

Medium-Cost Five Day Meal Plan

Shopping guide and recipes designed for a family of four.

Food purchased and recipes prepared are based on the Summer season (June, July, and August).

Market Purchases

One 4-6 pound chicken
8 red or white new potatoes
15 large carrots
4 onions
6 large tomatoes
2 green bell peppers
5 cups green beans
1 stalk celery
4 stalks corn
1 cucumber
1 bunch lettuce, any type
1 head garlic
1 bunch cilantro, parsley, and basil
4 apples
4 peaches
1 pint strawberries

Grocery Store Purchases

Olive oil
Salt and pepper
1 box whole-wheat spaghetti
4 whole-wheat tortillas
Chili powder
Cumin
Reduced fat cheddar cheese
2 15oz cans white beans
Balsamic vinegar

Dinner 1 – Roasted Chicken & Potatoes with Carrots & Fresh Apple Slices

Dinner 2 – Chicken Enchiladas and Salad

Dinner 3 – Chicken Noodle Soup & Fresh Peaches

Dinner 4 – Chicken Spaghetti and Green Beans

Dinner 5 – White Chili & Fresh Strawberries

For nutritious tips and tricks, pick up
the phone and call **1-888-814-7627**

For more recipes, please visit:
www.facebook.com/VaFNP

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Roasted Chicken with Potatoes, Carrots, and Fresh Apples

Number of Servings: 5

Prep Time: 30 minutes

Total Time: 2.5 hours

Equipment:

Knife
Cutting board
Roasting pan
Cooking thermometer
Colander

Ingredients:

One 5-pound whole chicken
5 medium new potatoes
5 carrots, 1-2 for stock
2 onions, 1 for stock
2 tablespoons olive oil
Salt and pepper to taste
1 cup water (chicken broth)
2 ribs of celery, for stock
4 apples, sliced



Directions:

1. Heat the oven to 400°F. Remove chicken from packaging and remove the giblets from inside the body. Save giblets for chicken stock later.
2. Pat the chicken dry (inside and out) with a dry paper towel then place the chicken in your roasting pan.
3. Drizzle olive oil on the chicken and rub it all over the skin and inside cavity. Season with salt and pepper inside and out.
4. Peel and chop vegetables (potatoes, carrots, onion) into wedges and bite-sized pieces. Arrange them evenly on the bottom of the pan, surrounding the chicken. Sprinkle salt and pepper over the vegetables.
5. Add 1 cup of water (or chicken broth) to the bottom on the roasting pan and place in the oven.
6. Cook for 1.5 - 2 hours. Check if the chicken is done by inserting a cooking thermometer into the meatiest part of the thigh. The chicken is done when the thermometer reads 165°.
7. Serve five individual portions with the vegetables. Enjoy with apple slices as a side or dessert!

Nutrition Facts

Serving Size 1 portion	
Servings Per Container 5	
Amount Per Serving	
Calories 410	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 160mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 26g	
Vitamin A 250%	Vitamin C 60%
Calcium 6%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	

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Preparing Chicken Broth and Unused Chicken

1. After dinner, pick all the meat off of the chicken and place leftover meat in three separate containers for later use in the week. Store in refrigerator.
2. Put the leftover bones and carcass in a large pot and cover with water (about 4-6 cups water). Add celery, onion, and carrots. Sprinkle with salt and pepper.
3. Bring to a boil and immediately reduce heat to a simmer. Simmer uncovered for at least 4 hours.
4. Remove the bones and strain the stock. Remove the vegetables and store in the refrigerator for later use. Store stock once strained in the refrigerator for later use.

Chicken Enchiladas and Salad

Number of Servings: 6

Prep Time: 20 minutes

Total Time: 40 minutes

Equipment:

Cutting board

Knife

Shredder

13 x 9 baking pan

Saucepan

Nonstick skillet

Ingredients:

2 cups leftover chicken
2 large tomatoes, diced
2 ears of corn
1 green bell pepper, diced
6 whole-wheat tortillas
1/4 cup cheddar cheese,
shredded
1 tablespoon chili powder
2 teaspoons cumin
1 bunch of romaine lettuce,
or arugula
1 cucumber, sliced
Few sprigs basil and parsley
1 tablespoon olive oil
1/4 cup balsamic vinegar

Directions:

1. Heat oven to 350°F.
2. Heat water in sauce pan to a boil. Meanwhile, shuck corn. Once shucked, add to sauce pan and boil for 10 minutes.
3. Add peppers, tomatoes, and chicken to nonstick pan. Add cumin and chili powder and cook for 10 minutes, adding water if too thick.
4. Cut corn off stalk and add to the mixture. Mix well and cook for an additional 1-2 minutes.
5. Spoon a small portion of mixture into each tortilla and roll tortillas up like a burrito. Place rolled up tortillas into a 13 x 9 baking pan in a row.
6. Sprinkle cheese on top and bake for 20 minutes.
7. Make salad while enchiladas are baking. Chop salad and add cucumbers to a medium sized bowl. Chop sprigs of basil and parsley and add to bowl.
8. Mix olive oil with balsamic vinegar. Add salt and pepper to taste. Drizzle on top of salad. Serve salad with enchiladas.

Nutrition Facts

Serving Size 1 tortilla with toppings
Servings Per Container 6

Amount Per Serving

Calories 310 **Calories from Fat** 120

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 360mg **15%**

Total Carbohydrate 29g **10%**

Dietary Fiber 6g **24%**

Sugars 8g

Protein 20g

Vitamin A 90% • **Vitamin C** 50%

Calcium 15% • **Iron** 15%

* Percent Daily Values are based on a 2,000 calorie diet.



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Chicken Noodle Soup and Fresh Peaches

Number of Servings: 6

Prep Time: 5 minutes

Total Time: 35 minutes

Equipment:

Cutting board

Knife

Stock pot

Stirring spoon

Ingredients:

2 cups leftover chicken

4 cups reserved chicken stock

1 onion, diced

2 ribs of celery, diced

4 large carrots, diced

3 new potatoes, chopped

1 cup green beans, fresh

1/2 pound whole-grain pasta

Parsley sprigs to taste, sliced

6 fresh peaches

Directions:

1. Add chicken stock to stock pot and bring to medium-high heat.
2. Rinse green beans in colander with water and pat dry. Begin snapping green beans, removing tips and parts that are damaged or spoiled.
3. Add vegetables and chicken to pot. Cover, and gently boil for 20 minutes.
4. When vegetables are beginning to soften, add pasta noodles and continue to gently boil for an additional 10 minutes.
5. Add parsley and serve with fresh sliced peaches.

Nutrition Facts

Serving Size 1 cup (479.3g)

Servings Per Container 6

Amount Per Serving

Calories 400 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 320mg **13%**

Total Carbohydrate 57g **19%**

Dietary Fiber 5g **20%**

Sugars 14g

Protein 25g

Vitamin A 140% • **Vitamin C** 70%

Calcium 6% • **Iron** 15%

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Chicken Spaghetti and Green Beans

Number of Servings: 6

Prep Time: 30 minutes

Total Time: 50 minutes

Equipment:

Cutting board

Knife

2 saucepans

Colander

Nonstick skillet

Cheese grater

13 x 9 baking pan

Ingredients:

2 cups leftover chicken
3 large tomatoes, diced
1 green pepper, diced
4-6 leaves basil, chopped
1 clove of garlic, chopped
1/2 pound whole grain pasta
4 cups fresh green beans
1 tablespoon olive oil
3 tablespoons cheddar
cheese, shredded



Directions:

Chicken Spaghetti:

1. Heat oven to 350°F. Cook pasta noodles according to directions on box in a saucepan.
2. Heat non-stick skillet to medium. Place garlic and olive oil in skillet and stir. Add green pepper and tomatoes and stir. Add chicken and stir. Cook for approximately 15 minutes.
3. Add cooked pasta and sauce mixture to 13 x 9 baking pan. Mix well. Sprinkle with cheese and bake for 20 minutes.
4. Sprinkle basil on top and serve with green beans.

Green Beans:

1. While chicken spaghetti is cooking, rinse green beans in colander with water and pat dry. Begin snapping green beans, removing tips and parts that are damaged or spoiled.
2. Place snapped green beans into a sauce pan and cover with water. Bring to a boil and then turn the heat down to simmer. Allow beans to simmer for approximately 5 minutes until they are tender but still crisp.
3. Drizzle with a small amount of olive oil and sprinkle with salt and pepper.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 310 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 90mg 4%

Total Carbohydrate 39g 13%

Dietary Fiber 7g 28%

Sugars 5g

Protein 23g

Vitamin A 25% • Vitamin C 50%

Calcium 10% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

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White Chili with Fresh Strawberries

Number of Servings: 6

Prep Time: 20 minutes

Total Time: 50 minutes

Equipment:

Vegetable masher
Stock pot
Cutting board
Knife
Measuring spoons
Small bowl
Can opener
Cheese grater

Ingredients:

2 cups leftover chicken stock
and vegetables
2 large carrots, sliced thinly
1 onion, diced
1 large tomato, diced
1 green bell pepper, diced
2 ribs celery, diced
2 cloves garlic, minced
2 ears corn
2 teaspoons cumin
1 tablespoon chili powder
2 15oz cans white beans
1 tablespoons olive oil
1/4 cup cilantro, chopped
3 tablespoons cheddar cheese,
shredded
1 pint strawberries

Directions:

1. Heat stock pot to medium and add olive oil. Add onion, celery, garlic, green pepper, and carrots to pot and cook for 10 minutes, stirring frequently.
2. Meanwhile, heat water in sauce pan to a boil. Shuck corn. Once shucked, add to sauce pan and boil for 10 minutes.
3. Add chicken stock and tomato to stock pot and bring to a boil. Reduce to simmer and cook for 20 minutes until vegetables are tender.
4. Meanwhile, place reserved carrots and onions from stock into a small bowl and mash with vegetable masher until smooth. Add pureed vegetable to stock pot, mix.
5. Cut corn off of cob and add to stock pot. Add cumin and chili powder to stock pot. Rinse and drain white beans in colander and add to stock pot. Salt and pepper to taste. Sprinkle soup with cheese and cilantro. Serve strawberries with or after chili.

Nutrition Facts

Serving Size 1 cup (365.04g)
Servings Per Container 7

Amount Per Serving

Calories 260 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol <5mg **0%**

Sodium 280mg **12%**

Total Carbohydrate 45g **15%**

Dietary Fiber 9g **36%**

Sugars 8g

Protein 13g

Vitamin A 80% • Vitamin C 80%

Calcium 15% • Iron 30%

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