

# HOW TO MAKE Dinner

SERVES ONE CHEF'S SANITY

## INGREDIENTS

(That can be made ahead of time)

- Pasta
- Rice, quinoa, other grains
- Shredded chicken
- Shredded cheese
- Roasted veggies
- Browned ground beef
- Chopped veggies
- Meatballs
- Marinated meats
- Fresh fruit slices
- Cookie dough

## PREP INSTRUCTIONS

(For stress-free weeknight meals)

1. Plan ahead. (Whatever that means for you!)
  - \* Don't fret if you go off-plan.
2. Get rid of choices, but stay out of a rut.
  - \* Found a winner? Make it once a week.
3. Be realistic about your time & what will get eaten.
  - \* Can you really handle au gratin potatoes?
4. Stock the freezer.
  - \* Cook once, eat twice.
5. When in doubt, order out.

## NOTES

## TO SERVE

Put the meal on your fanciest china or paper plates. Demand manners or sing songs. Recap the day or make big plans. It's all up to you, Chef.

Try everything. Talk.  
Laugh. Enjoy.

# WHAT TO BUY AT Costco ON A MONTHLY BASIS

## PRODUCE

- Bag o'peppers
- Fresh fruit

## FREEZER

- Veggies
- Fruit
- Tortilla-crust ed tilapia
- Cauliflower pizzas (and regular ones, too!)

## COOLER

- Kirkland pesto
- Spinach raviolis
- Kerrygold butter
- Spinach dip

## MEAT

- Applewood smoked bacon
- Bulk chicken
- Bulk hamburger
- Chicken sausage

## DAIRY

- 2 lb. block of cheddar cheese
- Greek yogurt

## BREADS

- Fajita tortillas
- Angelic Bakehouse bread

## PANTRY

- Annie's mac and cheese
- Classico tomato sauce
- Black beans
- Coconut milk
- Cheerios
- Kirkland chocolate chips
- Natural peanut butter
- Maple syrup
- Pine nuts
- All the nuts!
- Sweet potato crackers
- Food Should Taste Good tortilla chips

DINNER IS SERVED AT [THEREALGOODLIFE.COM/SHOP](https://www.therealgoodlife.com/shop)

QUICK LINKS &  
**Recipes**  
FOR TASTY DINNER IDEAS

## Recipes

- [Shredded chicken](#)
- [Roasted veggies](#)
- [Buffalo chicken sliders](#)
- [Sweet potato fries](#)
- [Bang bang sauce](#)
- Egg hash - [This One](#) or [That One](#)
- [Stir fry sauce](#)
- [BBQ chicken quesadillas](#)
- [Pasta primavera](#)
- [Sweet potato bar](#)

## Favorite Blogs & Books

- The Faux Martha
- What's Gaby Cooking
- Half-Baked Harvest
- Cookie & Kate
- Damn Delicious
- Smitten Kitchen
- Budget Bytes

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