December Menu 2026

Fully-prepped Meal Kits and casseroles

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

BEEF

Herb Roasted Beef Tenderloin (oven)

Delicious, tender beef tenderloin roasted with spiaces, rosemary, and garlic. With green beans and rice.

Calories: 244, Total Fat: 14.1g, Sat. Fat: 3.4g, Trans Fat: 3.4g, Cholesterol 67mg, Sodium: 596mg, Total Carbohydrates: .8g, Dietary Fiber: 0.4g, Sugars: 0.0g, Protein: 29.6g

Balsamic Steak with Mushrooms (Stovetop)

Tender, melt in your mouth steak medallions with balsamic mushroom sauce! With vegetable medley and egg noodles. (Lighter*: with green beans)

Calories: 252, Total Fat: 14.1g, Sat. Fat: 3.4g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 598mg, Total Carbohydrates: 1.5g, Dietary Fiber: .3g, Sugars: .5g, Protein: 30.3g

Smoky Coffee Pot Roast (Crockpot, stovetop, or oven)

One of our favorite pot roasts ever! Smoky coffee flavor with mushrooms, carrots, and potatoes!

Calories: 368, Total Fat: 11.2g, Sat. Fat: 3.7g), Trans Fat: 0.0g, Cholesterol 135mg, Sodium: 322mg, Total Carbohydrates: 16.7g, Dietary Fiber: 2.5g, Sugars: 2.3g, Protein: 47.6g

Crockpot Lasagna (crockpot or oven)

Crazy good and so easy! Layers of lasagna noodles, homemade marinara, and ricotta, parmesan, and mozzarella cooked in the crockpot!

*Calories: 484 Total Fat: 18.3g, Sat. Fat: 9.8g, Trans Fat: 0.0g(*0), Cholesterol 70mg, Sodium: 842mg, Potassium 404mg, Total Carbohydrates: 47.0g, Dietary Fiber: 2.6g, Sugars: 4.8g, Protein: 35.9g*

CHICKEN

Heavenly Encrusted Chicken with Angel Hair Pasta (oven, stovetop)

Chicken marinated in sour cream, rolled in a mixture of crackers, parmesan, and tarragon, and baked to perfection! Served over angel hair pasta and vegetable medley. (lighter*:with California Blend)

Calories: 501, Total Fat: 28.6g, Sat. Fat: 16, Trans Fat: 0.0g, Cholesterol 117mg, Sodium: 507g, Total Carbohydrates: 24.0g, Dietary Fiber: 1.3g, Sugars: 2.8g, Protein: 35.3g

Asiago Chicken (stovetop)

Chicken sauteed and simmered in a mushroom cream sauce with Asiago cheese. With Egg noodles. (Lighter option: with broccoli)

Calories: 498, Total Fat: 21.2g, Sat. Fat: 9.1g, Trans Fat: 0.0g, Cholesterol 149mg, Sodium: 692g, Total Carbohydrates: 37.3g, Dietary Fiber: 1.9g, Sugars: 1.7g, Protein: 39g

Toasted Coconut Cranberry Chicken Thighs (crockpot or oven)

Chicken thighs simmered in coconut milk, brown sugar, cranberries, and a dash of clove and topped with toasted coconut! With penne and vegetable medley.

Calories: 362, Total Fat: 14.6g, Sat. Fat: 7.3g, Trans Fat: 0.0g, Cholesterol 127mg, Sodium: 106g, Potassium: 57mg; Total Carbohydrates: 37g, Dietary Fiber: 3.1g, Sugars: 28.7g, Protein: 28.5g

Broccoli Chicken Bake (Oven)

Diced chicken, tortellini, roasted red peppers, broccoli, onion, and tortelli baked in creamy wine sauce and topped with parmesan and Ritz crackers.

Calories: 561, Total Fat: 31.6g), Sat. Fat: 14.8g, Trans Fat: 0.0g, Cholesterol 117mg, Sodium: 1097mg, Total Carbohydrates: 39.4g, Dietary Fiber: 2.0g, Sugars: 4.2g, Protein: 30.7g

Bourbon Cranberry Chicken (stovetop)

Tastes like the holidays! Chicken cubes simmering in a sauce of cranberry, bourbon, apple juice, onion, and ginger. With Rice.

Calories: 260 Total Fat: 1.6g, Sat. Fat: 0g, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 208mg, Potassium 97mg, Total Carbohydrates: 20.3g, Dietary Fiber: 0.5g, Sugars: 16.2g, Protein: 40.7g

PORK

Apple Cinnamon Pork Roast (crockpot or oven)

Pork roast with apples, cinnamon, honey, and a little red onion... tastes unbelievable and smells SO good! With rice. (Lighter option*: No rice)

Calories: 271, Total Fat: 4.2g, Sat. Fat: 1.4g, Cholesterol 80mg, Sodium: 489g, Total Carbohydrates: 27g, Dietary Fiber: 3g, Sugars: 22g, Protein: 30g

Pork and Vegetable Fried Rice (Stovetop)

Pork cubes, eggs, peas, carrots, and broccoli tossed in fried rice... fast and easy!

Calories: 403, Total Fat: 4.0g, Sat. Fat: 1.4g, Trans Fat: 0.0g, Cholesterol 63mg, Sodium: 727g, Total Carbohydrates: 58.5g, Dietary Fiber: 3.3g, Sugars: 3.6g, Protein: 31.3g

Pork Chops with Sweet Onion Gravy (stovetop)

Pork chops lightly breaded with panko and sauteed until golden brown and served with sweet onion gravy. With peas and egg noodles. (Lighter option*: with California blend)

Calories: 312, Total Fat: 8.7g, Sat. Fat: 3g, Cholesterol 48mg, Sodium: 577mg, Total Carbohydrates: 29.3g, Dietary Fiber: 1.9g, Sugars: 5.4g, Protein: 27.7g

Stuffed Shells in Pumpkin Vodka Sauce (oven)

A casserole of Jumbo shells stuffed with ricotta and fontina cheese, covered in an amazing homemade pumpkin vodka sauce with sausage, red bell pepper, pesto, and topped with mozzarella.

calories: 849.9, Total Fat: 51.6g, Sat. Fat: 24.3g, Polyunsaturated Fat: 1.3g, Monounsaturated Fat: 9.2g, Cholesterol 146.6mg, Sodium: 1190.7mg, Total Carbohydrates: 47.2g, Dietary Fiber: 3.6g, Sugars: 5.1g, Protein: 38.3g

SEAFOOD

Best Ever Shrimp and Grits (stovetop)

Tilapia topped with roasted red peppers, green onions, and balsamic vinegar and baked with bleu cheese. With corn and rice. (Lighter*: with California blend)

Calories: 541, Total Fat: 29.7g, Sat. Fat: 16.1g, Cholesterol 319mg, Sodium: 1262mg, Total Carbohydrates: 22.9g, Dietary Fiber: 2g, Sugars: 2.9g, Protein: 43.6g

Manhattan Fish Chowder (stovetop)

A vibrant, tomato-based soup filled with flaky white cod, diced potatoes, onions, celery, and herbs

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

MEATLOAF

Green Chili Meatloaf (oven)

Ground beef or turkey made festive with the colors of Christmas: green chilis and roasted red peppers and topped with ketchup. With California blend and rice (Lighter option*: No rice)

TURKEY Calories: 254, Total Fat: 8.9, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 80mg, Sodium: 870g, Total Carbohydrates: 18g, Dietary Fiber: 2.1g, Sugars: 9.5g, Protein: 26.1g

BEEF Calories: 304, Total Fat: 7.9, Sat. Fat: 2.8, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 859g, Total Carbohydrates: 18g, Dietary Fiber: 2.1g, Sugars: 9.6g, Protein: 38.3g

VEGETARIAN

Southwestern Potato Chowder (stovetop)

Really tasty potato chowder! So cheesy with roasted red peppers and a hint of cumin. Great for a cold winter's night!

Calories:423. Total Fat: 25.1 g, Sat. Fat: 12.8g, Trans Fat: 0.0g, Cholesterol: 60mg, Sodium: 758mg, Total carbohydrates: 35.9g, Dietary Fiber: 2.6g, Sugars: 7.1g, Protein:14.2g

BREAD PUDDING

Gingerbread Bread Pudding (oven)

Gingerbread for the holidays! Warm gingerbread bread pudding topped with a delicious glaze is a perfect dessert for a winter's night!

Calories: 478, Total Fat: 30g, Sat. Fat: 16g, Cholesterol: 81mg, Sodium: 137mg, Total Carbohydrates: 49g, Fiber: 1g, Sugars: 37g, Protein: 5g