Two week menu kit

Buying 14 days or more worth of food can be a financial stretch. Take the guesswork out of what to purchase by using this 14-day menu kit.

Use the check boxes on the shopping list to determine what you have on-hand and what you need. For example, you may already have staple foods such as flour, vinegar, and spices in the home. Another way to develop a two-week emergency supply is to increase the amount of basic foods you normally keep on your shelves.

Use this menu kit as a guide

- Food and taste preferences are very personal and cultural.
- If you follow a special diet, have food allergies, require kosher or halal foods, or have other food needs, you will need to make substitutions.
- What's important are the amounts.
- Substitutions can be made while keeping the amounts to purchase. For example, if you prefer cauliflower over Brussels sprouts, purchase one bag of frozen cauliflower rather than one bag of frozen Brussels sprouts — base your purchase on your preference OR what is available. The menu kit mainly includes non-perishable, canned foods with some easy to access and store perishable foods.
- The recipes are very easy to prepare, and make enough for leftovers to be used for the next days' meals.

About the menu kit

Designed for two people
- A 14-day menu for two people.
- Meets basic nutrition needs including calories, protein, vitamin C, and fiber.
- A multi-vitamin would be recommended to meet full nutritional needs.

Costs about $230 for everything, including staples
- It will cost less if you already have some of the items at home.

Easy to adapt for four people
- Multiply canned fruit amounts by two
- Multiply perishable items such as milk or eggs (depending on what your household usually consumes).
- Recipes should accommodate four to six adults.
- Consider preparing recipes from the kit a couple of times since you won't have as many leftovers.

Planning is key! The kit includes:
- A shopping list.
- Simple-to-use recipes that allow you to cook once and eat twice with leftovers.

Questions? Contact Abby Gold, Extension program leader — agold@umn.edu
# Menu Week 1

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*Recipe included
<table>
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<tr>
<th>Day 8</th>
<th>Day 9</th>
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|           |                 |               |               |              | Craisins       |         |
|           |                 |               |               |              | Apple juice    |         |

| **Lunch**  |                 |               |               |              |                |         |
| Pasta fagioli ( leftover from day 4) | Cheesy chicken rice hotdish ( leftover from day 7) | Three bean salad* | Tuna noodle hot dish* | Salmon patties ( leftover from day 8) | Three bean Salad ( leftover from day 10) | Chicken salad sandwich* |
| Mandarin oranges | Peaches | Whole wheat crackers | Frozen peas | Whole wheat bread | Baby carrots | Whole wheat bread |

|           |                 |               |               |              | Baby carrots   |         |
|           |                 |               |               |              | Canned fruit   |         |

| **Dinner** |                 |               |               |              |                |         |
| Salmon patties* | Chili topped with ( leftover from day 5) | Salmon pasta bowl* | Southwestern style rice bowl* | Spaghetti with meat sauce* | Tuna noodle casserole ( leftover from day 11) | Southwestern style rice bowl ( leftover from day 11) |
| Potatoes   | Whole wheat crackers | Frozen Brussels sprouts | Frozen broccoli | Frozen broccoli | Frozen Brussels sprouts | Leftover vegetables |
| Canned pears | Mixed fruit | Apple sauce | Mixed fruit | Applesauce | Fruit | Leftover fruit |

| **Snack 1** |                 |               |               |              |                |         |
| Peanuts    | Peanut butter   | Popcorn       | Toast, sprinkle with cinnamon sugar | Mozzarella stick | Peanuts        | Yogurt  |
| Apple juice | Whole wheat toast | Whole wheat crackers | Banana | Whole wheat crackers | Raisins | Raisins |

|           |                 |               |               |              | Baby carrots   |         |
|           |                 |               |               |              |              |         |

| **Snack 2** |                 |               |               |              |                |         |
| Mozzarella stick | Peanuts | Granola bar | Yogurt | Peanuts | Mozzarella stick | Popcorn |
| Whole wheat crackers | Yogurt | Banana | Granola bar | Dried fruit | Whole wheat crackers | Applesauce |

|           |                 |               |               |              | Baby carrots   |         |

*Recipe included*
Shopping list for both weeks:

Fresh produce
- 2 large onions
- 1 3-pound bag potatoes
- 1 bunch celery
- 1 1-pound bag baby carrots
- 1 green bell pepper
- 16 bananas

Canned and dry goods
Vegetables:
- 3 14.5 ounce cans carrots
- 1 14.5 ounce can corn
- 1 14.5 ounce can diced tomatoes with green chilies
- 3 14.5-ounce cans diced tomatoes
- 4 15-ounce cans spaghetti sauce
- 1 15-ounce can prepared chili
- 4 15-ounce cans black beans
- 2 15-ounce cans kidney beans
- 1 15-ounce can garbanzo beans
- 2 15-ounce can cannellini beans
- 1 14.5-ounce can mixed vegetables
- 1 14.5-ounce can green beans

Fruit:
- 3 large cans sliced pears
- 4 14.5-ounce cans sliced peaches
- 4 11-ounce cans mandarin oranges
- 1 20-ounce can pineapple
- 2 15-ounce cans mixed fruit
- 1 48-ounce jar applesauce
- 2 12-ounce boxes raisins
- 1 12-ounce bag Craisins
- 1 bag dried fruit of choice

Soup:
- 1 10.5-ounce can cream of mushroom soup
- 1 10.5-ounce can cream of chicken soup
- 4 quarts chicken stock (or 1 small jar chicken bouillon)

Meat:
- 3 7.5-ounce cans salmon
- 2 5-ounce cans tuna

Cereal, pasta and grains
- 1 9-ounce box regular Cheerios
- 1 canister quick-cooking oats
- 1 12-count box granola bars
- 1 pound penne pasta
- 1 pound elbow macaroni
- 1 pound spaghetti
- 1 pound brown rice
- 2 5.5-ounce boxes macaroni and cheese
- 2 9-ounce boxes whole wheat crackers
- 1 box graham crackers
- 1 box saltine crackers
- 1 6-count box microwave popcorn
- 1 16-ounce bag pretzels
- 2 loaves whole wheat bread
- 1 8-count package whole wheat tortillas
- 1 15-ounce canister canister bread crumbs

Pantry staples
- Salt
- Pepper
- Garlic powder
- Onion powder
- Ground cumin
- Chili powder
- Cinnamon

Meat and dairy
- 6.5 pounds chicken (frozen breasts, fresh, or 21-5 ounce cans)
- 1 pound ground beef
- 1 gallon low-fat milk
- 18 eggs
- 16 ounces shredded cheddar cheese
- 16-ounce package mozzarella cheese sticks
- 1 quart plain or vanilla yogurt
- 1 pound butter

Frozen foods
- 1-pound bag frozen peas
- 2-pound bag frozen broccoli
- 2-pound bag frozen Brussels sprouts
- 2-pound bag frozen mixed vegetables
Chicken Quesadilla

Makes 1 quesadilla

**Ingredients:**
- 1/4 cup canned or leftover chicken, shredded
- 1 teaspoon vegetable oil
- 1/4 cup shredded cheddar cheese
- 1 or 2 whole wheat tortillas

**Directions:**

Time needed:
- 5 minutes preparation
- 5 minutes cook time

1. Heat oil in fry pan on medium heat.
2. Add chicken and cook until heated through.
3. While chicken is cooking, place one tortilla on a large plate, sprinkle 1/8 cup cheese over 1/2 the tortilla or the whole tortilla if using 2.
4. Spread chicken over the cheese, sprinkle the remaining cheese over the chicken.
5. Fold the tortilla over the filled 1/2 (or place the whole 2nd tortilla on top). Place the filled tortilla in the fry pan and heat on medium heat until the cheese begins to melt. Flip over and heat through (about 30 seconds).

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Breakfast Burrito

Makes 1 burrito

**Ingredients:**
- 1 egg
- Chopped onion, salt and pepper to taste
- 1 teaspoon vegetable oil
- 1/4 cup shredded cheddar cheese
- Salsa to taste
- 1 whole wheat tortilla

**Directions:**

Time needed:
- 5 minutes preparation
- 5 minutes cook time

1. Heat oil in fry pan on medium heat. In a separate bowl, whisk egg (add water or milk to taste).
2. Cook rice
3. Cook onion in oil until translucent, add egg, salt and pepper and cook while stirring until egg is set.
4. Meanwhile, lay tortilla on a large plate. When egg is cooked, spoon it onto the tortilla along the middle. Sprinkle with cheese and add salsa to taste.
5. Roll into a burrito to serve: Fold up the lower edge of the tortilla, fold one side over the egg then fold the other side on top.
**Chicken Rice Soup**

**Serves 8**

**Ingredients:**
- 2 cups cooked rice (white, brown, or wild rice)
- 1 20-ounce can chicken
- 1 cup chopped onion or 1 Tablespoon onion powder
- 1 can chicken broth or 1 teaspoon chicken bouillon dissolved in 10 oz warm water
- 1 can sliced carrots
- 2 cups milk
- 1/2 cup flour (to thicken the milk soup base)
- Spices: to taste (celery seed, garlic powder, black pepper, thyme, sage, rosemary)
- 1 Tablespoon cooking oil
- 4 Tablespoons butter

**Directions:**

Time needed:
- 20 minutes preparation
- 20 minutes cook time

1. Prepare rice according to package directions.
2. Saute onion in oil until transparent.
3. Stir in chicken broth and spices.
4. Add chicken and carrots to broth. Bring to a boil, turn heat down and let it simmer for 5 minutes.
5. In a separate pan, make a roux by melting the 4 tablespoons of butter and whisking in the flour, slowly whisk in the milk.
6. Pour in the roux, stir until smooth, add cooked rice.

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**Blackbean Soup**

**Serves 6**

**Ingredients:**
- 2 15-ounce cans black beans, rinsed and drained
- 1 10-ounce can tomatoes and green chilies
- 1 14.5 ounce can diced tomatoes
- 2 cubes chicken bouillion, dissolved in 2 cups warm water
- 1 15-ounce can corn or creamed corn
- 2 Tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder

**Directions:**

Time needed:
- 10 minutes preparation
- 30 minutes cook time

1. In a large stockpot or saucepan, combine all the ingredients.
2. Stir to mix thoroughly and heat on the stovetop on medium until heated through. About 30 minutes.
3. Stir frequently and adjust heat so soup does not stick to the bottom or burn.
Chicken Skillet with Vegetables

Serves 4

Ingredients:
- 1 cup canned chicken
- 1 cup frozen vegetables
- 1/2 cup chicken broth or water
- Salt and pepper to taste. Optional: 1 Tablespoon soy sauce
- 2 cups cooked rice

Directions:
Time needed:
10 minutes preparation
15 minutes cook time

1. Heat chicken and vegetables together in a medium skillet or fry pan.
2. Add broth or water and seasonings.
3. Add cooked rice and stir together.
4. Cook on medium until heated through, stirring occasionally.

Pasta Fagiloi

Serves 6

Ingredients:
- 4 cubes chicken bouillion, dissolved in 4 cups warm water
- 1 14-ounce can diced tomatoes, undrained
- 2 15-ounce cans spaghetti sauce
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can kidney beans, rinsed and drained
- 1 15-ounce can cannellini beans, rinsed and drained
- 1 8-ounce can sliced carrots, drained
- Spices: 1 tsp. dried oregano, 1 tsp. black pepper, 2 tsp. dried parsley, 1 tsp. garlic powder, 1 tsp. onion powder
- 8 ounces pasta, uncooked

Directions:
Time needed:
10 minutes preparation
30 minutes cook time

1. In a large stockpot or saucepan, combine all the ingredients except the pasta.
2. Heat on the stovetop on medium, stirring occasionally, until heated through. About 15 minutes.
3. Add the pasta and simmer, uncovered 9-12 minutes.
**Chili**

*Serves 6*

**Ingredients:**
- 1/2 pound ground beef
- 2 Tablespoons chopped onion, if desired
- 1 15-ounce can prepared chili
- 1 14-ounce can diced tomatoes
- Seasonings to taste: salt, pepper, chili powder, cumin, cayenne pepper, etc.

**Directions:**

Time needed:
- 10 minutes preparation
- 15 minutes cook time

1. Fry the ground beef (with onions of desired) in a large skillet over medium heat. Drain excess fat.
2. Add the chili and tomatoes and stir.
3. Add seasonings to taste.
4. Simmer for 10 minutes to heat through.
5. Refrigerate leftovers promptly.

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**Cheesy Chicken Rice Hotdish**

*Serves 6*

**Ingredients:**
- 1 cup uncooked brown rice
- 1 cup onion, diced
- 1 (10.5 oz) can cream of chicken soup
- 1 cup milk
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 2 cups frozen vegetables
- 20 oz canned chicken
- ½ cup shredded cheddar cheese

**Directions:**

Time needed:
- 20 minutes preparation
- 30 minutes cook time

1. Heat the oven to 375 degrees.
2. Cook rice
3. In a large bowl, mix together onion, cream soup, milk, pepper, and garlic. Stir in the chicken, cooked rice, and frozen vegetables.
4. Pour the mixture into a 13 x 9-inch pan.
5. Bake for 30 minutes. Top with cheese and serve.
Salmon Patties
Serves 6

Ingredients:
1 15-ounce can salmon
1 Tablespoon lemon juice
Cold water
1/4 cup each of minced celery, green pepper and onion
2 eggs
2 Tablespoon flour
1/8 teaspoon black pepper
1 Tablespoon vegetable oil

Directions:
Time needed:
15 minutes preparation
10 minutes cook time

1. Wash the vegetables.
2. Open the salmon, drain liquid into a measuring cup. Add lemon juice and enough cold water to make 1/2 cup.
3. In a separate bowl, beat the eggs with a fork, stir in the salmon and vegetables. Add flour, pepper, bread crumbs and salmon liquid and mix well.
4. Make six patties, about 1/2” thick.
5. Heat the oil in a skillet and cook patties for 2-3 minutes per side.

Three Bean Salad
Makes 5 cups

Ingredients:
1 14-ounce can garbanzo beans
1 14-ounce can kidney beans
1 14-ounce can cannellini beans
1/4 cup onion, chopped
1-2 Tablespoons cider vinegar
1-2 Tablespoons vegetable or olive oil
Salt and pepper to taste

Directions:
Time needed:
10 minutes preparation
2 hours wait time

1. Open, drain and rinse each can of beans separately than pour into a 2 quart bowl. Add the onions.
2. In a small bowl, whisk together the vinegar and oil and spices to taste.
3. Stir the oil/vinegar mixture into the beans, making sure to coat all the beans evenly.
4. Cool for 2 hours in the refrigerator to blend flavors. Serve at room temperature.
5. Refrigerate leftovers.
Salmon Pasta Bowl

Serves 2

Ingredients:
1/4 cup or 1/2 of a 15-ounce can of canned salmon
1/2 pound cooked pasta (elbow macaroni, bowties, penne, etc.)
1/2 cup frozen Brussels sprouts (or other vegetable), thawed and chopped
2 Tablespoons mayonnaise or plain yogurt
1 Tablespoon prepared yellow or brown mustard
1 teaspoon lemon juice
Salt and pepper to taste

Directions:

Time needed:
5 minutes preparation
10 minutes cook time

1. Cook pasta according to package directions, drain and cool.
2. In a 1 quart bowl, whisk together the mayonnaise or yogurt, brown mustard and lemon juice. Season to taste.
3. Add salmon, vegetables and cooked pasta, mix well.
4. Serve at room temperature or cool if refrigerated.
5. Refrigerate leftovers.

Tuna Noodle Hot Dish

Serves 4

Ingredients:
1 10-ounce can cream of mushroom soup
1/2 cup milk
2 cups cooked noodles
1 5-ounce can tuna
1 cup frozen peas
1/2 cup chopped onion or 2 tsp. onion powder
1/2 tablespoon black pepper
1 to 2 cups crushed saltines or bread crumbs

Directions:

Time needed:
10 minutes preparation
30 minutes cook time

1. Heat the oven to 350 degrees.
2. In a large bowl, blend soup and milk, add pepper and onion. Stir in the tuna, vegetables and cooked noodles.
3. Pour the mixture into a 1 1/2 quart casserole dish and sprinkle with crushed saltines.
4. Pour the mixture into a 13 x 9-inch pan.
Southwestern Style Rice Bowl

Serves 4

Ingredients:
- 3 cups cooked rice
- 1 Tablespoon vegetable oil
- 1 15-ounce can mixed vegetables
- 1 14.5 ounce can green beans
- 1 15-ounce can beans (black, garbanzo, kidney or cannellini)
- Spices: 1 tsp. garlic powder, 1 tsp. onion powder, 1/2 tsp. black pepper
- 8 ounces taco sauce
- Optional: salsa

Directions:

Time needed:
- 15 minutes preparation
- 10 minutes cook time

1. Cook the rice.
2. Heat the vegetable oil in a skillet on the stovetop. Add the vegetables, beans and spices.
3. Cook and stir until vegetables are heated through.
4. Spoon 3/4 cup rice into each of 4 bowls. Top with the vegetable/bean mixture, serve with salsa to taste.
5. Serve at once. Refrigerate leftovers.

Spaghetti with Meat Sauce

Serves 4

Ingredients:
- 1 pound spaghetti noodles
- 2 15-ounce cans spaghetti sauce
- 1/2 pound ground beef
- 1/4 cup chopped onion
- 1/2 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon dried basil
- Salt and pepper to taste
- Parmesan cheese for garnish

Directions:

Time needed:
- 10 minutes preparation
- 20 minutes cook time

1. Cook spaghetti according to package directions.
2. Fry ground beef with onion over medium heat in large skillet. Drain fat.
3. Add spaghetti sauce and spices to the beef. Stir and simmer on low to blend flavors.
4. To serve: Divide cooked spaghetti between 4 plates, pour sauce over spaghetti. Top with Parmesan cheese, if desired.
Chicken Salad

Serves 1

**Ingredients:**
1/2 of a 5-ounce can or 1/4 cup shredded chicken
2 Tablespoons minced onion or 1/2 teaspoon onion powder
Optional: 1 stalk celery, minced
1-2 Tablespoons mayonnaise
Salt and pepper to taste

**Directions:**

Time needed:
5 minutes preparation
0 minutes cook time

1. In 2-cup bowl, mix together the chicken and mayonnaise. Add vegetables, if desired. Mix well and season to taste.
2. Spread on bread for a sandwich or spoon on top of a bed of leafy greens.
3. Refrigerate leftovers.

**Flavor boost:** Sprinkle with dried cranberries or chopped nuts.