



FALL 2017 MAKE-AHEAD WEEKLY MENU

EVERY DAY MADE EASY

These super easy weeknight meals get even easier with make-ahead prep on Sunday. By simply slicing and chopping vegetables on Sunday, you will make weeknight cooking a breeze. Get your chicken ready so all you have to do is grab it from the fridge and get cooking.

GROCERY LIST

PRODUCE

- 1 yellow bell pepper
- 1 red bell pepper
- 1 bag baby bok choy
- 1 small savoy cabbage
- 1 lb red baby potatoes
- 1 zucchini
- 1 pkg (227g) Longo's Sliced Cremini Mushrooms
- Fresh dill
- Longo's Fresh Thyme
- 1 large tub Longo's Spring Green Mix

SEAFOOD/MEAT

- 4 boneless, skinless chicken breasts
- 1 pkg Longo's Chorizo Sausage
- 1 lb Atlantic salmon fillet

GROCERY

- 1 jar (473 mL) Longo's Pizza Sauce
- Longo's Whole Wheat Pitas
- sausage buns
- shredded Italian blend cheese
- Longo's Kitchen Garlic Mashed Potatoes
- Longo's Kitchen Basmati Rice

PANTRY ITEMS

Have Buy

- Longo's Organic All Purpose Flour
- Longo's Oregano Flakes
- Longo's 100% Pure Canola Oil
- Longo's Signature Maple Syrup
- sodium-reduced soy sauce
- salt and pepper
- Longo's Chicken Broth
- vegetable broth
- Longo's Dijon Mustard
- Longo's Balsamic Dressing
- garlic
- 4 onions
- 1 carrot
- 1 lemon

SUNDAY PREP WORK

MAPLE CHICKEN

Remove tenderloin from 2 boneless skinless chicken breasts. To butterfly chicken breasts, cut each breast in half horizontally. Wrap well and refrigerate. Mince 2 cloves garlic; wrap well and refrigerate.

LEMON CHICKEN STIR-FRY

Remove tenderloin from 2 boneless skinless chicken breasts. Slice tenderloins and chicken breasts into thin slices. Wrap well and refrigerate.

Chop 1 bag of bok choy and place in large bowl. Slice 1 pepper and place over top. Slice 1 carrot and 1 onion and lay on top of pepper. Placing the vegetables in this order will help when you go to use them in this order when cooking. Wrap well and refrigerate.

SAUSAGE & CABBAGE SLOW COOKER DINNER

Slice 1 onion and 1 red pepper. Cut cabbage in half and cut one half into quarters. Wrap remaining cabbage and reserve for another use. Wrap all veggies and refrigerate.

SALMON SHEET PAN DINNER

Slice 1 onion and 1 zucchini; wrap well and refrigerate. Freeze salmon.

PIZZA SOUP

Chop 1 onion and mince 3 cloves garlic. Wrap well and refrigerate.