

January 2026 Menu

Fully-prepped Meal Kits and casseroles

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



BEEF

Balsamic Burgundy Pot Roast (Crockpot or oven)

Our fabulous pot roast, carrots, bacon, and potatoes cooked in burgundy wine and balsamic vinegar for the perfect flavor!

Diet Points: 14 Calories: 363, Total Fat: 8.5g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 37mg, Sodium: 756mg, Total Carbohydrates: 53.4g, Dietary Fiber: 6.9g, Sugars: 31.8g, Protein: 16.8g

Beef, Sausage, and Tortellini Casserole (Oven)

All the flavors of lasagna in a casserole! Beef, sausage, and cheese tortellini in yummy marinara sauce with cheese!

Diet Points: 18 Calories: 501, Total Fat: 29.5g, Sat. Fat: 11.3g, Trans Fat: 0.0g, Cholesterol 59mg, Sodium: 1824mg, Potassium: 834mg, Total Carbohydrates: 33.0g, Dietary Fiber: 6.9g, Sugars: 14.6g, Protein: 26.8g

Crockpot Ethiopian Flank Steak with Cauliflower (Crockpot or Oven)

Flank steak lightly spiced with chili powder, cumin, coriander, and ginger with lemony cauliflower (Included sides: Egg noodles) (Lighter**: No egg noodles)

Diet Points: 8 Calories: 334, Total Fat: 14.6g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 83mg, Sodium: 313mg, Total Carbohydrates: 5.5g, Dietary Fiber: 2.3g, Sugars: 1.7g, Protein: 43.8g

Chimichurri Fajitas (Stovetop)

Flank strips marinated with our homemade Chimichurri sauce, seared with onions, red and green peppers, and served with tortillas, salsa, and cilantro sour cream! (Lighter!*: with corn tortillas)

*Diet Points: 11 (includes flour tortillas) Calories: 434(*392), Total Fat: 10.7g(*9.0), Sat. Fat: 3.1g(*3.0), Trans Fat: 0.0g(*0), Cholesterol 101mg(*101), Sodium: 1396mg(*1169), Total Carbohydrates: 39.9g(*36.0), Dietary Fiber: 2.7g(*5.7), Sugars: 7.4g(*7.9), Protein: 41.8g*

CHICKEN

Apple Butter Mustard Chicken with Gorgonzola Grits (Oven, Stovetop)

A blend of apple butter and spicy brown mustard on top of baked chicken, sliced and served over creamy gorgonzola grits with sour cream, cheese, and a hint of nutmeg! With California blend.

Diet Points: 15 Calories: 521, Total Fat: 25.1g, Sat. Fat: 12.4g, Trans Fat: 0.0g, Cholesterol 162mg, Sodium: 833mg, Potassium: 380mg, Total Carbohydrates: 22.4g, Dietary Fiber: 3.0g, Sugars: 9.4g, Protein: 50.3g

Balsamic Apple Chicken Thighs (Crockpot or oven)

Chicken thighs simmered in balsamic vinegar and sweetened with a little apple juice and spiced with garlic powder, paprika, thyme, and lemon juice! With Carrots and egg noodles.

Diet Points: 11 Calories: 335, Total Fat: 22.6g, Sat. Fat: 9.6g, Trans Fat: 0.0g, Cholesterol 114mg, Sodium: 624mg, Total Carbohydrates: 7.6g, Potassium: 70mg, Dietary Fiber: 0.4g, Sugars: 2.6g, Protein: 23.9g

Eight Layer Quiche (Oven)

Layers of green peppers, onion, mushrooms, cheese, sausage, ham, chicken, and bacon in this quiche for a great all-in-one meal!

Diet Points: 11 Calories: 339 Total Fat: 21.2g, Sat. Fat: 8.1g, Trans Fat: 0.0g, Cholesterol 51mg, Sodium: 785mg, Total Carbohydrates: 15.6g, Dietary Fiber: 0.6g, Sugars: 1.8g, Protein: 20.6g

One Pot Sweet and Sour Chicken (Stovetop)

Browned chicken thighs with onion, red pepper, garlic, and rice simmered in our homemade sweet and sour dressing with Peas

Diet Points: 9 (Calories: 336, Total Fat: 2.1g, Sat. Fat: 0.1g, Trans Fat: 0.0g, Cholesterol 82mg, Sodium: 877mg, Total Carbohydrates: 45.5g, Dietary Fiber: 1.3g, Sugars: 18.6g, Protein: 33.2g

Pork Panko Chicken Parmigiana (Stovetop or oven)

Pork panko crusted chicken breasts sauteed, topped with marinara and mozzarella, and baked! with vegetable medley and egg noodles (Lighter*: with California Blend)

Diet Points: 12 Calories: 460, Total Fat: 20.2g, Sat. Fat: 8.7g, Polyunsaturated Fat: 0.4g, Saturated Fat: 4.3g, Cholesterol 143mg, Sodium: 877.1mg, Potassium: 58.8mg, Total Carbohydrates: 19.2g, Dietary Fiber: 1.7g, Sugars: 3.0g, Protein: 52.2g

Sour Cream Green Chile Fried Chicken (Stovetop)

Chicken breasts marinated in green chiles, sour cream, cumin, and cilantro, lightly coated with flour and pan-fried until golden brown. With Green beans and penne. (Lighter*: with California blend)

Diet Points: 7 Calories: 286, Total Fat: 10.0g, Sat. Fat: 3.9g, Trans Fat: 0.0g, Cholesterol 80mg, Sodium: 387mg, Potassium: 123mg, Total Carbohydrates: 19.6g, Dietary Fiber: 1.6g, Sugars: 1.5g, Protein: 29.3g

*****PORK*****

Bleu Cheese Stuffed Bacon Wrapped Pork Tenderloin (Stovetop or oven)

Pork tenderloin stuffed with bleu cheese, almonds, red onion, and rosemary and wrapped in bacon. With peas and rice. (Lighter*: with green beans)

Diet Points: 12 Calories: 473, Total Fat: 26.8g, Sat. Fat: 11.2g, Trans Fat: 0.1g, Cholesterol 150mg, Sodium: 768mg, Potassium: 719mg, Total Carbohydrates: 3.9g, Dietary Fiber: 1.5g, Sugars: 0.8g, Protein: 52.9g

Italian Pork Roast (Crockpot or Oven)

Pork roast simmering with basil, oregano, green peppers, onions, and mushrooms. With rice.

Diet Points: 10 Calories: 394, Total Fat: 21.3g, Sat. Fat: 7.9g, Trans Fat: 0.0g, Cholesterol 121mg, Sodium: 293mg, Potassium: 910mg, Total Carbohydrates: 5.9g, Dietary Fiber: 1.7g, Sugars: 3.0g, Protein: 43.0g

Pork Chops with Creamy Parmesan Sauce (Stovetop)

Pork chops sauteed with a creamy parmesan sauce with a hint of nutmeg and thyme. With corn and penne. (Lighter*: with green beans)

Diet Points: 14 Calories: 522, Total Fat: 32g, Sat. Fat: 13g, Trans Fat: 0g, Cholesterol 201mg, Sodium: 544mg, Total Carbohydrates: 6g, Dietary Fiber: 0g, Sugars: 0g, Protein: 52g

Smoky Bacon, Pork, and White Bean Stew (Stovetop)

Pork cubes, bacon, and onion sauteed with chili powder and smoked paprika with tomatoes and white beans for a fabulous, smoky stew! With Egg Noodles.

Diet Points: 12 Calories: 479, Total Fat: 15.4g, Sat. Fat: 5.4g, Trans Fat: 0.0g, Cholesterol 100mg, Sodium: 312mg, Total Carbs: 36.4g, Dietary Fiber: 10.1g, Sugars: 3.7g, Protein: 48.9g

*****SEAFOOD*****

Bang Bang Shrimp (Stovetop)

Shrimp lightly sauteed to a crispy crunch and dipped in our special homemade bang bang sauce (Contains peanut butter!). with vegetable medley and rice. (Lighter*: with California Blend)

Diet Points: 9 Calories: 387, Total Fat: 1.9g, Sat. Fat: .5g, Trans Fat: 0.0g, Cholesterol 295mg, Sodium: 349mg, Total Carbohydrates: 53.6g, Dietary Fiber: 0.9g, Sugars: 8.7g, Protein: 34.1g

Parmesan Almond Crusted Tilapia (Stovetop)

Crushed almonds and parmesan make the perfect crust for this baked tilapia. with vegetable medley and egg noodles (Lighter*: with California blend)

Diet Points: 10, Calories: 377, Total Fat: 22.9g, Sat. Fat: 8.9g, Trans Fat: 0.0g, Cholesterol 91mg, Sodium: 422mg, Total Carbohydrates: 9.2g, Dietary Fiber: 2.3g, Sugars: 0.9g, Protein: 34.5g

*****MEATLOAF*****

Meatloaf with Roasted Sweet Potatoes (oven)

Ground turkey or beef with celery, onion, walnuts, and ketchup baked and served with roasted sweet potatoes... so good!

TURKEY Diet Points: 14 Calories: 508, Total Fat: 22.2g, Sat. Fat: 4.2g, Trans Fat: 0.0g, Cholesterol 116mg, Sodium: 717g, Total Carbohydrates: 40.1g, Dietary Fiber: 4.3g, Sugars: 9.7g, Protein: 36.4g

BEEF Diet Points: 13 Calories: 467, Total Fat: 14.9g, Sat. Fat: 3.0g, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 790g, Total Carbohydrates: 40.5g, Dietary Fiber: 3.5g, Sugars: 12.4g, Protein: 40.9g

*****VEGETARIAN*****

Potato Torta with Spinach (Oven)

Mashed potatoes and spinach with milk, eggs, a hint of nutmeg, and mozzarella with a bread crumb crust.

Diet Points: 11 Calories: 344, Total Fat: 12.4g, Sat. Fat: 5.6g, Trans Fat: 0.0g, Cholesterol 23mg, Sodium: 842mg, Total Carbohydrates: 40.7g, Dietary Fiber: 0.5g, Sugars: 3.1g, Protein: 18.4g