

*Everyday* Made  
Fresh  
mini ebook

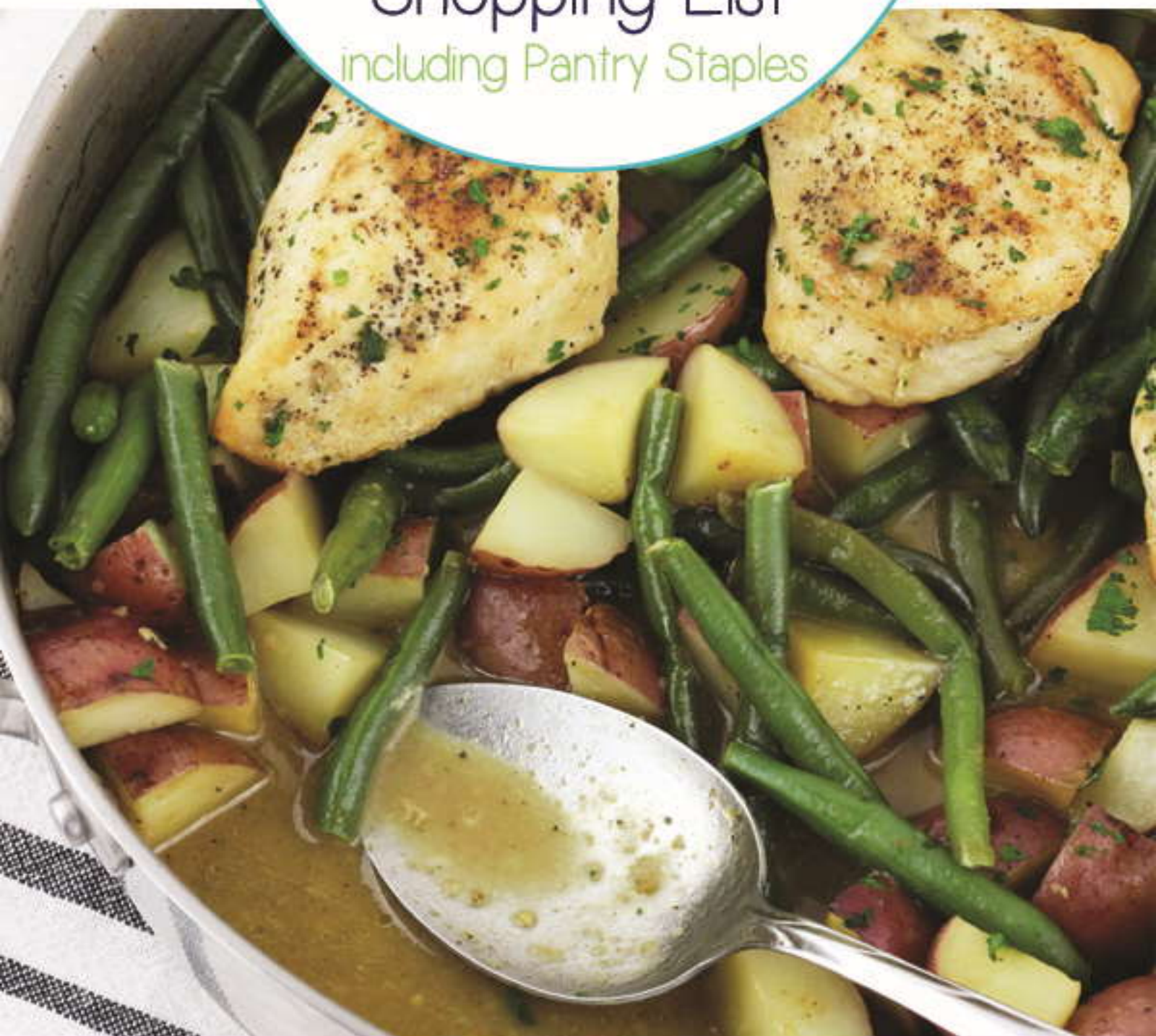
7 Day Menu Plan



with recipes

Shopping List

including Pantry Staples



# Grocery List & Pantry Staples

7 Day Menu Plan Shopping List

## Pantry Staples

Canola Oil  
Olive Oil  
Flour  
Sugar  
Salt  
Pepper  
Garlic Powder  
Italian Seasoning

## Meat

1 pound smoked sausage  
2 pounds ground beef  
4 flounder filets  
1 package pepperoni's  
4 boneless skinless chicken breasts  
1 pound Italian sausage links

## Produce

1 small head broccoli  
2 small sweet yellow onions  
1 head garlic  
2 pound red potatoes  
1 bunch asparagus  
8 ounces pre-sliced white mushrooms  
chives  
8 ounces green beans  
1 green bell pepper  
1 red bell pepper  
1 choice of your vegetable for pizza hand pies (optional)

## Refrigerated

8 ounces cream cheese  
8 ounces sour cream  
eggs  
milk  
8 ounces shredded mozzarella  
1 - 2 cup bag shredded sharp cheddar  
1 - 2 cup bag shredded parmesan  
1 box Pillsbury pie dough

## Dry Goods

2 containers Minute Ready Rice  
16 ounces elbow pasta  
8 ounce jar salsa  
1 can chicken broth  
1 packet taco seasoning  
Italian Panko bread crumbs  
8 ounces tomato paste  
8 ounces tomato sauce  
Dijon mustard  
red or white wine  
honey  
pizza sauce (will be used for dipping)  
24 ounces beef broth  
 Worcestershire sauce

## Optional

You will need two sides for two of these meals.  
This is mentioned on the menu printable.  
Write those options here.

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7 Day Menu Plan - This plan feeds a family of 4, with some days having leftovers.

## Monday

One Pan Sausage Rice & Broccoli

## Tuesday

Taco Pasta (+ one side - I buy 1 bag of frozen, steam in bag corn)

## Wednesday

One Pan Crispy Flounder & Vegetables

## Thursday

One Pot Beef Stroganoff Macaroni

## Friday

Pizza Hand Pies (+ one side - I buy 1 bag premade salad mix)

## Saturday

Honey Mustard Chicken and Vegetables

## Sunday

Italian Sausage Pasta Skillet



# One Pot Sausage Rice & Broccoli

Servings: 4   Prep time: 10 minutes   Cook time: 10 minutes   Total time: 20 minutes

## Ingredients

- 1/2 tablespoon canola oil
- 1 pound smoked sausage sliced 1/4 inch thick
- 1 small yellow onion diced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cloves garlic minced
- 2 containers Minute® Ready to Serve Rice
- 1/3 cup chicken broth
- 1 cup broccoli florets fresh or frozen - if using frozen, thaw before use
- 1 cup shredded sharp cheddar cheese

## Instructions

1. Heat your Minute® Ready to Serve Rice according to the directions. Set aside.
2. In a large pan over medium to high heat, heat your oil. (make sure your pan has a lid that fits)
3. Cook sausage for 4 to 5 minutes until browned on both sides.
4. Remove sausage and set aside. Use a slotted spoon so that the oil stays in the pan.  
Sauté the onion and broccoli until the onion is translucent and the broccoli is tender crisp.
5. Add rice to the skillet and stir.
6. Pour in the chicken broth and stir.
7. Stir in sausage and sprinkle the cheese over the top.
8. Cover and let sit for 3 to 5 minutes or until cheese is melted.



# Taco Pasta

Servings: 4   Prep time: 12 minutes   Cook time: 10 minutes   Total time: 22 minutes

## Ingredients

- 1 pound of ground beef
- 8 ounce of pasta | used elbow
- 1 small onion chopped
- 1 clove garlic chopped
- 1 cup salsa
- 1 packet taco seasoning
- 3 ounce cream cheese
- 1/2 cup sour cream
- Toppings such as additional shredded cheese sour cream, etc.

## Instructions

1. Bring a large pot of water to boil and cook pasta according to the directions.
2. Before you drain your pasta, reserve 1/2 cup of the pasta water and set aside.
3. While your pasta is cooking, heat a large skillet over medium heat.
4. Cook your ground meat and onion, until the meat is no longer pink. If there is any grease, drain it away.
5. Add your garlic, salsa, and taco seasoning. Simmer for 2 to 3 minutes.
6. Stir in your cooked pasta, cream cheese, sour cream, and reserved pasta water.
7. Continue simmering while stirring until your sauce comes together and is well blended.
8. Plate up, top with your favorite toppings and enjoy!



# One Pan Crispy Flounder & Vegetables

Servings: 4   Prep time: 10 minutes   Cook time: 35 minutes   Total time: 45 minutes

## Ingredients

- 4 flounder filets
- salt and pepper
- 2 eggs
- 1/4 cup milk
- 2 cups Italian panko bread crumbs
- 2 cups shredded parmesan cheese
- 1 teaspoon garlic powder
- 1 pound red potatoes, quartered
- 1 bunch asparagus, ends trimmed
- 2 tablespoons olive oil

## Instructions

1. Preheat oven to 425 degrees. Line a baking sheet with parchment paper. Set aside.
2. In a shallow dish whisk together the eggs and milk. In another shallow dish, stir together the panko, parmesan cheese, garlic powder, salt and pepper to taste. Set aside.
3. Lay the potatoes onto the sheet pan, drizzle with 1 1/2 tablespoons olive oil, season with salt and pepper. Bake for 15 minutes. Remove from the oven.
4. Salt the fish, and dredge it into the egg mix, and then coat with panko. Lay on the baking sheet.
5. Drizzle the remaining olive oil onto the asparagus, and lay one the sheet pan. Season with salt and pepper. Place the pan back into the oven and bake for 15 to 20 minutes, until the fish flakes in the center with a fork. Serve hot.

## Recipe Notes

Depending on the thickness of your flounder filet, you may need to adjust your bake time. Fish should be cooked to an internal temperature of 145 degrees.



# One Pot Beef Stroganoff Macaroni

Servings: 4   Prep time: 10 minutes   Cook time: 15 minutes   Total time: 25 minutes

## Ingredients

- 1 tablespoon olive oil
- 1 pound ground beef
- salt and pepper to taste
- 8 ounces white mushrooms pre-sliced
- 1 tablespoon tomato paste
- 1 teaspoon Worcestershire sauce
- 3 cups beef broth
- 1 tablespoon flour
- 8 ounces macaroni noodles
- 1/2 cup sour cream
- 2 teaspoons dijon mustard
- 1 tablespoon chopped chives for topping

## Instructions

1. Heat the oil in a large pan (one that has a lid), over medium to high heat.
2. Brown the ground beef, drain away excess fat.
3. Toss in the mushrooms, tomato paste, Worcestershire sauce, flour, salt and pepper to taste. Cook for 5 minutes over medium heat.
4. Pour in the beef broth and the macaroni, bring to a boil.
5. Turn down the heat, cover and simmer for 15 minutes or until the liquid has absorbed.
6. Stir in the sour cream and dijon mustard.
7. Top with chopped chives and serve.

## Recipe Notes

Chives are not traditional, I know - But trust me, they bring the dish to a whole new level. My family loved the addition.



# Pizza Hand Pies

Servings: 4   Prep time: 10 minutes   Cook time: 20 minutes   Total time: 30 minutes

## Ingredients

1 box refrigerated Pillsbury Pie Dough you will need to use both  
pizza sauce for dipping, or to place inside  
1 cup shredded mozzarella cheese  
pepperonis, chopped onion, diced bell peppers, mushrooms, sausage,  
ANY pizza toppings that you like

## Instructions

1. Heat oven to 350 degrees. Line a baking sheet with parchment paper. Set aside.
2. Remove the pie dough from the fridge and follow the directions on the box before using. (It says something about allowing to sit at room temp)
3. Unroll your pie crusts, and cut into 5 inch round circles. I found that a ramekin was the exact size I needed, and used that as my guide. You should be able to get 6 circles from one crust. You will cut three, and then lightly flour your surface, and roll out, with a rolling pin, and you'll be able to get 3 more. Place the dough on the parchment lined baking pans.
4. If you are going to put the sauce into the hand pies, you will measure one tablespoon per hand pie. Otherwise skip this step.
5. In the center of your pie dough circles, place one tablespoon cheese, and a pinch each, of your choice of toppings. Fold one side of the dough over, and press the edges together. Using a fork press gently along the edges to close them up. You can use an egg, beaten, to brush the tops of the dough before baking, but this isn't completely necessary. Bake for 20 minutes or until dough is browned.





# Honey Mustard Chicken and Vegetables

Servings: 4   Prep time: 10 minutes   Cook time: 40 minutes   Total time: 50 minutes

## Ingredients

- 4 boneless, skinless chicken breasts
- 1 tablespoon garlic powder
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1/4 cup honey
- 3 tablespoons Dijon mustard
- 2 tablespoons water
- 1 pound baby red potatoes, quartered
- 8 ounces fresh green beans

## Instructions

1. Preheat oven to 400 degrees. Season the chicken breasts with salt, pepper, and garlic powder. Set aside.
2. Heat a large oven safe pan, over medium to high heat. Pour in the olive oil, and sear both sides of the chicken breasts. Remove from the pan and set aside. (no need to cook the chicken through)
3. Turn the heat to low, and give it a minute to cool down. (about 3 minutes) Add the garlic, and cook until fragrant. Add the honey, mustard, and water to the pan. Whisk well, scrapping any bits from the chicken off the bottom of the pan. Simmer the sauce for two minutes. Add the potatoes to the sauce, and toss to coat well. Nestle the chicken into the potatoes. Place into the oven for 30 minutes. At this point, add the green beans, mixing them into the sauce. Bake for another 10 minutes. You want to make sure that the chicken is cooked through and the potatoes are fork tender.

## Recipe Notes

Your chicken is cooked through when the internal temperature is 165 degrees.



# Italian Sausage Pasta Skillet

Servings: 4   Prep time: 10 minutes   Cook time: 20 minutes   Total time: 30 minutes

## Ingredients

- 1 pound Italian Sausage links, sliced 1/4 inch thick
- 10 ounces penne pasta, cook a few minutes less than directions - will finish cooking in dish
- 1 green bell pepper, sliced into thin strips
- 1 red bell pepper, sliced into thin strips
- 1 small yellow onion, sliced into thin strips
- 1 tablespoon olive oil
- 6 ounces tomato paste
- 8 ounces tomato sauce
- 1/2 cup red or white wine
- 1 tablespoon sugar
- 3/4 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Parmesan cheese for topping

## Instructions

1. Heat the olive oil in a large pan over medium heat.
2. Cook sausage so that it's browned on all sides, and cooked through.
3. Remove the sausage, leaving behind the oil and juices. Set the sausage aside.
4. Cook your peppers and onions in the oil and juices.
5. Cook the peppers and onions to your liking, and add the sausage, and wine. Scrape any bits from the bottom of the pan. (deglazing the pan)
6. Stir in the tomato paste, tomato sauce, seasonings, sugar, and pasta.
7. Bring to a boil, reduce heat, and simmer, covered for 8 to 10 minutes, or until the pasta has finished cooking. Serve hot with Parmesan cheese on top.

## Recipe Notes

Depending on how long you cook your pasta, your final cook time, #7, may be more or less timing.