

Anyone Can Cook Dinner

Eat Sheet™ Week 2

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MEATS

- Roaster chicken, cooked, from deli
(1 whole chicken or 4 cups meat) for 2 meals
(or use leftover chicken or pork for Tortellini Soup)
- Pork top loin roast, boneless, trimmed
(2 lbs or 900 g)
- Chicken breasts, boneless, skinless (4)
(1 1/2 lbs or 675 g)
- Ground beef, extra-lean (1 lb or 450 g)

DAIRY

- Butter
- Milk, 1% milk fat (1 cup)
- Sour cream, fat-free or light (1/2 cup)
- Cheddar cheese, light, shredded (2 cups)

PRODUCE

- Cheese tortellini (12 oz or 350 g) (in deli section)
- Fresh garlic (from a jar)
- Celery ribs (2)
- Carrots (2)
- Baby potatoes (20) or 4 large thin-skinned potatoes
- Onion
- Green onions (3)
- Salad kit (optional with Tortellini Soup)
- Mushrooms (20) for 2 meals
- Red bell pepper (1) & Yellow bell pepper (1)
- Zucchini, medium (2)
- Asparagus spears (20)
- Broccoli florets, 2-3 heads (1 lb or 450 g)
- Precut veggies (1 1/2 lbs or 675 g)
(e.g. celery, cauliflower, broccoli and carrots)

OTHER

- Aluminum foil
- Paper towel

■ SPICES

- Celery salt
- Cinnamon
- Garlic & herb seasoning blend, salt-free
- Garlic powder
- Hot chili flakes (optional)
- Italian seasoning, salt-free
- Onion flakes
- Original, all purpose seasoning, salt-free
- Poultry seasoning
- Rosemary leaves
- Table blend seasoning, salt free
- Salt & pepper

■ BAKING GOODS

- Olive oil, extra-virgin
- Cooking spray
- Canola oil
- Apple cider vinegar
- Flour
- Dry brown gravy mix (I like Bisto)
- Maple syrup (1/2 cup)
- Cranberries, dried, unsweetened

■ HELPERS

- Applesauce, unsweetened (1/2 cup)
- Chicken broth, reduced-sodium
(4 1/2 – 5 cups) for 2 meals
- 1 can pasta sauce, tomato blend, choose a lower sodium brand (24 fl oz or 680 mL)
- Worcestershire sauce
- Hot sauce (optional for Tortellini Soup)
- Basil pesto (from a jar)
- Mayonnaise, light

■ FROZEN FOODS

- Peas (1 cup)
- Peas (1 cup) (optional for Tortellini Soup)
- Puff pastry patti shells, 1 pkg of 6 (10 oz or 300 g)
(can use precooked shells found in bakery section)

■ DRY ESSENTIALS

- Basmati or white rice (1 1/4 cups)
- Macaroni, whole wheat (2 1/2 cups)