

Menu Ideas

Chicken

Entrée	Time	Notes	Shopping List
Chicken Kabobs	15 min	Grill	Chicken Kabobs
Italian Chicken Tenders	15 min	Grill, Broil	Italian Salad Dressing Chicken Tenders
Orange Chicken	20 min	Sauté	Chicken Tenders Orange Marmalade Balsamic Vinegar Orange Juice White Wine
BBQ Chicken	6 hrs	Crock Pot –cook on low all day; remove fat, shred with a fork and add sauce	BBQ Sauce (Sweet Baby Ray's Honey BBQ) Chicken
Teriyaki Chicken	20 min	Grill, Broil	Teriyaki Marinade Chicken
Chicken Parmesan	25 min	Bake	Breaded Chicken Spaghetti Sauce

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
Steak	15 min	Grill	Steak
Burgers	20 min	Grill	Ground Sirloin
Beef Stroganoff	20 min	Sauté	Diced Onions Cubed Beef Tenders Cream of Mushroom Soup White or Red Wine Sour Cream
Beef Kabobs	15 min	Grill, Broil	Beef Cubes Peppers Onions Marinade
Meatloaf	1.5 hrs	Bake	Ground Beef Ground Pork Bread crumbs Onion Garlic Egg Worcester Sauce Dried Mustard Sage
Shredded BBQ Beef	6 hrs	Crock Pot –cook on low all day; remove fat, shred with a fork and add sauce	Chuck Roast
Tacos	6 hrs	Crock Pot – add sauce and cook on low all day; shred with a fork	Chuck Roast Taco Seasoning Tortillas Lettuce Sour cream Shredded cheese

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
Pulled BBQ Pork	6 hrs	Crock Pot –cook on low all day; remove fat, drain, shred with a fork & add sauce	BBQ Sauce Pork Shoulder or Boston butt
Marinated Pork Tenderloin	20 min	Grill, Bake, Broil	Italian Salad Dressing Pork Tenderloin
Bone-In Pork Chops	15 min	Grill, Bake, Broil, Sauté (dredge in flour, salt & pepper)	Bone-In Pork Chops Flour

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
Salmon	15 min	Grill, Bake	Salmon