# Menu Ideas

#### Chicken

Entrée	Time	Notes	Shopping List

### Chicken – Notes & Recipes

Grill: grill temp should be between 350 ° - 450 °; coat meat with Canola oil before grilling

**Bake**: 350°, uncovered, 30-45 minutes

Sauté: Med-High Heat, 1-2 Tbs Canola or Olive Oil in the pan

**Broil**: 5-7 minutes per side

**Cooking Guide**: No Pink - 165 ° internal meat temperature



#### Beef

Entrée	Time	Notes	Shopping List

### Beef – Notes & Recipes

Grill: grill temp should be between 350 ° - 450 °; coat meat with Canola oil before grilling

Bake: 350°, uncovered, 30-45 minutes

Sauté: Med-High Heat, 1-2T Canola or Olive Oil in the pan

**Broil**: 5-7 minutes per side

**Cooking Guide:** internal meat temperature

Rare: 105 ° - 100 ° Med Rare: 125 ° - 130 ° Medium: 140 ° - 145 ° Well: Above 150 °



#### Pork

Entrée	Time	Notes	Shopping List

#### Pork – Notes & Recipes

Grill: grill temp should be between 350 ° - 450 °; coat meat with Canola oil before grilling

Bake: 350°, uncovered, 20-25 minutes

Sauté: Med-High Heat, 1-2T Canola or Olive Oil in the pan

**Broil**: 5-7 minutes per side

Cooking Guide: No Pink - 145° internal meat temperature



## Fish/Seafood

Entrée	Time	Notes	Shopping List

