

March 2026 Menu

Fully-prepped Meal Kits and casseroles

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



BEEF

Corned Beef Casserole (Oven)

All of the traditional Irish fixings in a casserole! Homemade corned beef, mashed potatoes, cabbage, cheese, and a hint of mustard!

Diet Points: 13 Calories: 398, Total Fat: 16.6g, Sat. Fat: 7.6g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 700mg, Total Carbs: 42.0g, Dietary Fiber: 3.8g, Sugars: 3.0g, Protein: 20.4g

Irish Pot Roast (Crockpot, oven)

Yummy seasoned pot roast slow cooked in Irish beer and broth with carrots, onions, and potatoes!

Diet Points: 15 Calories: 426, Total Fat: 6.8g, Sat. Fat: 2.2g, Trans Fat: 0.0g, Cholesterol 33mg, Sodium: 459mg, Total Carbs: 59.5g, Dietary Fiber: 8.1g, Sugars: 22.1g, Protein: 16.3g

Marry Me Flank Steak with Bowtie Pasta (Stovetop)

Yummy flank steak seared, sliced, and served with creamy "Marry Me sauce" with sundried tomatoes, cream, parmesan, and beef broth over bowtie pasta. With green beans.

Diet Points: 12, Calories: 447, Protein: 31g, Fat: 30g, Sat. Fat: 15g, Trans fat: 1g, Cholesterol: 147mg, Sodium: 601mg, Fiber: 1g, Sugars: 3g

Personal Pizzas (oven)

We give you the crust, marinara, and all the ingredients to decorate and bake your own pizza: Pepperoni, sausage, black olives, green peppers, mushrooms, red onion, and mozzarella.

Red Curry Thai Beef and Sweet Potatoes (Stovetop)

An amazing mix of spice from red curry with sweet relief from coconut milk and brown sugar marinate flank strips, seared, and served with peanuts and roasted sweet potatoes.

Diet Points: 15 Calories: 503, Total Fat: 26.2g, Sat. Fat: 10.6g, Cholesterol 86mg, Sodium: 1113mg, Potassium: 639mg, Total Carbs: 31g, Dietary Fiber: 3.7g, Sugars: 10g, Protein: 35.9g

CHICKEN

Baked Chicken with Peaches (oven, stovetop)

A taste of spring! Our chicken breasts are seared, glazed, and baked with peaches and basil. With corn and penne (Lighter** With California Blend)

Diet Points: 6 Calories: 289, Total Fat: 10.4g, Sat. Fat: 2.9g, Trans Fat: 0.0g, Cholesterol 122mg, Sodium: 440mg, Total Carbohydrates: 5.8g, Dietary Fiber: 1.0g, Sugars: 3.3g, Protein: 40.7g

Chicken Hibachi (Stovetop)

Hibachi at home with marinated chicken cubes, fried rice, broccoli, and our homemade yum yum sauce!

calories: 422, total fat: 13.6g, Sat. fat: 5.4g, Cholesterol: 43mg, Sodium: 1504mg, Total carbohydrates: 59.7g, Dietary Fiber: 4.5g, Total sugars: 10.5g, Protein: 17g

Creamy Butter Chicken Casserole (oven)

A delicious take on butter chicken in a casserole! Creamy diced chicken in buttery tomato sauce with spices, green onion, cilantro, and rice. Just bake and top with sour cream and cashews.

Diet Points: 15 Calories: 530, Total Fat: 14g, Sat. Fat: 8g, Trans Fat: 0g, Cholesterol 120mg, Sodium: 1151mg, Potassium: 212mg, Total Carbohydrates: 59g, Dietary Fiber: 2g, Sugars: 4g, Protein: 42g

Coconut Crusted Chicken with Pineapple Rice (stovetop and oven)

Crusted chicken with coconut, panko, and seasonings, fried and served over rice with pineapple, roasted red peppers, and green onions.

Diet Points: 13 Calories: 476, Total Fat: 11.1g, Sat. Fat: 6.7g, Trans Fat: 0.0g, Cholesterol 92mg, Sodium: 646mg, Total Carbohydrates: 55.5g, Dietary Fiber: 3.5g, Sugars: 5.9g, Protein: 38.6g

Crockpot Creamy Spinach and Sundried Tomato Chicken (Crockpot or oven)

Chicken thighs simmering in chicken broth, and Italian seasoning with spinach, sundried tomatoes, and cream cheese. Served with Campanelle pasta.

Diet Points: 20 Calories: 671, Total Fat: 27g, Sat. Fat: 11.5g, Trans Fat: 1.0g, Cholesterol 136.3mg, Sodium: 937.8mg, Total Carbohydrates: 64.2g, Dietary Fiber: 5.2g, Sugars: 4.8g, Protein: 47.4g

Irish Stuffed Chicken with Mushroom Irish Cream (oven, stovetop)

Bacon and cheese stuffed chicken topped with a cream sauce with sauteed mushrooms and Irish Cream liqueur! Served with potatoes in cheese sauce and green beans with bacon and peanuts.

Diet Points: 20 (includes potatoes) Calories: 632, Total Fat: 34.9g, Sat. Fat: 18.2g, Trans Fat: 0.0g, Cholesterol 184mg, Sodium: 933mg, Total Carbohydrates: 29.1g, Dietary Fiber: 5.5g, Sugars: 6.5g, Protein: 49.2g

Crockpot Chicken and Bacon Ranch Macaroni and Cheese (Crockpot, oven)

Macaroni and cheese in the crockpot with chicken and bacon, ranch, and a medley of cheese! So good and so easy!

Diet Points: 36 Calories: 941, Total Fat: 75.3g, Sat. Fat: 40.7g, Trans Fat: 1.0g, Cholesterol 254mg, Sodium: 1144mg, Total Carbohydrates: 38g, Dietary Fiber: 1.7g, Sugars: 6.6g, Protein: 52g

*****PORK*****

Crockpot Pork Lo Mein (crockpot or stovetop)

Pork lo mein in the crockpot! Pork cubes with broccoli, carrots, snap peas, and water chestnuts simmer all day in lo mein sauce and served over noodles with sesame seeds.

Diet Points: 11 Calories 375, Total Fat: 12.6g, Sat. Fat: 4.5g, Trans Fat: 0.0g, Cholesterol 73.2mg, Sodium: 644.1mg, Total Carbohydrates: 32.7g, Dietary Fiber: 4.0g, Sugars: 11.8g, Protein: 32.9g

Ginger Honey Lime Pork Roast (crockpot, oven)

So tasty! this pork roast cooks in a honey, lime, ginger, soy sauce marinade and thickened to create a delicious gravy! With Vegetable medley and egg noodles. (Lighter* with California Blend)

Diet Points: 8 Calories: 322, Total Fat: 11.1g, Sat. Fat: 4.3g, Trans Fat: 0g, Cholesterol 73mg, Sodium: 582mg, Potassium: 480mg, Total Carbohydrates: 28g, Dietary Fiber: 0.1g, Sugars: 23.9g, Protein: 28.6g

Glazed Pork Tenderloin with honey Ale Slaw (oven)

Pork tenderloin marinating in beer and 5 spice powder then baked and glazed with honey and ginger. Served with cole slaw with a dressing made of soy sauce, honey, ginger, and beer. With rice. (Lighter**: No rice)

Diet Points: 14 Calories: 370, Total Fat: 5.4g, Sat. Fat: 2.0, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 1450mg, Total Carbohydrates: 52.0g, Dietary Fiber: 1.9g, Sugars: 43.2g, Protein: 25.8g

Smothered In Gravy Pork Roast with Mashed Potatoes (crockpot, oven)

Pork roast rubbed in spices and cooked all day in chicken broth, lemon juice, red wine vinegar and thickened for gravy to serve over mashed potatoes! with green beans. (Lighter**: no mashed potatoes)

Diet Points: 17 Calories: 496, Total Fat: 25.9g, Sat. Fat: 14.5g, Trans Fat: 0g, Cholesterol 116.8mg, Sodium: 1501mg, Potassium: 600.2mg, Total Carbohydrates: 36.4g, Dietary Fiber: 4.9g, Sugars: 4.0g, Protein: 30.4g

Thai Sweet Chili Pork Chops (Stovetop)

Sweet heat from Thai sweet chili, soy sauce, garlic, sugar, and lime juice that thickens as you cook! So good! With green beans and penne. (Lighter**: with green beans)

Diet Points: 7 Calories: 179, Total Fat: 4g, Sat. Fat: 1g, Trans Fat: 0g, Cholesterol 0mg, Sodium: 89mg, Total Carbohydrates: 22g, Dietary Fiber: 0g, Sugars: 20g, Protein: 14g

*****SEAFOOD*****

Manhattan Fish Chowder (stovetop)

A vibrant, tomato-based soup characterized by its clear, red broth—free of cream or milk—and filled with flaky white cod, diced potatoes, onions, celery, and herbs.

Diet points: 9, calories: 352, Total Fat: 16.6g, Sat. Fat: 2.6g, Cholesterol: 21mg, Sodium: 3434mg, Total Carbohydrates: 37.1g, Dietary Fiber: 4.2g, Total Sugars: 20.5g, Protein: 14g

Potato Crusted Tilapia (stovetop)

Tilapia with a delicious potato, horseradish, and dijon crust sauteed to perfection in a skillet! With vegetable medley and egg noodles. (Lighter**: with California Blend)

Diet Points: 2 Calories: 111, Total Fat: 2.5g, Sat. Fat: 0.6g, Trans Fat: 0.0g, Cholesterol 43mg, Sodium: 289mg, Total Carbohydrates: 6.0g, Dietary Fiber: 0.8g, Sugars: 1.0g, Protein: 16.4g

Skillet Cajun Shrimp and Rice (stovetop)

This cajun shrimp and rice is a one-pot wonder full of flavorful shrimp and rice with Cajun seasoning that the entire family will enjoy! With corn.

Diet points: 12, Calories: 453, Carbohydrates: 51g, Protein: 29g, Fat: 14g, Sat. Fat: 3g, Cholesterol: 286mg, Sodium: 2174mg, Fiber: 1g, Sugar: 1g

*****MEATLOAF*****

Irish Meatloaf (oven)

Ground beef or turkey meatloaf with an Irish twist... and a splash of beer in the glaze! with peas and rice (Lighter**: with carrots)

TURKEY Diet Points: 9 Calories: 319, Total Fat: 13.2g, Sat. Fat: 2.2g, Trans Fat: 0.0g, Cholesterol 116mg, Sodium: 1056mg, Total Carbohydrates: 20.6g, Dietary Fiber: 1.2g, Sugars: 11.3g, Protein: 33.0g

BEEF Diet Points: 8 Calories: 307, Total Fat: 7.8g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 1009g, Total Carbohydrates: 20.5g, Dietary Fiber: 1.2g, Sugars: 11.2g, Protein: 36.4g

*****VEGETARIAN*****

Quinoa with Hominy and Black Beans (stovetop)

Quinoa cooked with lemon zest and tossed with hominy, black beans, and cilantro in a honey, lime, and cumin dressing.

Diet Points: 12 Calories: 411, Total Fat: 12.9g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 0.0mg, Sodium: 639mg, Total Carbs: 61.5g, Dietary Fiber: 9.3g, Sugars: 7.9g, Protein: 13.7g