

February 2026 Menu

Fully-prepped Meal Kits and casseroles

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



BEEF

Cheesy Macaroni Beef Casserole (Oven)

A deliciously cheesy, all-in-one casserole and perfect for those nights where you need something quick, easy, and hearty for dinner.

Diet Points: 13 Calories: 379, Total Fat: 18.6g, Sat. Fat: 11.0g, Trans Fat: 0.0g, Cholesterol 50 mg, Sodium: 873mg, Potassium: 236mg, Total Carbs: 34.8g, Dietary Fiber: 3.1g, Sugars: 4.6g, Protein: 20.0g

Crockpot Enchilada Casserole (Crockpot)

Enchiladas ready when you get home! Layers of corn tortillas, beef, tomatoes, onion, peppers, spices, and cheese... all in the crockpot!

Diet Points: 13 Calories: 417 Total Fat: 18.3g, Sat. Fat: 8.9g, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 1662mg, Potassium: 382mg, Total Carbohydrates: 34.1g, Dietary Fiber: 6.7g, Sugars: 6.9g, Protein: 31.1g

Beef Medallions in Herbed Garlic Brown Butter Sauce (Stovetop)

Tender beef medallions seared and covered in delicious brown garlic butter and fried onions. with egg noodles and green beans. (Lighter Option*: with California Blend)

Dietary Information: Calories: 268, Total Fat: 26g, Sat. Fat: 13g, Sat. Fat: 9g, Cholesterol: 64mg, Sodium: 109mg, Potassium: 110mg, Dietary Fiber: 1g, Sugar: 1g, Calcium: 23mg

Horseradish Encrusted Beef Tenderloin (Oven)

Our unbelievably tender beef tenderloin encrusted with horseradish and Dijon mustard and serves with a creamy horseradish sauce. With rice and green beans. (Light option*: no rice)

*Diet Points: 12(*10) Calories: 425(*381), Total Fat: 23.7g(*19.6), Sat. Fat: 10.5g(*8.0), Trans Fat: 0.0g, Cholesterol 156mg(*147), Sodium: 994mg(*769), Total Carbohydrates: 5.9g(*4.3), Dietary Fiber: 1.4g(*1.1), Sugars: 2.6g(*2.0), Protein: 45.5g(*44.8)*

CHICKEN

Apricot Curry Chicken (Oven or Grill)

Chicken breasts marinated in a sweet apricot curry sauce and sauteed. With peas and rice (Lighter option*: with California Blend)

Diet Points: 7 Calories: 228, Total Fat: 3.2g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 79mg, Sodium: 231mg, Total Carbohydrates: 18.4g, Dietary Fiber: 0.2g, Sugars: 12.5g, Protein: 28.4g

Chicken Asparagus Bundles (Oven)

Chicken breasts rolled up with Swiss cheese and asparagus spears, topped in Dijon tarragon sauce, breaded and baked to perfection. With egg noodles. (Lighter option*: No egg noodles)

*Diet Points: 11(*7), Calories: 430(*276), Total Fat: 13.7g(*5.3), Sat. Fat: 3.8g(*0.3), Trans Fat: 0.0g(*0), Cholesterol: 99mg(*82), Sodium: 1569mg(*979), Total Carbohydrates: 34.2g(*22.3), Dietary Fiber: 4.2g(*3.6), Sugars: 7.1g(*4.9), Protein: 41.2g (*34.9)*

Chicken with Walnuts Casserole (Oven)

A deliciously nutty casserole with chicken, peas, carrots, potatoes, walnuts and cheese!

Diet Points: 14 Calories: 428 Total Fat: 22g, Sat. Fat: 9.7g, Trans Fat: 0.0g, Cholesterol 78mg, Sodium: 1371mg, Potassium 236mg, Total Carbohydrates: 27.5g, Dietary Fiber: 2.7g, Sugars: 2.9g, Protein: 26.2g

Crockpot Chicken in Spinach Cream Sauce (Crockpot or Oven)

Chicken thighs rubbed in paprika and simmered in a creamy parmesan sauce with spinach and lemon. With penne.

Diet Points: 7 Calories: 292, Total Fat: 12.1g, Sat. Fat: 6.2g, Trans Fat: 0.0g, Cholesterol 109mg, Sodium: 470mg, Potassium: 139mg, Total Carbohydrates: 4.3g, Dietary Fiber: 1.1g, Sugars: 1.3g, Protein: 41.5g

Crockpot Creamy Shredded Parmesan Chicken and Pasta (Crockpot or oven)

Shredded chicken breasts, cream cheese and parmesan in homemade creamy Italian dressing and served over penne.

Diet Points: 25 Calories: 782, Total Fat: 49g, Sat. Fat: 19g, Trans Fat: 0.0g, Cholesterol 172mg, Sodium: 732mg, Potassium: 226mg, Total Carbohydrates: 40g, Dietary Fiber: 2g, Sugars: 4g, Protein: 47g

It's Amore ! Chicken (Stovetop)

Chicken breasts butterflied and marinated in herbs and lemon juice. When sauteed, they look like a heart! Then topped with an herby sauce for a great mediterranean flavor! You'll love it! With Peas and Penne (Lighter*: With carrots)

Diet Points: 6 Calories: 285, Total Fat: 15.0g, Sat. Fat: 2.5g, Trans Fat: 0.0g, Cholesterol 86mg, Sodium: 699mg, Total Carbohydrates: 2.6g, Dietary Fiber: 0.6g, Sugars: 0.3g, Protein: 33.5g

Sauteed Chicken Breast With Raspberry Chipotle Sauce (Broil, Grill, or Stovetop)

Chicken breasts sauteed and topped with our special raspberry chipotle sauce. With Green beans and egg noodles.

Diet Points: 6 Calories: 208, Total Fat: 4.2g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 172mg, Total Carbohydrates: 19.0g, Dietary Fiber: 1.4g, Sugars: 16.9g, Protein: 22.5g

*****PORK*****

Caramelized Pork and Jasmine Rice (Stovetop)

Toss pork cubes, onion, green chilis,pepper, and sesame oil with caramelized sugar in a skillet and serve over Jasmine rice. with vegetable medley

Diet Points: 7 Calories: 673, Total Fat: 15.4g, Sat. Fat: 5.3g, Trans Fat: 0.0g, Cholesterol 119mg, Sodium: 79mg, Potassium: 655mg,Total Carbohydrates: 84.20g, Dietary Fiber: 3.6g, Sugars: 34.4g, Protein: 47.7g

Crockpot Orange Cranberry Pork Roast (Crockpot or oven)

Sweet and tangy! This pork roast cooks in cranberry sauce, sweet and tangy orange dressing. with vegetable medley and egg noodles. (Lighter option*: with California Blend)

Diet Points: 8 Calories: 356, Total Fat: 14.7g, Sat. Fat: 5.2g, Trans Fat: 0g, Cholesterol 119mg, Sodium: 141mg, Potassium: 683mg, Total Carbohydrates: 7.6g, Dietary Fiber: 1.6g, Sugars: 3.7g, Protein: 43.3g

Crockpot Cheddar Pork Chops (Crockpot or Oven)

A warm and cheesy pork chop dinner with creamy sauce served over shredded potatoes and topped with fried onions. With green beans.

Diet Points: 28 Calories: 686, Total Fat: 41.4g, Sat. Fat: 21.4g, Trans Fat: 0g, Cholesterol 153.3mg, Sodium: 807mg, Potassium: 353.4mg, Total Carbohydrates: 29.3g, Dietary Fiber: 2.0g, Sugars: 2.9g, Protein: 45.8g

Marsala Pork Tenderloin (Stovetop)

Pork tenderloin rubbed with herbs and spices with mushrooms and onions in Marsala wine sauce. with vegetable medley and rice. (Lighter*: with California blend)

Diet Points: 5 Calories: 222, Total Fat: 5.4g, Sat. Fat: 2.0g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 858mg, Potassium: 159mg, Total Carbohydrates: 9.3g, Dietary Fiber: 0.8g, Sugars: 1.5g, Protein: 25.4g

*****SEAFOOD*****

Baked Bruschetta Shrimp (Oven)

Shrimp baked with the flavors of bruschetta: Panko, tomatoes, basil, and parmesan. With penne and vegetable medley.

Diet Points: 7 Calories: 315, Total Fat: 7.4g, Sat. Fat: 3.6g, Trans Fat: 0.0g, Cholesterol 292mg, Sodium: 828mg, Potassium: 427mg, Total Carbs: 19.1g, Dietary Fiber: 1.6g, Sugars: 2.8g, Protein: 39.3g

Tilapia with Artichoke Caponata (Oven or Grill, Stovetop)

Tilapia baked and topped with a warm caponata of artichokes, red pepper, capers, pine nuts, and white wine. with rice

Diet Points: 7 Calories: 268, Total Fat: 14.4g, Sat. Fat: 2.1g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 302mg, Total Carbohydrates: 13.2g, Dietary Fiber: 3.6g, Sugars: 6.7g, Protein: 24.0g

*****MEATLOAF*****

Bacon Cheeseburger Meatloaf (Oven)

One of our favorites! Tastes just like a bacon cheeseburger! With rice and corn. (Lighter*: with carrots)

*TURKEY Diet Points: 14 (*12) Calories: 479(*384), Total Fat: 30.4g (*22.1), Sat. Fat: 9.7g(*5.9), Trans Fat: 0.0g, Cholesterol: 143mg(129), Sodium: 923mg(*731), Total Carbohydrates: 15.4g(*13.0), Dietary Fiber: 0.8g(*0.8), Sugars: 6.0g(*6.0), Protein: 41.1g(*38.0)*

*BEEF Diet Points: 14 (*12) Calories: 469(*374), Total Fat: 25.0g (*16.7), Sat. Fat: 10.3g(*6.5), Trans Fat: 0.0g, Cholesterol:129mg(115), Sodium: 876mg(*685), Total Carbohydrates: 15.4g(*13.0), Dietary Fiber: 0.8g(*0.8), Sugars: 6.0g(*6.0), Protein: 44.5g(*41.4)*

*****VEGETARIAN*****

Spinach Lasagna (Oven)

Layers of lasagna noodles, hearty spinach marinara sauce with garlic and onion, and ricotta, parmesan, mozzarella blend. One of our most popular casseroles!

Diet Points: 13 Calories: 385, Total Fat: 14.5g, Sat. Fat: 7.8g, Trans Fat: 0.0g, Cholesterol 54mg, Sodium: 841mg, Total Carbohydrates: 39.5g, Dietary Fiber: 2.9g, Sugars: 8.4g, Protein: 23.9g