

The Confident Cook offers customized meal plans. This meal plan shows three weeks of items arranged according to a customer's preferences.

WEEK ONE

Roasted Vegetable Lasagna with Three Cheeses and Herbed Garlic Bread

Pan Roasted Pork Medallions in a Pear Ginger Sauce and Cinnamon Infused Basmati Rice

Mexican Black Bean and Corn Soup with Jalapeno Cheese Biscuits

Chicken Paprikash with Red Cabbage Sautéed with Red Wine and Honey

Classic Shepherd's Pie

WEEK TWO

Rogon Josh (Lamb in a curried yogurt sauce) served with Basmati Rice and Spiced Cauliflower

Ricotta and Spinach Manicotti Baked with a Classic Tomato Sauce

Teriyaki Chicken with Udon Noodles and Mixed Chinese Vegetables

Sausage and Lentil Soup with Crusty Baguette

Southwestern Beef Chili with Homemade Corn Bread

WEEK THREE

Moroccan Chicken Tajine with Chick Peas

Grilled Marinated Flank Steak in a Mushroom Thyme Sauce

Minestrone Soup with Parmesan Toasts

Pork Tenderloin in a Cranberry Port Sauce with Sautéed Vegetables

Macaroni and Four Cheeses