

BUYTHISCOOKTHAT.COM

WEEKLY DINNER MENU #1

Subscribers
only!

A week's worth of dinner ideas
with shopping list + instructions.





W E E K L Y DINNER MENU #1

MONDAY

Chicken Bacon
Ranch Casserole

TUESDAY

Marinara Meatball
Skillet

WEDNESDAY

Cheesy Stuffed
Zucchini

THURSDAY

Southwestern
Grilled Chicken

FRIDAY

Leftovers

SATURDAY

Alfredo Style Italian
Meatballs

SUNDAY

White Chicken
Chili

BUY THIS:

- __alfredo sauce, 2 c
- __bacon, 8 pcs
- __bell pepper, 1 ea
- __canned black beans, 2.5 c
- __canned green chiles, 2.5 c
- __canned kernel corn, 0.5 c
- __canned white beans, 8 c
- __chicken breasts, 10 ea
- __chicken broth, 5 c
- __cilantro, 1 c
- __frozen meatballs, 2 pkg
- __garlic, 8 cloves
- __green onion, 2 ea
- __ground beef, 1 lb
- __jalapeno, 1 ea
- __lime, 1 ea
- __linguine, 8 oz dry
- __marinara sauce, 4 c
- __milk, 6 c
- __mozzarella, 8 oz
- __onion, 1 ea
- __parmesan, 1 c
- __parsley or basil, optional
- __ranch seasoning, 1 pkt
- __rotini pasta, 16 oz dry
- __shredded cheddar, 5 c
- __taco seasoning, 1 pkt
- __tomato, 1 ea
- __tomato paste, 3 oz
- __zucchini, 4 ea

STAPLES:

butter, chili powder, cumin, flour, oil,
onion powder, dried oregano, paprika,
pepper, salt



CHICKEN BACON RANCH CASSEROLE

BUY THIS:

- 4 chicken breasts, *boneless, skinless, cut into half-inch sized pieces*
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 5 tablespoons butter, *divided*
- 16 ounces rotini pasta
- 3 tablespoons all-purpose flour
- 1 packet ranch seasoning mix
- 4 1/2 cups milk
- 8 strips bacon, *cooked and crumbled*
- 2 cups shredded sharp cheddar cheese
- 2 green onions, *chopped*

Great with a tossed, green salad.

SERVINGS: 8

PREP TIME: 45 MINS

COOK TIME: 45 MINS

TOTAL TIME: 1 HR 30 MINS

COOK THAT:

1. Preheat oven to 350 degrees. Butter an 8×11 baking dish. Set aside.
2. Season chicken pieces with salt + pepper. Heat butter in a skillet to medium high. Working in batches, cook chicken 3 – 5 minutes, stirring. Transfer to a dish; keep warm.
3. While chicken is cooking, boil pasta to package directions for al dente. Drain (do not rinse).
4. In skillet, melt remaining butter on low. Whisk in flour. Cook + stir until smooth and bubbly, about 2 minutes.
5. Whisk in milk until smooth. Add ranch seasoning + whisk until well blended.
6. Increase to medium high. Bring sauce mixture to low boil, stirring frequently. Reduce heat + stir until sauce has thickened, about 5 minutes.
7. In baking dish, build layers of pasta, chicken, bacon, sauce. Top each layer with a portion of cheese. Repeat layers and finish with cheese.
8. Cover dish with foil. Bake for 30 minutes. Serve hot with chopped green onions.



MARINARA MEATBALL SKILLET

BUY THIS:

- 1 package frozen meatballs, *prepared to directions*
- 2 tablespoons olive oil
- 1 bell pepper, *seeded and sliced*
- 4 cups jarred marinara sauce
- 8 ounces mozzarella
- 1/2 cup parmesan

Serve with warm, toasted bread. Yum!

COOK THAT:

1. Preheat oven to 350 degrees.
2. In a large cast iron skillet, cook the meatballs in oil to package directions. Transfer to a dish and keep warm.
3. In the same skillet, cook the peppers in oil until tender.
4. Pour the marinara sauce into the skillet, stirring to combine. Return the meatballs to the skillet and stir to coat. Cook until heated through, about 10 minutes.
5. Top the meatballs and sauce with mozzarella. Sprinkle with parmesan cheese.
6. Bake uncovered for 30 minutes until the cheese is melted and golden.

SERVINGS: 6

PREP TIME: 30 MINS

COOK TIME: 30 MINS

TOTAL TIME: 1 HR



STUFFED ZUCCHINI SQUASH

BUY THIS:

- 4 zucchini squash
- 1 pound lean ground beef
- 4 ounces canned green chiles, *undrained*
- 1/2 cup black beans, *rinsed and drained*
- 1/2 cup kernel corn, *drained*
- 3 ounces tomato paste
- 1 packet taco seasoning
- 3/4 cup water
- 1 1/2 cups shredded cheddar cheese

*makes a great meal-
prep lunch, too.*

COOK THAT:

1. Preheat oven to 350 degrees. Spray a baking dish with non-stick spray.
2. Slice the zucchini in half lengthwise. Using a small spoon, scoop out the inside of each zucchini half. Arrange the zucchini in the bottom of the dish. Set aside.
3. In a skillet on medium heat, brown and crumble the ground beef until no longer pink in the center, about 10 minutes.
4. Stir in the green chiles, beans corn, tomato paste, seasoning and water. Combine well. Cook and stir for 10 minutes.
5. Evenly spoon the meat mixture into the prepared zucchini. Top with cheese.
6. Bake uncovered for 30 minutes. Serve hot.

SERVINGS: 8

PREP TIME: 30 MINS

COOK TIME: 30 MINS

TOTAL TIME: 1 HR



SOUTHWESTERN GRILLED CHICKEN

BUY THIS:

- 4 chicken breasts, *boneless, skinless*
- 1/4 cup olive oil
- 4 cloves garlic, *finely minced*
- 1 lime, juiced and zested, *divided*
- 2 teaspoons paprika
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon onion powder (*not onion salt*)
- 1 teaspoon salt, *more or less to taste*
- 1/2 teaspoon black pepper
- 1 cup shredded cheddar cheese
- 2 cups black beans, *rinsed and drained*
- 1 tomato, *chopped*
- 1 jalapeno, *seeded and finely diced*

SERVINGS: 8

PREP + MARINATING TIME:

2 HRS 10 MINS

COOK TIME: 20 MINS

**TOTAL TIME: 2 HRS 30
MINS**

COOK THAT:

1. Cut chicken in half LENGTHWISE to create 8 cutlet sized pieces. Set aside.
2. In a shallow dish, combine olive oil, juice of half a lime, zest of one lime, garlic. Stir in the paprika, chili powder, cumin, onion powder, salt and pepper.
3. Add the chicken cutlets, and turn to coat well. Cover and refrigerate for 1 hour.
4. In a medium bowl, stir together black beans, tomatoes, jalapenos, 2 tablespoons of lime juice. Stir well. Season with salt + pepper to taste. Rest at room temperature until ready to serve, stirring often.
5. Heat grill to 400 degrees. Place spiced chicken on grill. Cook for 5 minutes on each side, rotating a quarter turn on each side. (Total cook time is about 10-12 minutes.)

Recipe Notes: Cooking times will vary based on grill temperature, type of grill and thickness of chicken. Please use a meat thermometer to ensure chicken is properly cooked.

*Serve over a bed of rice
for a filling meal!*



ALFREDO STYLE ITALIAN MEATBALLS

BUY THIS:

- 1 package frozen meatballs, *prepared to package directions*
- 8 ounces linguine pasta
- 2 cups jarred alfredo sauce
- 1/2 cup parmesan
- Fresh parsley or basil, *optional*

COOK THAT:

1. Prepare meatballs in a skillet to package directions.
2. Pour jarred alfredo sauce over the meatballs. Simmer until heated through, about 10 minutes.
3. While the meatballs are simmering, prepare linguine pasta to package directions for al dente. Drain, but do not rinse.
4. Serve the alfredo meatballs over hot pasta.
5. Garnish with fresh chopped parsley or basil if desired.

Nothing wrong with a few shortcuts. Time saver!

SERVINGS: 4

PREP TIME: 30 MINUTES

COOK TIME: 30 MINS

TOTAL TIME: 1 HR



WHITE CHICKEN CHILI

BUY THIS:

- 3 tablespoons butter
- 1 onion, *peeled and diced*
- 4 cloves garlic, *minced*
- 2 chicken breasts, *boneless, skinless, cut into 1/2 inch cubes*
- 1 tablespoon cumin
- 1 teaspoon sea salt, *divided*
- 1 teaspoon chili powder
- 1 teaspoon oregano
- 1/2 teaspoon pepper
- 2 cups green chiles, *undrained*
- 5 cups chicken broth
- 64 ounces canned white beans, *any variety, drained and rinsed*
- 1 cup milk
- 1 cup fresh cilantro, *more or less to taste*

SERVINGS: 12

PREP TIME: 15 MINUTES

COOK TIME: 60 MINS

TOTAL TIME: 1 HR 15 MINS

COOK THAT:

1. In a large pot or dutch oven, melt butter over medium heat. Stir in the onions and garlic and cook for 7 minutes until golden and tender.
2. Stir in the chicken pieces. Add cumin, chili powder, oregano, pepper, and HALF of the salt. Cook and stir until browned, about 7 minutes.
3. Add the undrained green chiles. Gradually stir in the chicken broth, scraping the brown bits from the bottom of the pan.
4. Bring to a low boil, stirring frequently. Reduce heat to low, cover, and simmer for 20 minutes. Stir occasionally.
5. Remove the lid and stir in the drained and rinsed beans, milk, and cilantro.
6. Heat through and simmer for 20 minutes, stirring occasionally.

For fun, top with corn chips, sour cream, chopped tomatoes. So good!

NOTES:

- Each recipe makes at least 4 servings. Most make 8 for leftover lunches depending on the size of your family.
- On night one, go ahead and cook up the chicken for the last night to save time.
- Feel free to switch the meals and days around to fit your schedule and mood.
- Sunday's recipe gets you off to a great start for lunches and leftovers for the next week.

www.buythiscookthat.com

