

Anyone Can Cook Dinner

Eat Sheet™ Week 3

RECIPE NAME	PAGE
Beef & Broccoli, Rice	66
Peanut Butter & Honey Chicken, Fries, Snap Peas	68
Spaghetti and Lean Meat Sauce, Veggies, Dip	70
Mediterranean Pizza and Cheese Pizza	72
Butter Chicken, Basmati Rice, Baby Peas	74

■ MEATS

Chicken thighs, boneless, skinless
(1 3/4 lbs or 800 g)
Chicken breasts (4-6) or thighs (8-10), boneless, skinless
(1 1/3 lbs or 600 g)
Flank or skirt steak (or lean sirloin)
(1 1/2 lbs or 675 g)
Ground beef, extra-lean (1 1/2 lb or 675 g)
Pepperoni, lean (optional for Cheese Pizza)

■ DAIRY

Butter
Cream, 10% milk fat (1/2 cup)
Milk, 1% milk fat (1/2 cup)
Feta cheese, light (1/4 cup)
Mozzarella cheese, part-skim, shredded (1 1/2 cups)
Parmesan cheese (optional for Spaghetti)

■ PRODUCE

Fresh garlic (from a jar)
Fresh ginger (from a jar)
Snap peas (1 1/2 lbs or 675 g)
Celery ribs (2)
Broccoli (1 lb or 450 g)
Cauliflower (optional for Veggies & Dip)
Cucumber (optional for Veggies & Dip)
Onion, large (2) for 2 meals
Red onion
Mushrooms (27) for 3 meals
Green or red bell pepper (1)
Red, orange or yellow bell pepper (2) for 2 meals
Zucchini, small (2) for 2 meals
Grape tomatoes (12)
Cilantro (optional for Butter Chicken)

■ DRY ESSENTIALS

Basmati or white rice (or quinoa) (1 1/2 cups)
Basmati rice (1 1/2 cups) (for Butter Chicken)
Spaghetti pasta (12 oz or 340 g)

■ SPICES

Basil leaves, dried
Cinammon, ground
Chili powder
Garam masala
Hot chili flakes (optional)
Italian seasoning
Oregano leaves
Paprika
Pepper
Rosemary
Sesame seeds
Thyme leaves

■ BAKING GOODS

Canola oil
Olive oil (optional)
Sesame oil
Brown sugar
Sugar
Pine nuts or matchstick almonds (1 Tbsp for Pizza)

■ HELPERS

Peanut butter, light
Peanut satay sauce
Madras curry paste
Soy sauce, reduced-sodium (or use Bragg)
Sweet soy sauce (Kepak Manis)
(or use dark soy sauce & honey)
3 cans tomato pasta sauce, Spicy Onion & Garlic
(24 fl oz or 680 mL each)
Pizza sauce (1/2 cup)
1 can tomato soup (10 fl oz or 284 mL)
Chicken broth, reduced-sodium (3/4 cup)
Artichoke hearts (from a can)
Olives, sliced (optional for Mediterranean Pizza)
Sundried tomatoes (6-8) (in a jar)
Salad dressing, ranch, light, or your favorite
(choose a lower sodium brand)

■ FROZEN FOODS

Sweet potato fries (1 lb or 450 g) (or regular fries)
Baby peas (3 cups) (or use leftover veggies)

■ BAKERY

2 thin-crust pizza crusts (12")
Naan bread (optional for Butter Chicken)

■ OTHER

Paper towels