

Dinner 1*Next Level Roast Chicken with Wilted Spinach***Next Level Roast Chicken (1a)**

Yield: 4 servings Active Time: 40 min. Total Time: 2 hr. 10 min.

Brine

- 1 cup sea salt
- 1 gallon water
- 1/2 cup honey
- 4 tbsp. Italian seasoning

Chicken

- 2 (3 lb.) whole chickens
- 2 small apples
- 2 garlic heads
- 2 tbsp. honey
- salt & black pepper
- 2 small pears
- 2 med. white onions
- 2 tbsp. Italian seasoning

**Mise en Place**

The night before: For brine: combine **water, sea salt, honey,** and **Italian seasonings,** and bring to a boil to dissolve salt. Cool completely. Add **chickens** and brine in gallon size zip bags, and brine 12 hours.

For more info, check out the video tutorial, "[A bit about brine...](#)" on the [hautemealz.com](#) blog!

Remove chickens from brine, rise well, and allow to rest, uncovered, 1 hour (optional).

Quarter the **apples, pears, garlic** and chop the **onions.**

Preparation

Preheat oven to 425F. For aromatics: combine **honey, 4 tbsp. water, apples, pears, garlic, onions,** and **Italian seasoning** in a microwave safe bowl, and nuke 5 minutes. Stir and allow to cool. Stuff the **chicken** cavities with the aromatics. Tie the legs together with kitchen twine to help hold its shape. Place the chickens, breast-side down, in a roasting pan(s), and roast for 25 minutes.

Baste the chickens with the drippings, flip breast up, and cook for another 25 minutes to brown the skin. The chickens are done when an instant-read thermometer reads 160F when inserted into the thickest part of the thighs (the legs of the chickens should wiggle easily from the sockets, too.)

Remove the chickens to a platter and let stand for 10 minutes, so the juices settle back into the meat before carving.

Serve 5oz. of chicken (1 leg or thigh + 1/2 breast) per plate. Save remaining meat for dinners 4 & 6.

Wilted Spinach (1b)

Yield: 4 servings Active Time: 15 min. Total Time: 20 min.

- 2 tsp. olive oil
- 1/2 lemon, juiced
- salt & black pepper
- 4 tbsp. balsamic vinegar
- 6 garlic cloves, minced
- 16 oz. baby spinach

In a bowl, mix the **olive oil, vinegar, lemon juice, garlic, salt & black pepper.**

Place the **spinach** over boiling water in a pot fitted with a steamer basket, and steam 2 to 3 minutes, until wilted but not soggy.

Toss spinach in a bowl with the dressing, and serve.

Dinner 2

Baked Orzo Ratatouille; French Bread

Baked Orzo Ratatouille (2a)

There is much debate on how to make a traditional ratatouille. One method is to simply sauté all of the vegetables together. Some cooks, including Julia Child, insist on a layering approach, where the eggplant and the zucchini are sautéed separately, while the tomatoes, onion, garlic are made into a sauce, and baked. The ratatouille is then layered in a casserole – eggplant, zucchini, tomato/pepper mixture – then baked in an oven. American chef Thomas Keller popularized a contemporary variation, *confit byaldi*, for the 2007 animated film *Ratatouille*. Ratatouille is a dish extremely popular with dieters. This is because not only is it low in fat and calories, but high in nutrients. We will, of course, be using Julia's method.



Yield: 4 servings **Active Time: 20 min.** **Total Time: 25 min.**

- 1/2 lb. orzo pasta
- 2/3 med. yellow onion
- 2/3 small zucchini
- 2 garlic cloves
- 2 Roma tomatoes
- salt & black pepper, to taste
- 2 oz. Fontina cheese
- 2/3 tbsp. olive oil
- 2/3 small eggplant
- 2/3 small squash
- 1 1/3 tbsp. balsamic vinegar
- 20 basil leaves
- 2 oz. Parmesan cheese

Mise en Place

Skin and dice the **onion**. Dice the **eggplant**. Quarter and slice the **zucchini** and **squash**. Skin and mince the **garlic**. Dice the **tomatoes**. Mince the **basil**. Grate the **cheese**, if necessary.

Prepare the Dish

Bring a large pot of water to boil over medium-high heat. Cook the **orzo** according to the package directions, or until it reaches al dente. Reserve a portion of the cooking liquid, drain and set aside.

In a large cast-iron skillet, heat half of the **olive oil** over medium-high heat. Sauté the **garlic** and **onion** for 3-5 minutes, or until translucent. Add the **balsamic vinegar** and **tomatoes** with their juices to the skillet. Season with **salt** to taste. Simmer until tomatoes are heated through, and then transfer mixture to a large baking dish and set aside.

Heat the remaining **olive oil** in the pan, and add the **eggplant** and continue to cook, stirring occasionally, for about 5 minutes, or until the eggplant has begun to soften. Toss in the **zucchini** and **squash** and cook for another 3 minutes, or until the squash is tender. Transfer veggies to the baking dish; add the cooked **orzo** and the reserved cooking liquid. Stir until everything is well incorporated.

Preheat the broiler and smooth the surface of the orzo mixture in the baking dish. Sprinkle the orzo ratatouille with minced **basil**, and then cover evenly with the **Parmesan** and **Fontina** cheese. Place the baking dish in the oven for about five minutes, or until the cheese has melted and begun to brown.

French Bread Loaf (Pre-baked)

Yield: 4 servings **Active Time: 5 min.** **Total Time: 15 min.**

- 1 Prebaked French Bread Loaf

Preheat the oven to 400F.

Place the **bread** in the oven. For a crispy crust, place the loaf directly on the rack. Bake bread on a baking sheet for a chewy crust. Bake for 9 to 12 minutes.

Remove bread from the oven when the crust is golden-brown. Slice the bread.

Serve a 2-inch slice of the bread, per person, with butter or olive oil.

Dinner 3

*Simple Citrus Salmon and Asparagus with Lemon & Butter; Basmati Rice***Simple Citrus Salmon (3a)**

Yield: 4 servings Active Time: 25 min. Total Time: 45 min.

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- 20 oz. salmon or steelhead fillet
 - 2 oranges
 - 4 lg. stems dill
- 4 tsp. olive oil
 - salt & black pepper, to taste
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Mise en PlaceZest and juice the **orange**. Mince the **dill**.**Preparation**Place the **fish** in a shallow baking dish skin side down. Pour **orange juice** over the fish and let stand for 15 min at room temp. Sprinkle **zest** and **dill** over the fish and drizzle with **olive oil**.

Place in a 300-325F oven for 20-30 min or until fish flakes in large chunks.

**Asparagus with Lemon & Butter (3b)**

Yield: 4 servings Active Time: 25 min. Total Time: 45 min.

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- 2 bunches asparagus
 - 2 lemons
- 2 tbsp. butter
 - salt & black pepper, to taste
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Mise en PlaceTrim the woody stems from the **asparagus**. Juice the **lemon**. Melt the **butter**.**Preparation**Cook **asparagus** in a wide 4 to 6-quart pot of boiling salted water, uncovered, until just tender, 5 to 7 minutes. Drain well in a colander, then return to pot and toss with **butter**, **lemon juice**, **salt & black pepper**.**Basmati Rice (3c)**

Yield: 4 Servings Active Time: 2 min. Total Time: 25 min.

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- 1/2 cup Basmati rice
 - 1 tsp. salt
- 1/2 cup, plus 2 tbsp. water
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Combine the **rice**, **water** and **salt** in a saucepan, bring to just boiling, stir, cover and move to a burner set on low. No peeking.

Allow to cook 15 -20 min. Fluff with a fork and serve.

Dinner 4*Chicken Burritos; Pepper Pico de Gallo & Corn Chips***Chicken Burritos (4a)**

Yield: 4 servings **Active Time: 15 min.** **Total Time: 15 min.**

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|----------------------------------|----------------------------|
| • 4 flour tortillas | 1 cup refried beans |
| • 2 cup cooked chicken* (see 1a) | 1 cup salsa |
| • 2 tbsp. sour cream | 1 avocado |
| • 2 Roma tomatoes | 2 small bunches watercress |
| • 2 limes | salt & black pepper |
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**Mise en Place**

Peel and slice the **avocado**, discarding the pit. Juice the **lime**. Dice the **tomato**. Trim, wash and dry the **watercress**.

Preparation

Warm the **refried beans** over medium-low heat (or in the microwave, on medium). Shred or chop the **chicken** and place in a medium bowl with the **salsa**; toss to combine, and then warm in microwave. Toss the **watercress** with the **lime juice**, **salt & black pepper**.

Lay the **tortillas** on a counter. Spread some warmed refried beans down the middle of each tortilla. Top with chicken, **sour cream**, **avocado** and **tomato**. Place the **watercress** over each burrito.

Fold-up the bottom quarter of each tortilla and then roll from the side into a cylinder. Serve.

Fresh Pepper Pico (4b)

Yield: 4 servings **Active Time: 5 min.** **Total Time: 50 min.**

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|---------------------------------|----------------------|
| • 4 Roma tomatoes | 1 medium white onion |
| • 10 sprigs cilantro | 1 orange bell pepper |
| • 4 limes | 4 garlic cloves |
| • salt & black pepper, to taste | |
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Mise en Place

Dice the **tomatoes**. Skin and dice the **onion**. Chop the **cilantro**. Remove the stem, seeds and membrane of the **pepper** and dice. Juice the **lime**. Skin and mince the **garlic**.

Preparation

Combine all ingredients except the corn chips and refrigerate 1 hour before serving, if possible. Serve with **corn chips**.

Dinner 5

Ground Pork Tacos; Black Beans with Salsa Rice

Ground Pork Tacos (5a)

Yield: 4 servings

Active Time 20 min

Total Time 20 min

Tacos

- 1 1/2 tbsp. vegetable oil
- 1 lb. ground pork
- 2 garlic cloves, minced
- 1/2 cup beef broth, low-sodium

- 2/3 med. yellow onion, chopped
- salt & black pepper
- 1/2 packet taco seasoning*
- 8 6-inch yellow corn tortillas

Condiments

- 4 oz. Mexican blend cheese, shredded
- 2 Roma tomatoes, seeded & chopped

- 1/2 head Romaine, shredded
- 2 sm. handful fresh cilantro (opt.)



Heat the **Vegetable oil** in a large skillet over medium heat. When the oil shimmers, add the **onion** and cook for 3 to 4 minutes, or until softened. Add the **ground pork, salt & pepper** to taste, and the **garlic**. Cook for 3 to 4 minutes, or until browned, stirring occasionally to break up the meat.

Add the **taco seasoning** and the **beef broth**. Bring the mixture to a simmer and cook, uncovered, for 2 to 3 minutes, or until the sauce is thickened.

Char the **tortillas** over a gas flame or under the broiler until blackened in spots, 15 to 20 seconds per side.

Assemble each taco with meat mixture, **cheese, lettuce, tomato, and cilantro**, if desired. Serve immediately.

*Note: *Feelin' adventurous? Try your hand at making our super-simple [Corn Tortillas](#), and check out our post, "[Homemade Taco Seasoning](#)." Both on the [hautemealz.com](#) blog!*

Black Beans with Salsa Rice (5b)

Yield: 4 servings

Active Time: 10 min.

Total Time: 15 min.

- 1/2 cup Basmati rice
- 1/2 cup salsa
- 10 sprigs cilantro

- 15 oz. black beans
- 1 ear fresh corn
- salt & black pepper

Mise en Place: Drain the **black beans**. Remove the kernels from the **corn** cob. Chop the **cilantro**.

Preparation: In a medium sauce pot, cook **rice** according to package instructions. When the rice is half way cooked, add **black beans, salsa**, and cook about 10 minutes. Continue cooking rice until done. Remove the pot, using a spoon, stir in chopped **cilantro**, and **corn**, and season to taste, with **salt & black pepper**.

Dinner 6*Chicken Posole with Garlic Baguette***Chicken Posole (6a)**

Chicken pozole is a traditional dish of Guerrero, Mexico, made with hominy, chicken, and several garnishes. It is often a traditional Mexican Christmas dish.

Yield: 4 servings**Active Time: 10 min****Total Time: 30 min**

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|---|---------------------------------------|
| • 4 tsp. olive oil | 2 dashes crushed red pepper |
| • 1 med. yellow onion, thinly sliced | 2 cup cooked chicken* (see 1a), cubed |
| • salt & black pepper, to taste | 32 oz. chicken broth |
| • 16 oz. canned hominy (<i>switchable!</i>) | 1 lime, cut into wedges |
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Heat the **oil** in a large saucepan over medium heat. Add the **onion, salt & black pepper** and cook, stirring occasionally, until soft and beginning to brown, 10 to 12 minutes. Add the **broth, tomatoes, and crushed red pepper** and bring to a boil. Stir in the **chicken** and **hominy** and simmer until heated through, 3 to 4 minutes. Serve the posole with the **lime** wedges.

Switchable! 6 If hominy isn't your favorite, use 15 ounces of canned, frozen, or fresh sweet corn kernels instead!

Baguette (6b)**Yield: 4 servings****Active Time: 5 min.****Total Time: 20 min.**

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|---------------------------------|--------------------------|
| • 1 whole baguette, fresh baked | 2 garlic cloves, pressed |
| • salt | 4 tsp. olive oil |
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Preheat oven to 350F

Combine the **oil** and **garlic** in a small bowl. Brush top of **baguette** with oil mixture then sprinkle with **salt**.

Wrap baguette tightly in foil, and bake 10-15 minutes, until warmed through.

Unwrap and slice on a bias, every 2 inches.

Serve immediately

Dinner 7*Pineapple Lamb Chops with Buttered Baby Carrots***Pineapple Lamb Chops (7a)**

Yield: 4 servings Active Time: 25 min. Total Time: 30 min.

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| • 2 oranges | 1 tbsp. cornstarch |
| • 3 tbsp. honey | 1 tbsp. water |
| • salt & black pepper | 8 oz. pineapple |
| • 8 lamb chops (1 1/2 lb. total) | 20 mint leaves, chopped |

Mise en Place

Juice the **orange**. Trim excess fat from **lamb chops**. If using fresh **pineapple** peel and chop into small tidbits, if using canned drain well. Finely chop fresh **mint**. Set oven rack 5-inches from broiler. Preheat the oven broiler.

Preparation

Mix **orange juice**, **honey**, **salt & black pepper** in small bowl. Place **lamb chops** on broiler pan. Brush with about a quarter of the orange juice mixture. Broil about 5-6 minutes or until brown. Turn, brush with more of the orange juice mixture and broil 6-9 minutes or until brown and desired doneness.

Meanwhile, in small saucepan, stir together **cornstarch** and **water**. Add remaining **orange juice** mixture and **pineapple**. Heat to boiling, stirring occasionally. Boil for 2 minutes, then stir in mint and serve with the lamb chops. Each person gets 2 lamb chops, depending on size.

Buttered Baby Carrots (7b)

Yield: 4 Servings Active Time: 5-10 min. Total Time: 15 min.

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|----------------------|---------------------|
| • 1 lb. baby carrots | water to cover |
| • 2 tbsp. butter | salt & black pepper |

Place **carrots** in saucepan and add **water** to cover by 1/2". Bring to a boil over high heat. Lower heat to medium and simmer carrots for 3-6 minutes until tender when pierced with a fork.

Remove from heat, drain carrots, turn off heat. Return carrots to saucepan and add **butter**. Place on burner with heat off. Let butter melt; stir gently to coat carrots.

Sprinkle with **salt & black pepper** and serve.

French Bread Loaf (Pre-baked)

Yield: 4 servings Active Time: 5 min. Total Time: 15 min.

- 1 Prebaked French Bread Loaf

Preheat the oven to 400F.

Place the **bread** in the oven. For a crispy crust, place the loaf directly on the rack. Bake bread on a baking sheet for a chewy crust. Bake for 9 to 12 minutes.

Remove bread from the oven when the crust is golden-brown. Slice the bread. Serve a 2-inch slice of the bread, per person, with butter or olive oil.



Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Next Level Roast Chicken (1a) Wilted Spinach (1b)	Baked Orzo Ratatouille (2a) French Bread (2b)	Simple Citrus Salmon (3a) Asparagus with Lemon & Butter (3b) Basmati Rice (3c)	Chicken Burritos (4a) Pepper Pico de Gallo & Corn Chips (4b)	Ground Pork Tacos (5a) Black Beans with Salsa Rice (5b)	Chicken Posole (6a) Garlic Baguette (6b)	Pineapple Lamb Chops (7a) Buttered Baby Carrots (7b) French Bread (7c)

Produce

- Apples, sm., 2.....1a
- Pears, sm., 2.....1a
- Lemons, 3
1/2 lemon 1b
2 lemon..... 3b
- Limes, 7
2 limes4a
4 limes 4b
1 lime.....6a
- Oranges, 4
2 oranges3a
2 oranges7a
- Basil leaves, 20.....2a
- Cilantro bunches, 2
10 cilantro sprigs..... 4b
2 sm. handful cilantro (opt.)5a
10 cilantro sprigs..... 5b
- Dill stems, lg., 4.....3a
- Mint leaves, 20.....7a
- Asparagus bunches, 2..... 3b
- Avocados, 1.....4a
- Baby carrots, 1 lb. 7b
- Corn ears, 1..... 5b
- Garlic heads, 21a
- Garlic cloves, 16
- Romaine heads, 1/25a
- Baby spinach, 16 oz. 1b
- Watercress bunches, sm., 2.....4a
- White onions, med., 3
2 white onion, med.1a
1 white onion, med. 4b
- Yellow onions, med., 3
2/3 med. yellow onion2a
2/3 med. yellow onion5a
1 med. yellow onion.....6a
- Orange Bell peppers, 1 4b
- Eggplant, sm., 2/32a
- Zucchini, sm., 2/32a
- Squash, sm., 2/3.....2a
- Roma tomatoes, 10
2 Roma tomatoes.....2a
2 Roma tomatoes.....4a
4 Roma tomatoes..... 4b
2 Roma tomatoes.....5a

Canned Goods

- Black beans, 15 oz. 5b
- Refried beans, 1 cup.....4a
- Beef broth, low-salt, 1/2 cup5a
- Chicken broth, low-salt, 32 oz.....6a
- Hominy, 16 oz.6a
- Honey, @ 1 cup
1/2 cup honey1a
2 tbsp. honey1a
3 tbsp. honey7a
- Olive oil, @ 6 tbsp.
- Vegetable oil, 1 1/2 tbsp.....5a
- Salsa, 2 cup
1 cup salsa4a
1 cup salsa 5b
- Balsamic vinegar, 5 1/3 tbsp.
4 tbsp. balsamic vinegar 1b
1 1/3 tbsp. balsamic vinegar2a
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Dry Goods

- Baguette, whole, 1 6b
- French Bread Loaves, 2
(prebaked)
1 French bread loaf 2b
1 French bread loaf7c
- Orzo pasta, 1/2 lb.....2a
- Tortillas, yellow corn, 6-inch, 8.....5a
- Tortillas, flour, 4.....4a
- Basmati rice, 1 cup
1/2 cup Basmati rice.....3c
1/2 cup Basmati rice..... 5b
- Cornstarch, 1 tbsp.....7a
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Meat & Seafood

- Whole chickens, (@ 3 lb. ea.), 2
20 oz. cooked chicken*1a
2 cup cooked chicken*4a
2 cup cooked chicken*6a
- Lamb chops, 8.....7a
(1 1/2 lb. total)
- Ground pork, 1 lb.5a
- Salmon fillets, 20 oz.3a
(or steelhead)
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Refrigerator

- Butter, 4 tbsp.
2 tbsp. butter 3b
2 tbsp. butter 7b
- Fontina cheese, 2 oz.....2a
- Mexican Blend cheese, 4 oz.....5a
- Parmesan cheese, 2 oz.2a
- Sour cream, 2 tbsp.4a
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Frozen

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Spices

- Black pepper
- Crushed red pepper, 2 dashes6a
- Sea salt, 1 cup1a
- Salt
- Italian seasoning, 6 tbsp.
4 tbsp. Italian seasoning1a
2 tbsp. Italian seasoning1a
- Taco seasoning* packets, 1/25a
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-
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Miscellaneous

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Safeway.com Express List

Once you have set up an online account:

1. <http://www.safeway.com>
2. Grocery Delivery
3. Click on the "Express List" Tab
4. Paste this list into the box
5. Click "Save and Find"
6. Select your quantities.

Apples
 Pears
 Lemons
 Limes
 Oranges
 Basil leaves
 Cilantro bunches
 Dill stems
 Mint leaves
 Asparagus bunches
 Avocado
 Baby carrots
 Corn ears
 Garlic heads
 Garlic cloves
 Romaine heads
 Baby spinach
 Watercress bunches
 White onions
 Yellow onions
 Orange Bell peppers
 Eggplant
 Zucchini
 Squash
 Roma tomatoes
 Baguette
 French Bread Loaf
 Orzo pasta
 Tortillas, yellow corn
 Tortillas, flour
 Basmati rice
 Cornstarch
 Black beans
 Refried beans
 Beef broth
 Chicken broth
 Hominy
 Honey
 Olive oil
 Vegetable oil
 Pineapple
 Salsa

Balsamic vinegar
 Butter
 Fontina cheese
 Mexican Blend cheese
 Parmesan cheese
 Sour cream
 Chicken
 Lamb chops
 Ground pork
 Salmon or steelhead fillets
 Black pepper
 Crushed red pepper
 Sea salt
 Salt
 Italian seasoning
 Taco seasoning* packets

This menu, including any additional online content, contains general nutritional information.

The information is not advice, nor a complete diet plan, and should not be treated as such. Nor should it, in any way, be used to replace or modify any diet or nutritional plan advised by your doctor or healthcare professional.

Always discuss with your doctor or other professional healthcare provider before making dietary changes.