoons vegetable oil, divided
- Salt and pepper to taste
- 1 cup chopped onion
- 1 large green bell pepper, seeded, de-ribbed and cut in strips
- 6 cloves garlic, pressed
- 1 1/2 teaspoons oregano
- 1/2 teaspoon crushed red pepper flakes (or less, depending on your heat index)
- 1/3 cup balsamic vinegar or white wine vinegar
- 1 package frozen artichoke hearts, thawed and halved
- 1 (14.5-oz.) can low sodium chicken broth, plus 1/4 cup water
- 3/4 cup Feta cheese, crumbled

**COOKING INSTRUCTIONS:** Heat half of the oil in a skillet over medium-high heat. Brown chicken (salting and peppering to taste) till browned on both sides, about 5 minutes each side. Remove from skillet and keep warm. Add remaining oil to the skillet and re-heat. Add onion, artichoke hearts, garlic and bell pepper. Cook till wilted and onion is translucent. Add oregano and crushed red pepper flakes and give it a stir. Remove from skillet also. Add vinegar to skillet and heat, scraping up all the browned bits from the bottom of the pan with a wire whisk until the vinegar has nearly evaporated, about 2 minutes. Add broth and water to skillet, then chicken and onion mixture; bring to a boil, then reduce heat and simmer until chicken is thoroughly cooked and the sauce has thickened, about 5 to 10 minutes. Serve with sauce and crumbled Feta cheese on top.

**NUTRITION per serving:** 226 Calories; 14g Fat; 20g Protein; 6g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 413mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat. **Points:** 5

**SERVING SUGGESTION:** Sautéed spinach (add a little garlic), steamed cauliflower and baked sweet potatoes.
Mock Pork Marsala
Day 5 – Serves 6

INGREDIENTS:
6 boneless pork chops
1 1/2 tablespoons olive oil
Salt and pepper to taste
3/4 cup apple juice
3 tablespoons heavy (whipping) cream
1/3 teaspoon thyme

COOKING INSTRUCTIONS: Heat oil in a skillet over medium-high heat and brown the chops, about 2 minutes on each side. Season with salt and pepper to taste. Add apple juice to the skillet and continue to cook pork for another 2 minutes (add another 1/4 cup apple juice if it is evaporating too quickly). Remove pork chops from skillet and continue to simmer the sauce for about 1 minute, to reduce. Add the cream and season with thyme and a little more salt and pepper to taste. Spoon sauce over pork and serve.

NUTRITION per serving: 221 Calories; 13g Fat; 22g Protein; 4g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 56mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat. Points: 5

SERVING SUGGESTION: Braised cabbage (sauté in butter, then add a little water and simmer till tender-crisp), braised turnips (same preparation as the cabbage, but add some garlic and a little olive oil instead of butter) and some brown rice.

DO AHEAD TIP: Cook chicken for tomorrow’s meal; cool, cover and refrigerate overnight.

Corny Chicken and Potato Chowder
Day 6 – Serves 6

INGREDIENTS:
9 slices turkey or pork bacon, chopped
1 tablespoon vegetable oil (optional)
3 medium onions, chopped
3 medium russet potatoes, peeled and cut into 1/2-inch pieces
3 (14.5-oz.) cans low sodium chicken broth
6 cups frozen whole kernel corn
2 1/4 teaspoons thyme
1 1/2 cups milk
Salt and pepper to taste

COOKING INSTRUCTIONS: Cook bacon in oil until browned and crisp; drain on paper towels; set aside in refrigerator until needed later. Add onions to skillet and sauté until browned. Use vegetable oil, if needed, to sauté onion. Place cooked onion in slow cooker. Add broth to skillet and, using a wire whisk, scrape up all the browned bits from the bottom of the pan. Pour broth into slow cooker. Add potatoes to slow cooker. Cover and cook on low heat setting for about 8 hours. About 1 hour before you are ready to serve dinner, add corn, cooked chicken, thyme and milk. Raise slow cooker temp to high, cover and cook for another hour. Season chowder with salt and pepper to taste. Sprinkle with crumbled bacon and serve.

NUTRITION per serving: 486 Calories; 13g Fat; 43g Protein; 55g Carbohydrate; 6g Dietary Fiber; 86mg Cholesterol; 797mg Sodium. Exchanges: 3 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. Points: 10

SERVING SUGGESTION: Cook some extra bacon and have BLTs with the soup, along with a fresh pear and raisin salad topped with yogurt.
**Frugal E-Book Menu and Shopping List for Six**  
**Week 12**

### Menu

**Day 1:** Philly Steak Sandwiches and coleslaw  
**Day 2:** Crunchy Honey Mustard Chicken Fingers, Macaroni and cheese, and a big green salad  
**Day 3:** Vegetable Frittata, corn muffins and a fruit salad  
**Day 4:** Pork Fried Rice and stir-fried mixed veggies  
**Day 5:** Tiny’s Two-Ton Weekend Lasagna, huge green salad and garlic bread  
**Day 6:** Tuna Salad a la Crock, chopped spinach and whole grain rolls

### Shopping List:

**Meat**
- 1 1/2 pounds beef tenderloin, round steak or other steak (whatever is on sale, tenderized) [D1]  
- 1 1/2 pounds boneless skinless chicken breast halves [D2]  
- Chicken meat (5 cups, cooked) [D5]  
- 3/4 pound boneless pork chops or tenderloin [D4]

**Produce**
- 3 pounds onions (keep on hand) [D1,D3]  
- Garlic (8 cloves) [D4,5,6]  
- 1 small red onion [D6]  
- Russet potatoes (3 cups, diced) [D3]  
- Celery (1 1/2 cups, diced) [D3]  
- Carrots (3/4 cup, cut into matchsticks)  
- **Additional (1 meal, shredded, if making own coleslaw) [D1,D4]**  
- Green onions (3/4 cup, sliced) **Additional (1 meal, chopped, if making own coleslaw) [D1,D4]**  
- 1 small green bell pepper [D3]  
- 1 bunch parsley [D3,6]  
- Mushrooms (1 1/2 cups, sliced) [D5]  
- **Coleslaw mix—if not using leftover cabbage from last week [D1]**  
- **Fruit (your choice) (1 meal – for salad) [D3]**  
- **Stir-fry veggies (zucchini, yellow squash, snow peas, beans sprouts) [D4]**  
- **Spinach (1 meal) [D6]**  
- **Salad veggies (your choice) [D2,D5]**  
- **Lettuce for 2 salads (not Iceberg—no nutrition) [D2,D5]**

**Canned Goods**
- 1 (12-oz.) can solid white tuna, packed in water [D6]  
- 1 (14.5-oz.) can diced tomatoes [D6]

**Spices**
- Garlic powder [D1,D5]  
- Crushed red pepper flakes [D4]  
- Oregano [D5]  
- Thyme [D5]

**Condiments**
- Olive oil [D1,D6]  
- Vegetable oil [D3,D4]  
- Sesame oil (optional) [D4]  
- Teriyaki sauce [D4]  
- Vinegar (if not using wine) [D5]  
- Red wine vinegar [D6]  
- Dijon mustard [D2]  
- Low sodium soy sauce [D4]  
- Tabasco sauce [D5]  
- Honey [D2]  
- White wine (2 tablespoons) (or use white grape juice with vinegar) [D5]  
- White grape juice (2 tablespoons) (if not using white wine) [D5]  
- **Mayonnaise (if making own coleslaw) [D1]**  
- **Rice vinegar (if making own coleslaw) [D1]**  
- **Salad dressing(s) (your choice) [D2,D5]**

**Dairy/Dairy Case**
- Butter [D5]  
- Skim milk (4 cups) [D5]  
- Eggs (12) [D3,D4,D5]  
- Provolone cheese (6 slices) [D1]  
- Cheddar cheese (3/4 cup, shredded) [D3]  
- 1 (15-oz.) container part skim Ricotta cheese [D5]  
- Parmesan cheese (1/2 cup, grated) [D5]

**Dry Goods**
- Flour [D5]  
- Corn flakes (1 1/2 cups, crushed) [D2]  
- Brown rice (6 cups, cooked) [D4]  
- 15 sheets no-cook Lasagna noodles [D5]  
- 1 pound white beans [D6]  
- **Macaroni and cheese (1 meal) [D2]**

**Freezer**
- 1 (10-oz.) package chopped spinach [D5]

**Bakery**
- 6 hoagie rolls [D1]  
- **Corn muffins (1 meal) [D3]**  
- **Bread (1 meal – for garlic bread) [D5]**  
- **Whole grain dinner rolls (1 meal) [D6]**

### Shopping List Legend

**= Serving Suggestions**  
Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families’ needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
### Philly Steak Sandwiches

**Day 1 – Serves 6**

**INGREDIENTS:**
- 1 1/2 pounds beef tenderloin, round steak or other steak (whatever is on sale—tenderized), thinly sliced
- 1 to 2 teaspoons garlic powder
- Salt and pepper to taste
- 6 slices Provolone cheese
- 2 large onions, sliced
- 2 tablespoons olive oil, divided
- 6 hoagie rolls, split

**COOKING INSTRUCTIONS:**
First, we need to prepare the onions. In a skillet, heat one tablespoon of the olive oil over medium-high heat. Add onions and cook till soft and browned. Remove from skillet and set aside. Heat remaining oil over medium-high heat. Add the thinly sliced meat and cook in single layers and in batches so that it gets evenly browned. Salt and pepper to taste and sprinkle evenly with garlic powder. To assemble, place a hoagie on each dinner plate, add the hot meat, then the cooked onions, and top with a slice of Provolone. Allow the heat to melt the cheese, then serve. YUM!

**NUTRITION per serving:**
- 598 Calories
- 31g Fat
- 37g Protein
- 41g Carbohydrate
- 3g Dietary Fiber
- 89mg Cholesterol
- 685mg Sodium

**Exchanges**
- 2 1/2 Grain (Starch)
- 4 Lean Meat
- 1/2 Vegetable
- 3 1/2 Fat

**Points**
- 14

**SERVING SUGGESTION:** Serve with coleslaw (use last week’s leftover cabbage with shredded carrot and chopped green onion, then toss with mayo and a little rice vinegar) or buy ready-made.

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### Crunchy Honey Mustard Chicken Fingers

**Day 2 – Serves 6**

**INGREDIENTS:**
- 1/2 cup honey, warmed
- 1/2 cup Dijon mustard
- 1 1/2 cups corn flakes, crushed
- 1 1/2 pounds boneless skinless chicken breast halves

**COOKING INSTRUCTIONS:**
Pre-heat oven to 425 degrees. In a small bowl, combine mustard and warm honey; blend well. Place crushed corn flakes in a separate bowl. Slice chicken into 3/4-inch strips. Dip in honey mustard mix, then roll in crushed corn flakes. Place on a lightly greased cookie sheet. Bake for 10 to 15 minutes, or until done.

**NUTRITION per serving:**
- 306 Calories
- 2g Fat
- 29g Protein
- 44g Carbohydrate
- 1g Dietary Fiber
- 66mg Cholesterol
- 559mg Sodium

**Exchanges**
- 1 1/2 Grain (Starch)
- 3 1/2 Lean Meat
- 0 Fat
- 1 1/2 Other Carbohydrates

**Points**
- 6

**SERVING SUGGESTION:** Macaroni and cheese and a big green salad for a kid-friendly meal.
# Vegetables Frittata

**Day 3 – Serves 6**

**INGREDIENTS:**
- 3 cups russet potatoes, peeled and diced
- 1 1/2 cups celery, diced
- 3 tablespoons onion, diced
- 3 tablespoons green bell pepper, diced
- Water
- 2 tablespoons vegetable oil
- 3 tablespoons chopped parsley
- 9 eggs, beaten
- 3/4 cup Cheddar cheese, shredded

**COOKING INSTRUCTIONS:** Combine potatoes, celery, onion and bell pepper in a large saucepan over medium heat. Add enough water to cover and bring ingredients to a boil, then reduce heat, cover and simmer for about 15 minutes. Drain. While veggies are cooking, pre-heat broiler. Heat oil in a large ovenproof skillet over medium heat. Add cooked vegetables and stir until they begin to brown, about 4 minutes; add parsley. Spread veggies across the bottom of the skillet. Reduce stovetop heat to low and pour the beaten eggs over the vegetables in the skillet. Allow eggs to set without stirring. When the bottom of the eggs are cooked and the top is still runny, gently loosen edges around skillet to allow some of the excess runny eggs to go under the cooked egg and vegetables. You want to leave some of the top a wee bit on the runny side. Sprinkle with cheese. Now place the skillet under the broiler for the cheese to melt and the top of the eggs to cook.

**NUTRITION per serving:** 263 Calories; 16g Fat; 14g Protein; 16g Carbohydrate; 2g Dietary Fiber; 295mg Cholesterol; 203mg Sodium. **Exchanges:** 1 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** Corn muffins and a fruit salad.

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# Pork Fried Rice

**Day 4 – Serves 6**

**INGREDIENTS:**
- 1 tablespoon vegetable oil (or, if you wish to splurge, use sesame oil)
- 3/4 pound marinated boneless pork chops or pork tenderloin, cut into strips
- Teriyaki sauce
- 3/4 cup carrots, cut into matchsticks
- 3/4 cup green onions, sliced
- 4 cloves garlic, pressed
- Pepper to taste
- 1/3 teaspoon crushed red pepper flakes
- 6 cups brown rice, cooked and chilled*
- 2 large eggs, beaten
- 3 tablespoons low sodium soy sauce
- 1 1/2 tablespoons water

**COOKING INSTRUCTIONS:** Cook brown rice and refrigerate overnight. Place pork in a small bowl and add on enough teriyaki sauce to coat and cover pork. Marinate overnight. In a large skillet or wok, heat oil over high heat and add pork. Stir-fry for about 4 minutes, or until almost cooked through. Add carrots, onion, garlic, pepper and red pepper; stir fry for another 2 minutes. Add cooked rice and stir-fry for another 2 minutes, or until heated through. Push rice to the sides of the pan to form a well in the center of the skillet or wok. Add egg to the center of the pan and cook for about 30 seconds before tossing the rice mixture with the egg. Continue to stir-fry until egg is cooked through. Add soy sauce and water and cook for another minute or so.

**LEANNE’S NOTE:** Do not bring rice to room temperature before preparing meal, as fried rice works best when using chilled rice.

**NUTRITION per serving:** 347 Calories; 7g Fat; 19g Protein; 50g Carbohydrate; 4g Dietary Fiber; 99mg Cholesterol; 357mg Sodium. **Exchanges:** 3 Grain (Starch); 2 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 7

**SERVING SUGGESTION:** Stir-fried mixed veggies (zucchini, yellow squash, snow peas and bean sprouts).

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**DO-AHEAD TIP:** Cook chicken for tomorrow’s meal; cool, cover and refrigerate overnight.
Tiny’s Two-ton Weekend Lasagna
Day 5 – Serves 12 (Leftovers!!!)

**INGREDIENTS:**
- 1 stick butter
- 1/2 cup flour
- 4 cups skim milk
- Salt and pepper to taste
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- 2 tablespoons butter
- 2 cloves garlic, pressed
- 5 cups cooked chicken, chopped
- 2 tablespoons white wine (or white grape juice with dash of vinegar)
- 1 (10-oz.) package frozen chopped spinach, thawed and drained
- 1 1/2 cups mushrooms, sliced
- Shot of Tabasco sauce
- 1 (15-oz.) container part skim Ricotta cheese
- 1 egg
- 15 sheets no-cook Lasagna noodles
- 1/2 cup Parmesan cheese, grated

**COOKING INSTRUCTIONS:**
Pre-heat oven to 350 degrees and lightly grease a 9- x 13-inch baking dish. To make a cream sauce, melt the stick of butter in a saucepan over medium-low heat. Whisk in flour, making a roux, and stirring constantly for 1 minute. Slowly add milk and bring mixture to a gentle boil, whisking until thick and smooth. Add salt and pepper to taste. Remove from heat and set aside. Next, in a small bowl crush oregano and thyme; blend well. Set aside. In a large skillet, sauté garlic in the 2 tablespoons of butter. Add cooked chicken and half of the herbs. Cook till chicken is coated and warmed through, then remove to a bowl with a slotted spoon and set aside. Add wine to skillet and bring mixture to a boil, scraping up all the browned bits from the bottom of the pan. Add spinach and mushrooms to skillet and continue to cook, covered, for about 5 minutes. Add remaining herbs and a shot of Tabasco sauce. Salt and pepper to taste. Continue to cook, stirring occasionally, until liquid in mushrooms evaporates. Add 1 cup of this mixture to the reserved cream sauce, then add remaining mushroom mixture to the reserved chicken. In a bowl, whisk together Ricotta cheese and egg. Pour 1/2 cup reserved cream sauce into the baking dish (sauce will not cover the entire bottom of the pan, but try to evenly distribute it). Cover with 3 sheets of pasta, making sure they do not touch each other. Spread half of the chicken mixture over the pasta sheets and top with another 3 sheets of pasta. Spread half of the Ricotta mixture over the pasta and top with another 3 sheets of pasta. Continue to layer in this order until you end with 1/2 cup cream sauce. Sprinkle with grated Parmesan cheese. Bake, uncovered, for 45 minutes to 1 hour, or until Lasagna is cooked through and lightly golden brown on top.

*LEANNE’S NOTE:* This recipe isn’t known for its kindness to the dimension to your thighs. And it takes more time than usual to make--notice the word “weekend” in the title. The good part is that you’ll love eating it. The bad part is the portion suggestion. See how small I made them? Unless you want to count fat cells, my suggestion is that you go easy and make plenty of salad. Food like this shouldn’t be forbidden, just kicked down a notch or two. Also, this would be a great recipe to share when you have friends or family for dinner.

**NUTRITION per serving:**
764 Calories; 22g Fat; 48g Protein; 91g Carbohydrate; 4g Dietary Fiber; 124mg Cholesterol; 333mg Sodium.

**Exchanges**:
- 5 1/2 Grain (Starch)
- 4 Lean Meat
- 1/2 Vegetable
- 1/2 Non-Fat Milk
- 2 Fat

**Points**: 16

**SERVING SUGGESTION:**
A huge green salad and garlic bread.

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Tuna Salad a la Crock
Day 6 – Serves 6

**INGREDIENTS:**
- 1 pound dried white beans
- Water
- 1 (12-oz.) can solid white tuna packed in water, drained
- 1 (14.5-oz.) can diced tomatoes, drained
- 1 small red onion, minced
- 3 tablespoons red wine vinegar
- 2 cloves garlic, pressed
- 3/4 cup olive oil
- Salt and pepper to taste
- 2 tablespoons fresh parsley, chopped

**COOKING INSTRUCTIONS:**
Soak beans overnight. Drain beans and place in a slow cooker. Add enough fresh water to cover beans by about 1 inch. Cover and cook on low heat setting for 6 hours, or until tender. About an hour and a half before you are ready to serve, combine tuna, tomatoes, onion, vinegar, garlic, olive oil and salt and pepper to taste in a bowl. (This mixture can also be prepped ahead of time and refrigerated while beans are cooking). Remove beans from slow cooker, drain and let sit until they are cool enough to handle. In a large serving bowl, combine cooled beans with tuna mixture and toss gently. Cover and refrigerate for 1 hour to allow flavors to blend. Toss again gently, sprinkle with chopped parsley and serve.

**NUTRITION per serving:**
429 Calories; 21g Fat; 25g Protein; 37g Carbohydrate; 9g Dietary Fiber; 13mg Cholesterol; 160mg Sodium.

**Exchanges**:
- 2 1/2 Grain (Starch)
- 2 1/2 Lean Meat
- 1/2 Vegetable
- 4 Fat

**Points**: 10

**SERVING SUGGESTION:**
Serve over a large bed of chopped spinach with some whole grain dinner rolls.

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DO AHEAD TIP: Soak beans overnight. Prep tuna mixture if desired. Refrigerate entire salad for at least 1 hour before serving.