

# Summer 2026 Menu (June-July)

## Fully-prepped Meal Kits and casseroles

The Dinner Shoppe 1248 Clairmont Rd. 404-748-1502



### \*\*\*BEEF\*\*\*

#### **Fabulous Grilled Flank Steak (grill, oven, crockpot)**

Flank steak in a delicious marinade, grilled or broiled for the perfect summer steak meal! With corn and rice (Lighter\*: with California Blend)

*Calories: 475, Total Fat: 30.8g, Sat. Fat: 6.6g, Carbohydrates: 3.4g, Sugars: 1.5g, Fiber: 0.3g, Protein: 43.3g, Sodium: 890mg, Cholesterol: 83mg*

#### **Italian Calzones (oven)**

Calzones stuffed with beef, sausage, mushrooms, basil, ricotta, and cheddar - baked to a golden brown and served with marinara! (cannot be made Gluten-free!)

*Calories: 384, Total fat: 16.8g, Sat. Fat: 8.8g, Cholesterol: 150mg, Sodium: 837mg, Total Carbohydrates: 35.2g, Dietary fiber: 1.6g, Sugars: 5.8g, Protein: 23.1g*

#### **Stir Fry Flank Steak (stovetop)**

Flank strips and broccoli stir fried in our homemade stir fry sauce with a hint of mint and served over rice!

*Calories: 450, total fat: 7.3g, Saturated Fat: 2.9g, Cholesterol: 42mg, Sodium: 602mg, Total Carbohydrates: 65g, Dietary Fiber: 5.4g, Total Sugars: 5.9g, Protein: 30.8g*

#### **Taco Pasta Casserole (oven)**

A delicious, oven-ready casserole with ground beef, pasta, onions, tomatoes, green chilis, cheese, and taco seasoning. So easy and so good!

*Calories: 372, total fat: 14.4g, Sat. Fat: 8.3g, Cholesterol: 61mg, Sodium: 775mg, Total Carbohydrates: 42.7g, Dietary Fiber: 1.7g, Sugars: 6.1g, Protein: 19.9g*

### \*\*\*CHICKEN\*\*\*

#### **Blackened Chicken Alfredo (Stovetop)**

Chicken breasts seared with blackening seasoning and served over penne and our homemade alfredo sauce with red peppers, onions, and garlic. So good! (Lighter\*: No penne, served over broccoli)

*Calories: 710, Total Fat: 47g, Sat. Fat: 26g, Cholesterol: 158mg, Sodium: 907mg, Total Carbs: 45g, Dietary Fiber: 2g, Total Sugars: 2g, Protein: 26g*

#### **Caribbean Chicken with Rice (stovetop, grill)**

Chicken breasts marinating in spices, lime juice, and honey with a touch of jalapeno and served with rice, corn, and black beans.

*Calories: 395, Total fat: 4.8g, Sat. Fat: 0.4g, Cholesterol: 82mg, Sodium: 1069mg, Total Carbohydrates: 50.2g, Dietary Fiber: 6.2g, Sugars: 12g, Protein: 39.3g*

#### **Chicken Couscous Salad (Stovetop)**

Chicken, couscous, onion, and peas in a delicious white wine vinaigrette and topped with pine nuts. The perfect summer salad!

*Calories: 385, Total Fat: 10.2g, Sat. Fat: 1.2g, Trans Fat: 0g, Cholesterol: 25mg, Sodium: 557mg, Total Carbs: 47.7g, Dietary Fiber: 3.7g, Sugars: 1g, Protein: 25.2g*

#### **Crockpot Chicken Burrito Bowls (crockpot, oven)**

An all-in-one crockpot meal with chicken thighs, tomatoes, black beans, cheese, and your choice of quinoa or rice!

*Calories: 718, Total Fat: 31.7g, Sat. Fat: 14.8g, Cholesterol: 170mg, Total Carbohydrates: 60.9g, Dietary Fiber: 9.9g, Sugars: 6g, Protein: 46.9g*

#### **Florentine Chicken Artichoke Casserole (oven)**

A great summer casserole with creamy bowtie pasta, spinach, artichokes, and chicken!

*Calories: 422, Total Fat: 14.7g, Sat. Fat: 8g, Cholesterol: 75mg, Sodium: 573mg, Total Carbohydrates: 42.7g, Dietary Fiber: 4.3g, Sugars: 4.8g, Protein: 25.2g*

## \*\*\*PORK\*\*\*

### **Crockpot Herbed Pork Roast (crockpot, oven)**

All the tastiest herbs and spices and a little honey and dijon simmering all day in the crockpot with pork roast. Served with green beans and egg noodles. (Lighter\*: with green beans)

*Calories: 393, Total Fat: 18.6g, Sat. Fat: 5g, Cholesterol: 119mg, Sodium: 92mg, Total Carbohydrates: 10.4g, Dietary Fiber: 0.6g, Sugars: 6.3g, Protein: 43.8g*

### **Sweet and Sour Pork (stovetop, crockpot)**

Sweet and sour pork cubes with pineapple, green and red peppers, and onions in one pot with rice. So good!

*Calories: 535, Total Fat: 14.3g, Sat. Fat: 4.9g, Cholesterol: 58mg, Sodium: 708mg, Total Carbohydrates: 58.8g, Dietary Fiber: 3g, Sugars: 2.7g, Protein: 39.7g*

### **Tacos al Pastor (crockpot, oven)**

Shredded pork in a slightly spicy marinade of chipotle paste, chili powder, cumin, lime, and pineapple juice and served with queso fresco and tortillas. (Lighter\*: with corn tortillas)

*Calories: 485, Total Fat: 16g, Sat. Fat: 7g, Cholesterol: 94mg, Sodium: 1361mg, Total Carbohydrates: 44g, Dietary Fiber: 1g, Sugars: 8g, Protein: 40g*

## \*\*\*SEAFOOD\*\*\*

### **Garlic Butter Cod with Summer Veggies (stovetop)**

Cod with garlic and butter, pan fried and on the table in no time! With summer corn, green beans, and red peppers.

*Calories: 190, Total fat: 15g, Cholesterol: 83mg, Sodium: 544mg, Total carbohydrates: 1g, Protein: 14g*

### **Grilled Shrimp (grill, stovetop)**

Probably the best grilled shrimp ever! Shrimp in a delicious marinade with skewers and perfect for the grill or sautéed on the stove! With vegetable medley and penne. (Lighter\*: with California Blend)

*Calories: 268, Total fat: 18.7g, Sat. Fat: 3.1g, Cholesterol: 199mg, Sodium: 753mg, Total carbohydrates 3.4g, Dietary Fiber: 0.6g, Sugars: 0.9g, Protein: 22g*

### **Shrimp and Andouille Gumbo (crockpot, stovetop)**

A Louisiana staple featuring shrimp and andouille sausage simmering in a hearty broth with tomatoes, bell peppers, celery, onion, okra, and a rich homemade roux, served over a bed of fluffy rice. (cannot be made Gluten free!)

*Calories: 943, Total Fat: 38g, Sat. Fat: 12g, , Cholesterol 395mg, Sodium: 1479mg, Potassium: 1102mg; Total Carbs: 85.6g, Dietary Fiber: 13.7g, Sugars: 4.2g, Protein: 64.6g*

## \*\*\*MEATLOAF\*\*\*

### **Bleu Cheese Stuffed Meatloaf with Caramelized onions (oven)**

A muffin pan full of individual meatloaves and ready to pop in the oven! We add spinach, breadcrumbs, and spices to ground beef or turkey and top with ketchup and Worcestershire sauce glaze. Served with rice and corn. (Lighter\* with carrots)

*TURKEY Calories: 358, Total fat: 16.6g, Sat. Fat: 6.1g, Cholesterol: 95mg, Sodium: 786mg, Total carbohydrates: 19g, Dietary Fiber: 1.2g, Sugars: 5.2g, Protein: 34.2g*

*BEEF Calories: 406, Total fat: 15.6g, Sat. Fat: 6.3g, Cholesterol: 116mg, Sodium: 759mg, Total Carbohydrates: 19.1g, Dietary Fiber: 1.2g, Sugars: 5.1g, Protein: 46.1g*

## \*\*\*VEGETARIAN\*\*\*

### **Black Eyed Peas and Orzo Salad (stovetop)**

A light and perfect salad for the summer! Black eyed peas, tomatoes, red onion, Kalamata olives, feta, and orzo tossed in a Mediterranean dressing.

*Calories: 687, Total Fat: 17g, Sat. Fat: 5.3g, Cholesterol: 22mg, Sodium: 472mg, Total Carbohydrates: 126g, Fiber: 41.5g, Sugars: 9.5g, Protein: 44g*