



MAKE AHEAD MENUS



The Dinner Daily Make-Ahead Menu #1



SLOW COOKER HEARTY BEEF BARLEY STEW

with Garden Salad

Ingredients

1 tbs olive oil	1 cup pearl barley
1 onion, medium, chopped	64 oz beef broth
2 garlic cloves, minced	1 tsp salt
2 lbs beef stew meat, lean	10 oz frozen peas
8 oz baby carrots	10 oz frozen corn

Garden Salad

garden salad

Instructions

Spray slow cooker with cooking spray. Heat oil in large skillet over medium heat. Cook onion & garlic for few minutes until soft. Add beef & brown on all sides. Place beef/onion/garlic mixture into slow cooker. Add in carrots, barley & broth, season with salt & pepper. Cover & cook on low for 7 to 8 hours. Increase heat to high, stir in frozen veggies, cover & cook 10 mins until heated through. Serve in bowls.

Serve with garden salad ingredients of choice.

587 Cals 53g Protein 15g Fat 14g Fiber 62g Carbs



SALMON WITH QUINOA SALAD

with Fresh Fruit

Ingredients

1 1/2 lbs salmon fillets	1/4 cup fresh parsley, chopped
1 cup quinoa	1 cucumber, chopped
1 cup grape tomatoes, halved	3 tbs olive oil
6 scallions, chopped	2 tbs fresh lemon juice
3 tbs capers	

Fresh Fruit

seasonal fruit of choice

Instructions

Preheat oven to 375. Place salmon in baking dish and sprinkle with salt and pepper. Cook for about 20 to 25 minutes until salmon flakes easily with fork. Remove and let cool slightly. While salmon is cooking, make quinoa per package instructions and chop the veggies. Place cooked quinoa in large serving bowl or on platter and combine with veggies, parsley, capers, oil and lemon juice. Top with salmon and adjust salt and pepper to taste.

Perfect with a side of fresh seasonal fruit!

463 Cals 34g Protein 19g Fat 6g Fiber 40g Carbs



PARMESAN MEATBALL SUBS

with Cucumber Dill Salad

Ingredients

1 1/2 lbs ground chicken	1 egg, beaten
1 onion, small, chopped	1/2 tsp salt
2 garlic cloves, minced	1 cup shredded parmesan cheese
1 cup seasoned bread crumbs	1 tbs worcestershire sauce
1 cup tomato pasta sauce	1 package sub rolls

Cucumber Dill Salad

1/4 cup fresh dill, chopped	1/3 cup plain greek yogurt, low-fat
3 cucumbers, peeled and sliced	2 tbs fresh lemon juice

Instructions

Preheat oven to 375. Spray baking sheet with cooking spray. Mix all ingredients (except sub rolls) in large bowl until well combined. Form into balls (about 12 to 15 depending on size) and place on baking sheet. Bake for 15 to 20 mins until cooked through. Serve in sub rolls drizzled with some additional pasta sauce and parmesan cheese. Yum!!

Combine all ingredients in a bowl, season with salt and pepper to taste. Note: the salad tastes best if it sits for a while. If possible, make this first before you cook your main meal.

637 Cals 45g Protein 22g Fat 4g Fiber 64g Carbs



STUFFED SHELLS FLORENTINE

with Mixed Greens

Ingredients

12 oz jumbo pasta shells	1/2 tsp garlic powder
24 oz tomato pasta sauce	1/2 tsp dried oregano
15 oz ricotta cheese, part skim	1 egg
1 1/2 cups shredded parmesan cheese	3 cups baby spinach, chopped
1 1/2 cups shredded cheddar cheese, low fat	aluminum foil
1 onion, medium, chopped	

Mixed Greens

5 oz spring mix greens

Instructions

Preheat oven to 350. Cook shells according to package. Drain & set aside. Spread 1 cup of pasta sauce across 13 x 9 baking dish. In large bowl, combine ricotta and 1 cup each of parmesan and cheddar cheeses. Mix in onion, spices, egg & spinach. Take each shell & fill with cheese mixture & place in dish. (Don't worry if some cheese spills out.) Cover shells with remaining sauce & sprinkle with remaining shredded cheese. Cover dish with foil & bake 20 minutes or until bubbly.

Toss greens with salad dressing of choice.

621 Cals 34g Protein 21g Fat 5g Fiber 72g Carbs

SHOPPING LIST

WEEKLY MENU

- 1 Slow Cooker Hearty Beef Barley Stew (Garden Salad)
- 2 Salmon with Quinoa Salad ◊ (Fresh Fruit)
- 3 Parmesan Meatball Subs (Cucumber Dill Salad)
- 4 Stuffed Shells Florentine (Mixed Greens)

• M denotes ingredient used in multiple recipes • Asterisk (*) denotes side dish ingredient • ◊ denotes lower carb main recipe

STAPLES

- 1 Olive oil, salt
- 2 Olive oil
- 3 Seasoned bread crumbs, salt, worcestershire sauce
- 4 Garlic powder, dried oregano, aluminum foil

DAIRY

- 3 *Plain greek yogurt, low-fat (3 oz)
- M Shredded parmesan cheese (10 oz)
- 4 Shredded cheddar cheese, low fat (6 oz)
- 4 Ricotta cheese, part skim (15 oz)
- M Eggs (2)

SEAFOOD

- 2 Salmon fillets (1 1/2 lbs)

MEAT/POULTRY

- 1 Beef stew meat, lean (2 lbs)
- 3 Ground chicken (1 1/2 lbs)

GROCERY

- 3 Sub rolls (1 package)
- 4 Jumbo pasta shells (12 oz)
- 1 Pearl barley (7 oz)
- 2 Quinoa (6 oz)
- M Tomato pasta sauce (32 oz)
- 2 Capers (3 tbs)
- 1 Beef broth (64 oz)

PRODUCE

- M Lemons (2)
- 2 *Seasonal fruit of choice
- 4 Baby spinach (3 oz)
- 1 *Garden salad ingredients
- 4 *Spring mix greens (5 oz)
- 1 Baby carrots (8 oz)
- 2 Grape tomatoes (1 cup)
- M Cucumbers (4)
- M Garlic (1 bulb)
- 2 Scallions (6)
- M Onions (3)
- 3 *Fresh dill (4 tbs)
- 2 Fresh parsley (1 bunch)

FROZEN FOODS

- 1 Frozen peas (10 oz)
- 1 Frozen corn (fresh works, too) (10 oz)

SEE BELOW FOR ADDITIONAL INSTRUCTIONS

Additional Instructions for Make Ahead Menu #1

This menu is designed to make it possible to pre-make four dinners in one session. We suggest you start with the Slow Cooker meal and then make the others while the slow cooker meal is cooking.

Slow Cooker Hearty Beef Barley Stew: You can make this entire dish ahead and store in fridge in a container suitable for re-heating.

To serve: Reheat before serving either on the stove or in the microwave. Suggested side: Bagged salad or favorite salad ingredients.

Salmon with Quinoa Salad: You can make this entire dish ahead. Store in fridge.

Serve cold or slightly warmed suggested side: Fresh fruit.

Parmesan Meatball Subs: Make chicken meatballs ahead. They can be baked at the same time as the salmon. Store in fridge.

To serve: Reheat in pasta sauce. Serve on toasted sub rolls with extra pasta sauce, and topped with parmesan cheese. Suggested side: Cucumber Dill Salad - This salad will actually taste best if it sits for a while, so it's perfect to make ahead. Store in fridge and serve cool.

Stuffed Shells Florentine: Assemble ahead, and store in fridge in oven-ready dish covered in foil.

To serve: Preheat oven to 350 degrees and heat with foil on for at least 30 minutes (longer than instructions because it is cold), until bubbly. Suggested side: Serve with mixed greens.

DINNER DAILY MAKE AHEAD MENU #2



APRICOT GLAZED CHICKEN with Broccoli and Couscous

Ingredients

2 lbs boneless chicken breast
1/4 cup chicken broth (low sodium)
1/4 cup soy sauce (or tamaril)
2 garlic cloves, minced
1/2 cup apricot preserves

Broccoli

4 cups broccoli, chopped

Couscous

1 1/2 cups couscous

Instructions

Preheat oven to 375. Place chicken in baking dish just large enough to hold it. Mix remaining ingredients in small bowl. Stir with a fork until preserves are almost dissolved. Pour mixture over chicken. Bake in oven for 20 to 25 minutes until chicken is cooked through and golden brown. Internal temperature should be 165 F degrees.

Cook broccoli over simmering water until bright green, about 5 mins.

Prepare couscous according to package directions. Salt & pepper to taste. For variety, cook in broth instead of water, stir in a squeeze of lemon juice and/or 1 tbs olive oil, or toss in a handful of any chopped fresh herbs you have on hand.

506 Cals 47g Protein 4g Fat 6g Fiber 69g Carbs



SHORTCUT SHEPHERDS PIE with Green Salad

Ingredients

4 baking potatoes, peeled & chopped
2 tbs butter, melted
1/4 cup low fat milk
1 1/2 lbs lean ground beef
1 tsp oregano (dried)
1/2 cup chicken broth (low sodium)
1 tbs worcestershire sauce
1 tbs flour
10 oz frozen peas & carrots
1 cup shredded cheddar cheese, low fat

Green Salad

1 package salad mix

2 tbs salad dressing

Instructions

Bring large pot of water to boil. Add potatoes & cook until fork tender, about 10 mins. Drain potatoes, return to pan & mash. Stir in butter, milk, salt & pepper. Set aside. Spray large skillet with cooking spray & cook meat over med heat until browned, about 8 to 10 mins. Stir in oregano, broth, worcestershire, & flour. Add veggies & cook until heated through, about 5 to 8 mins. Remove from heat & stir in cheese. Place skillet mix in casserole. top with potatoes.

In a large bowl prepare salad mix according to package directions. Toss with dressing of choice.

549 Cals 39g Protein 22g Fat 8g Fiber 50g Carbs



THREE CHEESE PASTA BAKE with Mixed Greens

Ingredients

16 oz penne pasta
24 oz tomato pasta sauce
3/4 cup shredded cheddar cheese, low fat
15 oz ricotta cheese, part skim
3/4 cup shredded parmesan cheese
1 tbs olive oil
8 oz mushrooms, sliced
1 onion, large, chopped

Mixed Greens

5 oz spring mix greens

Instructions

Preheat oven to 350. Cook penne per package instructions. Drain and stir in pasta sauce & cheeses. Set aside. In small skillet, heat oil and add mushrooms & onion. Cook 5 to 8 mins until soft. Spray 13 x 9 casserole dish with cooking spray. Add pasta and mushroom mixture, stir to combine. Cover with foil and bake 15 to 20 mins until hot & bubbly. Serves 6.

Toss greens with salad dressing of choice.

541 Cals 31g Protein 14g Fat 6g Fiber 73g Carbs



SUPER EASY PARMESAN CHICKEN BAKE

with Roasted Brussels Sprouts

Ingredients

2 lbs boneless chicken breast 1 cup shredded parmesan cheese
6 oz plain greek yogurt, low-fat

Roasted Butternut Squash and Brussels Sprouts

3 tbs olive oil
2 lb butternut squash cut into cubes (or use pre-cut)
1 lb brussels sprouts

Instructions

Preheat oven to 375. Spray baking dish with cooking spray. Place chicken breasts in dish and season with salt & pepper. In small bowl mix yogurt with parmesan and spread on each chicken breast. Bake for about 25 to 30 mins until chicken is cooked through and no longer pink inside (internal temp of 165 degrees).

At time of cooking, toss brussels sprouts and butternut squash cubes with oil and place on foil lined baking dish or cookie sheet. Salt and pepper to taste. Roast in oven at 375 at same time with chicken for 20-30 minutes until brown and tender.

371 Cals 51g Protein 14g Fat 2g Fiber 8g Carbs



THREE BEAN VEGETARIAN STEW

with Corn Bread

Ingredients

1 tbs olive oil 14 1/2 oz diced tomatoes with basil,
garlic & oregano
2 onions, medium, chopped 15 oz chick peas, drained & rinsed
2 garlic cloves, minced 1/2 cup vegetable broth (low
sodium)
15 oz black beans, drained & rinsed 1 tsp oregano (dried)
15 oz red kidney beans, drained & rinsed 3/4 cup shredded parmesan cheese
1 cup baby carrots, chopped (optional)

Corn Bread

1 package corn bread

Instructions

Heat oil in large saucepan. Add onion & cook for 5 mins until softened. Add garlic & stir for 30 secs. Stir in beans, carrots, tomatoes, chick peas, broth, and oregano. Bring to low boil, turn heat to low, cover & let simmer for 15 mins. Season with salt & pepper to taste. Serve.
Optional: sprinkle with cheese.

Slice and serve. Nutritional values are based on assumption that corn bread is 16 oz, divided into 5 servings.

745 Cals 26g Protein 33g Fat 19g Fiber 87g Carbs

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Nutritional values are a general guideline only. Actual results may vary. Please see our Terms & Conditions for our complete policy.

See additional make-ahead and serving instructions below

SHOPPING LIST FOR MAKE AHEAD MENU #2

WEEKLY MENU

- 1 Apricot Glazed Chicken (Broccoli & Couscous)
- 2 Shortcut Shepherds Pie (Green Salad)
- 3 Three Cheese Pasta Bake (Mixed Greens)
- 4 Super Easy Parmesan Chicken Bake (Roasted Brussels Sprouts)
- 5 Three Bean Vegetarian Stew (Corn Bread)

• M denotes ingredient used in multiple recipes

STAPLES

- 1 Soy sauce (or tamari)
- 2 Butter, oregano (dried), worcestershire sauce, flour, *salad dressing
- 3 Olive oil
- 4 *olive oil
- 5 Olive oil, oregano (dried)

• Asterisk (*) denotes side dish ingredient

PRODUCE

- 3 *Spring mix greens (5 oz)
- 2 *Salad mix (1 package)
- 1 *Broccoli (16 oz)
- 4 *Brussels sprouts (1 lb)
- 5 Baby carrots (4 oz)
- 3 Mushrooms (8 oz)
- M Garlic (1 bulb)
- M Onions (3)
- 2 Baking potatoes (4)

MEAT/POULTRY

- 2 Lean ground beef (1 1/2 lbs)
- M Boneless chicken breast (4 lbs)

FROZEN FOODS

- 2 Frozen peas & carrots (10 oz)

GROCERY

- 5 Canned kidney beans (red) (15 oz)
- 5 Canned black beans (15 oz)
- 5 Canned chick peas (15 oz)
- 5 *Corn bread (1 package)
- 3 Penne pasta (16 oz)
- 1 *Couscous (9 oz)
- 3 Tomato pasta sauce (24 oz)
- 5 Diced tomatoes with basil, garlic & oregano (canned) (15 oz)
- M Chicken broth (low sodium) (3/4 cup)
- 5 Vegetable broth (low sodium) (1/2 cup)
- 1 Apricot preserves (1/2 cup)

DAIRY

- 2 Low fat milk (1/4 cup)
- 4 Plain greek yogurt, low-fat (6 oz)
- M Shredded parmesan cheese (7 oz)
- 5 Shredded parmesan cheese (3 oz, optional)
- M Low fat shredded cheddar cheese (7 oz)
- 3 Part skim ricotta cheese (15 oz)

:Make Ahead Menu #2 Instructions

This menu makes five make ahead meals. If you need less simply use the recipes you want. These recipes will appeal to even picky eaters. They can all be made in one day. Three are assembled ahead of time and baked on the day served. The other two are cooked and then reheated. Or you can cook them all ahead if you like – and just reheat as needed.

If you need to prep food that is not going to be used within the same week, please freeze and allow time for food to thaw before you reheat it.

Apricot Glazed Chicken: Assemble the dish in a baking dish and keep covered in fridge until needed.

To Serve: pre-heat oven to 375 and bake for 20-25 minutes. Serve with couscous and broccoli as in menu, or another other simple starch (such as rice) and veggie.

Shortcut Shepherd's Pie: this can be cooked in advance. Instead of serving to individual plates, layer the meat mixture and potatoes in a microwave or oven safe dish and refrigerate.

To Serve: Preheat oven to 350 and reheat uncovered for 20-25 minutes. Serve with bagged salad mix for simple healthy dinner.

Three Cheese Pasta Bake: Assemble in advance in covered oven-safe dish, but don't cook. Store covered in the refrigerator until needed.

To Serve: Preheat oven to 350, then place covered dish in oven until dish is hot throughout – allow for 30 mins because the mixture will be cold. Serve with mixed greens.

Super Easy Parmesan Chicken Bake: Assemble chicken with yogurt/cheese topping and store covered in fridge until needed. Buy pre-cut butternut squash or you can pre-cut a whole squash into cubes and refrigerate in a plastic bag or sealed container.

To Serve: Preheat oven to 375. Arrange brussels sprouts and butternut squash cubes on foil lined pan. (you can mix them together). Drizzle with olive oil and season with salt & pepper. Put both Chicken Bake and vegetable dish in the oven together. If veggies are not quite done when chicken is cooked through, cook for a few more minutes after the chicken comes out.

Three Bean Vegetarian Stew: Cook in advance, then cool and store covered in refrigerator.

To Serve: put stew in large pot on stove and re-heat on medium stove setting. Serve with packaged corn bread. Easy!

DINNER DAILY MAKE-AHEAD MENU #3

NO SEAFOOD

◇ denotes lower carb main recipe



MEDITERRANEAN CHICKEN ◇

with Fresh Fruit

Ingredients

2 lbs boneless chicken breast	2 zucchini, chopped
2 tbs olive oil	1/4 cup green olives, sliced (optional)
1 onion, small, chopped	2 tbs capers (optional)
3 garlic cloves, minced	1/2 cup shredded parmesan cheese
3 tomatoes, chopped	

Fresh Fruit

fresh fruit of choice

Instructions

Cut chicken into large pieces (about 2" each). Add oil to large skillet & heat on medium. Add chicken & season with salt & pepper. Cook turning a few times, 8 to 10 minutes until no longer pink. Remove & keep warm. Add onion and cook for a few mins until soft. Add garlic and cook for 30 seconds. Add tomatoes, zucchini, olives, capers & bring to low simmer (add a splash of water or broth if pan seems dry). Cook 10 to 12 mins until slightly thickened. Return chicken to pan & stir until heated through. Season with salt and pepper, sprinkle with cheese.

322 Cals 36g Protein 16g Fat 2g Fiber 8g Carbs



CHEESY BEEF MAC SKILLET

with Garden Salad

Ingredients

1 tbs olive oil	1 1/2 cups water
1 1/2 lbs lean ground beef	1 cup shredded cheddar cheese, low fat
24 oz tomato pasta sauce	2 cups baby spinach
2 cups elbow pasta	

Garden Salad

garden salad

Instructions

Heat oil in large skillet on medium. Add meat and cook until browned, about 5 minutes. Add pasta sauce, and pasta to the skillet. Stir in water. Bring to a boil, reduce heat to low, cover & cook for 10 minutes until pasta is soft. Remove from heat & stir in cheese and spinach.

Serve with garden salad ingredients of choice.

616 Cals 41g Protein 27g Fat 6g Fiber 49g Carbs



SLOW COOKER CHICKEN & SWEET POTATOES

with Cucumber Cabbage Salad

Ingredients

2 1/2 lbs boneless chicken thighs	1 cup chicken broth
2 lbs sweet potatoes	1 tsp dried basil
8 oz mushrooms, sliced	1 tsp salt
3 shallots, chopped	1 1/2 cups frozen pearl onions, thawed
4 garlic cloves, minced	

Cucumber Cabbage Salad

1 tbs apple cider vinegar	1/2 head cabbage, shredded
2 tsp dijon mustard	1/2 cucumber, quartered & thinly sliced
1 tbs sugar	1/2 cup fresh parsley, chopped
3 tbs vegetable oil	

Instructions

Spray cooker with cooking spray. Peel & chop sweet potatoes. Place in cooker with all other ingredients and stir. Cover & cook on low for 5 to 6 hours until potatoes are tender and chicken is cooked through.

In bottom of serving bowl, whisk together vinegar, mustard, sugar and oil. Add cabbage, cucumber and parsley to bowl and toss thoroughly. Serve.

639 Cals 52g Protein 19g Fat 10g Fiber 67g Carbs



COCONUT VEGETABLE CURRY ◇

with Rice

Ingredients

1 1/3 cups coconut milk, light	1 head cauliflower, chopped into bite size pieces (about 4 cups)
1 tbs curry powder	2 carrots, chopped
1 tbs fresh ginger, minced	2 tomatoes, chopped
2 garlic cloves, minced	15 oz chickpeas, rinsed and drained
1 onion, medium, chopped	2 cups baby spinach
1 tsp salt	1/4 cup fresh cilantro, chopped

Rice

1 1/2 cups rice

Instructions

Add coconut milk to a large skillet. Stir in curry powder, ginger, garlic, onion and salt. Add cauliflower & carrots to skillet and heat on med/high. Bring to a boil then reduce heat to low and cover. Cook for about 10 minutes, until veggies are tender, stirring occasionally while cooking. Add tomatoes, chickpeas, and baby spinach to skillet and cook until heated through and spinach is wilted, about 5 minutes more. Remove from heat, stir in cilantro and adjust seasoning with salt and pepper to taste.

Prepare rice per package instructions.

457 Cals 13g Protein 13g Fat 9g Fiber 72g Carbs

SHOPPING LIST FOR MAKE-AHEAD MENU #3 NO SEAFOOD

WEEKLY MENU

- 1 Mediterranean Chicken ◊ (Fresh Fruit)
- 2 Cheesy Beef Mac Skillet (Garden Salad)
- 3 Slow Cooker Chicken & Sweet Potatoes (Cucumber Cabbage Salad)
- 4 Coconut Vegetable Curry ◊ (Rice)

• M denotes ingredient used in multiple recipes

• Asterisk (*) denotes side dish ingredient

• ◊ denotes lower carb main recipe

STAPLES

- 1 Olive oil
- 2 Olive oil
- 3 Dried basil, salt, *apple cider vinegar, *dijon mustard, *sugar, *vegetable oil
- 4 Curry powder, salt

DAIRY

- 1 Shredded parmesan cheese (2 oz)
- 2 Shredded cheddar cheese, low fat (4 oz)

MEAT/POULTRY

- 2 Lean ground beef (1 1/2 lbs)
- 3 Boneless chicken thighs (2 1/2 lbs)
- 1 Boneless chicken breast (2 lbs)

GROCERY

- 4 Chickpeas (15 oz)
- 2 Elbow pasta (8 oz)
- 4 *Rice (1 1/2 cups)
- 4 Coconut milk, light (1 1/2 cups)
- 2 Tomato pasta sauce (24 oz)
- 1 Capers (optional)
- 1 Green olives (optional)
- 3 Chicken broth (8 oz)

PRODUCE

- M Baby spinach (4 oz)
- 3 *Cabbage (1 head)
- 2 *Garden salad ingredients
- 4 Carrots (2)
- M Tomatoes (5)
- 3 Mushrooms (8 oz)
- 4 Cauliflower, small head (1)
- 3 *Cucumber (1)
- 3 Shallots (3)
- M Onions (2)
- M Garlic (2 bulbs)
- 1 Zucchini (2)
- 3 Sweet potatoes (4)
- 4 Fresh cilantro (1 bunch)
- 4 Fresh ginger (1 tbs)
- 3 *Fresh parsley (1 bunch)
- 1 Fresh fruit of choice

FROZEN FOODS

- 3 Frozen pearl onions (12 oz)

See Additional instructions below

Additional Instructions for Make Ahead Menu - No Seafood

This menu is designed to make it possible to pre-make four dinners in one session. We suggest you start with the Slow Cooker meal and then make the others while the slow cooker meal is cooking.

Mediterranean Chicken: Prepare ahead, cover with foil and store in fridge.

To serve: Preheat oven to 350. Place baking dish, still covered, in oven and cook for at least half an hour, until hot through (it will take longer than instructions because it is cold)

Suggested side: Fresh fruit of choice

Beef Cheesy Mac Skillet. Prepare as instructed EXCEPT for adding spinach (it is OK to add cheese). Store in fridge.

To serve: reheat, and when hot add spinach

Suggested side: Bagged salad or favorite salad ingredients

Slow Cooker Chicken & Sweet Potatoes: You can make this entire dish ahead and store in fridge in a container suitable for re-heating. Also make the Cucumber Salad side and store in fridge.

To serve: Reheat before serving either on the stove or in the microwave.

Suggested side: Cucumber Cabbage Salad - Serve cold. This will taste great if prepared ahead, since the flavors will have a chance to blend and the cabbage can soften.

Coconut Vegetable Curry: Prepare ahead and store in the fridge in a container suitable for re-heating.

To serve: Reheat on the stove or in the microwave

Suggested side: steamed rice