

Make-Ahead Weekly Menu

Want to feel great about your week before it has even started? We've created a smart meal plan where you cook on a Sunday and enjoy healthy home cooked creations from Monday to Friday! Not only that, our 5 recipes include some of Longo's budget-friendly Family Favourites and come in at under \$100 for a family of four. Simply shop using our grocery list, spend some time in the kitchen on Sunday, and then breeze through a week of delicious dinners.



SHOPPING LIST



SUNDAY

Prep



MONDAY

Roast Chicken and Vegetables
Served with Longo's Salad Greens



TUESDAY

Pork Rolls and Pasta



WEDNESDAY

Chicken Curry Served with Rice



THURSDAY

Greens and Chickpea Soup



FRIDAY

Slow Cooker Pork Stew
Served with Couscous



Make-Ahead Weekly Menu Shopping List

Produce

- ☐ 2 green bell peppers
- ☐ 1 pkg (680 g) Longo's white mushrooms**
- ☐ 1 pkg (about 2 kg) chicken leg quarters**
- ☐ 1 large tub (300 g) Longo's spring mix
- ☐ small piece of fresh ginger
- ☐ 1 zucchini
- ☐ 3 red bell peppers
- ☐ 1 bunch parsley
- ☐ 1 large tub (300 g) Longo's organic power blend cooking greens

Seafood/Meat

- ☐ 1 kg boneless pork loin roast

Bakery

- ☐ 2 buns

** Simply save on these Family Favourites

* Menu plan price calculated in advance of publication and is based on 5 meals with 4 servings each. Prices may vary.

Grocery

- ☐ Tomato paste
- ☐ Longo's light coconut milk
- ☐ Vegetable broth
- ☐ 1 can Longo's diced tomatoes
- ☐ 1 can Longo's organics chick peas
- ☐ Beef broth
- ☐ 1 jar (700 mL) Longo's signature tomato basil sauce
- ☐ 1 pkg (500 g) Longo's artisan eliconi pasta
- ☐ Longo's couscous

Dairy:

- ☐ 1 dozen eggs
- ☐ Grated Romano cheese

Pantry Items

- ☐ Onions
- ☐ Garlic
- ☐ Italian seasoning
- ☐ Salt
- ☐ Pepper
- ☐ Longo's 100% Pure Canola or extra virgin olive oil
- ☐ Curry powder
- ☐ Cayenne pepper
- ☐ All purpose flour
- ☐ Carrot
- ☐ Longo's oregano flakes
- ☐ Grated Parmesan cheese
- ☐ Dried thyme leaves
- ☐ Worcestershire sauce
- ☐ Salt
- ☐ Pepper
- ☐ Soy sauce
- ☐ BBQ sauce
- ☐ Cornstarch
- ☐ Basmati rice

SUBMIT



AFTER CLICK DISPLAY

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PRINT PAGE

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Make-Ahead Weekly Menu Sunday Prep Plan

Pick a Sunday, then make our base recipes to get a head start on your meals for the week. Follow our time-saving tips and see how easy it is to make weeknight dinner prep a snap! By taking time on Sunday to prepare these recipes and steps you will enjoy a more relaxed meal preparation. Start here and then move to the day of the week to finish off the recipe.



AFTER CLICK DISPLAY

Roast Chicken and Vegetables

PREP 20 min COOK 55 min SERVES 4

- 2 green bell peppers, chopped
- 1 large onion, sliced
- HALF a 680 g pkg Longo's fresh white mushrooms, sliced
- 4 cloves garlic, minced, divided
- 1 tbsp Italian seasoning, divided
- 1/2 tsp each salt and pepper, divided
- 3 tbsp Longo's 100% Pure Canola Oil, divided
- 1 pkg (2 kg) chicken leg quarters

TOSS together pepper, onions, mushrooms, half of the garlic, 1 tsp of the Italian seasoning and half each of the salt and pepper. Drizzle with 1 tbsp of the oil and spread over foil lined baking sheet.

CUT quarters into 2 at drumstick and place in large bowl. Drizzle with remaining oil, garlic, Italian seasoning, salt and pepper. Place chicken pieces on top of vegetables.

ROAST in preheated 375°F oven for about 55 minutes or until chicken is golden and no longer pink inside.

REMOVE 2 thighs and 2 drumsticks; remove bones and chop meat. Refrigerate for Wednesday dinner. Refrigerate chicken and vegetables for Monday dinner.

Pork Loin Rolls

PREP 15 min COOK 25 min SERVES 4

- 1 boneless pork loin roast, about 1lb

- 6 cloves garlic, minced
- 1/2 cup freshly grated Romano cheese
- 1/3 cup chopped fresh parsley
- PINCH each salt and pepper
- 1 tbsp Longo's extra virgin olive oil
- 1 jar (700 mL) Longo's signature tomato basil sauce

SLICE pork roast into thin slices and using meat mallet; pound slices to even and thin out. Sprinkle slices with garlic, cheese and parsley. Roll each up and secure with a toothpick or string. Sprinkle with salt and pepper.

HEAT oil in saucepan and lightly brown rolls. Add sauce and bring to a simmer. Partially cover and simmer for about 20 minutes or until pork is no longer pink inside.

LET cool and refrigerate for Tuesday dinner.

Chickpea and Greens Soup

PREP 10 min COOK 30 min

SERVES/YIELD 6 to 8 -9 cups

- 1 tbsp Longo's extra virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp Longo's dried oregano flakes
- 1/4 tsp hot pepper flakes
- 1/4 tsp each salt and fresh ground pepper
- 1 tub (312 g) Longo's organic power blend cooking greens

- 4 cups vegetable broth
- 1 can (796 mL) Longo's diced tomatoes
- 1 can (398 mL) Longo's organic chick peas

HEAT oil in soup pot over medium heat. Cook onion, garlic, oregano, hot pepper flakes, salt and pepper for 5 minutes or until softened. Stir in cooking greens and cook until wilted.

ADD broth, tomatoes and chick peas; bring to a boil. Cover and simmer for 15 minutes. Let cool and freeze for Thursday's dinner.

Slow Cooker Pork Stew

PREP: 15 min COOK 4 or 8 hr SERVES 4

- 1 lb boneless pork loin roast
- 1 large onion, coarsely chopped
- 3 cloves garlic, minced
- HALF a 680 g pkg Longo's fresh white mushrooms, sliced
- 2 red bell peppers, chopped

CUBE pork roast and freeze in airtight container.

COMBINE onion, garlic, mushrooms and peppers and combine in resealable bag and freeze for Friday dinner.

Sunday Prep Plan

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Roast Chicken and Vegetables

PREP 20 min COOK 55 min SERVES 4

- 2 green bell peppers, chopped
- 1 large onion, sliced
- HALF a 680 g pkg Longo's fresh white mushrooms, sliced
- 4 cloves garlic, minced, divided
- 1 tbsp Italian seasoning, divided
- 1/2 tsp each salt and pepper, divided
- 3 tbsp Longo's 100% Pure Canola Oil, divided
- 1 pkg (2 kg) chicken leg quarters

TOSS together pepper, onions, mushrooms, half of the garlic, 1 tsp of the Italian seasoning and half each of the salt and pepper. Drizzle with 1 tbsp of the oil and spread over foil lined baking sheet.

CUT quarters into 2 at drumstick and place in large bowl. Drizzle with remaining oil, garlic, Italian seasoning, salt and pepper. Place chicken pieces on top of vegetables.

ROAST in preheated 375°F oven for about 55 minutes or until chicken is golden and no longer pink inside.

REMOVE 2 thighs and 2 drumsticks; remove bones and chop meat. Refrigerate for Wednesday dinner. Refrigerate chicken and vegetables for Monday dinner.

Pork Loin Rolls

PREP 15 min COOK 25 min SERVES 4

- 1 boneless pork loin roast, about 1lb

- 6 cloves garlic, minced
- 1/2 cup freshly grated Romano cheese
- 1/3 cup chopped fresh parsley
- PINCH each salt and pepper
- 1 tbsp Longo's extra virgin olive oil
- 1 jar (700 mL) Longo's signature tomato basil sauce

SLICE pork roast into thin slices and using meat mallet; pound slices to even and thin out. Sprinkle slices with garlic, cheese and parsley. Roll each up and secure with a toothpick or string. Sprinkle with salt and pepper.

HEAT oil in saucepan and lightly brown rolls. Add sauce and bring to a simmer. Partially cover and simmer for about 20 minutes or until pork is no longer pink inside.

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PREP 10 min COOK 30 min

SERVES/YIELD 6 to 8 -9 cups

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- 1 tub (312 g) Longo's organic power blend cooking greens

- 4 cups vegetable broth
- 1 can (796 mL) Longo's diced tomatoes
- 1 can (398 mL) Longo's organic chick peas

HEAT oil in soup pot over medium heat. Cook onion, garlic, oregano, hot pepper flakes, salt and pepper for 5 minutes or until softened. Stir in cooking greens and cook until wilted.

ADD broth, tomatoes and chick peas; bring to a boil. Cover and simmer for 15 minutes. Let cool and freeze for Thursday's dinner.

Slow Cooker Pork Stew

PREP: 15 min COOK 4 or 8 hr SERVES 4

- 1 lb boneless pork loin roast
- 1 large onion, coarsely chopped
- 3 cloves garlic, minced
- HALF a 680 g pkg Longo's fresh white mushrooms, sliced
- 2 red bell peppers, chopped

CUBE pork roast and freeze in airtight container.

COMBINE onion, garlic, mushrooms and peppers and combine in resealable bag and freeze for Friday dinner.



Cost per Serving
\$4.67

Roast Chicken and Vegetables with Side Salad

Monday

Reheat chicken and vegetables. Toss salad.
Serve with side salad.



INGREDIENTS

1 pkg (300 g) Longo's Spring Mix

DIRECTIONS

TOSS Longo's salad greens with your favourite salad dressing or Longo's Extra virgin olive oil and Longo's Balsamic Vinegar.

Per serving (2 pieces of chicken with vegetables):
678 calories; 58 g protein; 44 g fat; 11 g carbohydrate;
4 g fibre; 4 g sugars; 422 mg sodium.



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Monday

Reheat chicken and vegetables.
Toss salad. Serve with side salad.

Cost per Serving
\$4.67

Roast Chicken and Vegetables with Side Salad

INGREDIENTS

1 pkg (300 g) Longo's Spring Mix

DIRECTIONS

TOSS Longo's salad greens with your favourite salad dressing or Longo's Extra virgin olive oil and Longo's Balsamic Vinegar.

Per serving (2 pieces of chicken with vegetables):

678 calories; 58 g protein; 44 g fat;

11 g carbohydrate; 4 g fibre; 4 g sugars;

422 mg sodium.



Cost per Serving
\$4.38

Pork Rolls and Pasta

Tuesday

Reheat pork rolls and sauce. Cook pasta.

INGREDIENTS

1 pkg (500 g) Longo's Signature
Artisan Pasta
Chopped fresh parsley (optional)
Fresh grated Parmesan cheese (optional)

DIRECTIONS

BOIL pasta in large pot of boiling water and cook pasta for about 12 minutes or until al dente. Drain well and toss with pasta sauce and serve with pork rolls. Sprinkle with parsley and Parmesan if using.

PER SERVING (1/4 recipe): 720 calories;
48 g protein; 12 g fat; 106 g carbohydrate;
4 g fibre; 6 g sugars; 766 mg sodium.





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Tuesday

Reheat pork rolls and sauce.
Cook pasta.

Cost per Serving
\$4.38

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Cost per Serving
\$2.37

Coconut Chicken Curry

PREP 15 min COOK 15 min SERVES 4 YIELD 5 1/2 cups

Wednesday

Make Chicken Curry and rice.

Thaw Greens and Chickpea Soup for Thursday.



INGREDIENTS

1 tbsp Longo's 100% Pure Canola oil
1 onion, chopped
2 cloves garlic, minced
1 tbsp minced fresh ginger
2 tbsp Longo's organics tomato paste
1 tbsp curry powder
Pinch cayenne pepper
1 can (398 mL) Longo's light coconut milk
1 tbsp (15 mL) all purpose flour
1/2 tsp salt
1/4 tsp (1 mL) pepper

Reserved chopped chicken from Sunday prep

1 large carrot, sliced
1 zucchini, sliced
1 red pepper, sliced
2 tbsp chopped fresh parsley, mint or cilantro (optional)
1 cup basmati rice

DIRECTIONS

HEAT oil over medium heat in large skillet. Cook onion, garlic and ginger for 3 minutes or until softened. Stir in tomato paste, curry powder and cayenne for 1 minute.

WHISK together coconut milk, flour, salt and pepper. Pour into skillet and bring to a simmer. Stir in chopped chicken, carrot, zucchini and pepper. Cover and simmer for about 8 minutes or until vegetables are tender crisp and chicken is heated through.

SPRINKLE with parsley, if using to serve.

COOKED RICE: Place rice in rice cooker with water or saucepan and steam until rice is tender. Serve with curry.

PER SERVING (1/4 recipe): 300 calories; 22 g protein; 16 g fat; 18 g carbohydrate; 3 g fibre; 11 g sugars; 433 mg sodium.



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Wednesday

Make Chicken Curry and rice.
Thaw Greens and Chickpea
Soup for Thursday.

Cost per Serving
\$2.37

Coconut Chicken Curry

PREP 15 min COOK 15 min SERVES 4
YIELD 5 1/2 cups

INGREDIENTS

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- 1 onion, chopped
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Reserved chopped chicken from Sunday prep

- 1 large carrot, sliced
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DIRECTIONS

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PER SERVING (1/4 recipe): 300 calories; 22 g protein; 16 g fat; 18 g carbohydrate; 3 g fibre; 11 g sugars; 433 mg sodium.



Cost per Serving
\$2.05

Greens and Chickpea Soup

Thursday

Reheat Greens and Chickpea Soup
Thaw cubed pork and vegetables for Friday.



INGREDIENTS

2 cups chopped bread
2 tbsp grated Parmesan cheese
6 eggs

DIRECTIONS

REHEAT soup over medium heat. Stir in bread and cheese and simmer for about 5 minutes or until bread is soft.

POACH eggs in saucepan of boiling salted water one at a time. Remove with a slotted spoon and place one in each bowl of soup.

PER SERVING (1/6 recipe): 253 calories; 14 g protein; 9 g fat; 28 g carbohydrate; 5 g fibre; 7 g sugars; 736 mg sodium.

TIP: You can make this soup in a slow cooker by stirring together all the ingredients in a slow cooker. Cover and cook on Low for 6 hours or on High for 3 hours. Uncover and stir in bread and cook on High for 30 minutes before serving. Poach eggs separately as in recipe.



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Cost per Serving
\$3.25

Slow Cooker Pork Stew

Friday

Cook Pork Stew in slow cooker.
Serve with Couscous



INGREDIENTS

Friday Morning:

Thawed cubed pork from Sunday prep

- 2 tbsp all-purpose flour
- 1 tsp dried thyme leaves or Italian seasoning
- 1/4 tsp each salt and pepper
- 2 tbsp Longo's 100% Pure Canola oil
- 1 cup beef broth
- 3 tbsp Longo's organics tomato paste
- 1 tbsp Worcestershire sauce

Frozen vegetables from Sunday prep

- 1 cup Longo's couscous
- 2 cups water or chicken broth

DIRECTIONS

TOSS pork with flour, thyme, salt and pepper.

HEAT oil in large saucepan and brown pork on all sides, reserving any excess flour mixture.

Remove to plate.

WHISK broth and remaining flour mixture together with tomato paste and Worcestershire. Pour into skillet and bring to a simmer. Pour into slow cooker.

ADD frozen vegetables and browned pork and any accumulated juices; stir to combine.

COVER and cook on Low for 8 hours or on High for 4 hours.

BRING water to boil and stir in couscous. Remove from heat; cover and let stand for 5 minutes. Serve with stew.

PER SERVING (1/4 recipe): 454 calories; 38 g protein; 11 g fat; 50 g carbohydrate; 5 g fibre; 8 g sugars; 502 mg sodium.



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