

Summary of Recipes

Weeknight Pasta Sauce on your choice of pasta, Green Salad and Garlic Bread

Sheet Pan Sausage and Root Vegetable Scramble, Apple Pie Baked Apples

Baked Chicken Breasts, Tomato and Feta White Bean Salad

Beef Bourguignon, Mashed Potatoes

Korean Pork Chops, Korean Chilled Zucchini

Chicken Cordon Bleu, Dilled Cucumber and Tomato Salad

Mexican Meat Patties with Fresh Corn Salsa, Spanish Rice

Notes:

Grocery List

Proteins

1 # ground beef (M,P)
½ # ground pork (M)
8 chicken breasts (C¹, C²)
4 slices prosciutto (C¹)
½ # gruyère (C¹)
3 eggs (C¹, OP)
4 thin, boneless pork chops (K)
6 oz. bacon (BB)
3 # beef brisket (BB)
4 sausages (OP)
4 oz. feta

Canned/Boxed

1 c. Panko bread crumbs (C¹)
28 oz. can crushed tomatoes (P)
1 box pasta of choice (P)
1 refrigerated pie crust (OP)
1 c. tomato sauce (M)
Salad dressing of choice (P)
Caramel (OP)
1-15 oz. can white beans (C²)
2 c. white rice (M)

Staples/Spices

½ t. Italian seasoning (P)
2 t. garlic powder (M, C²)
½ t. onion powder (C²)
2 ¼ t. Kosher salt (M)
2 ¼ t. chili powder (M, C²)
¾ c. flour (BB, C¹)
1 stick plus 6 T. unsalted butter (BB____)
Extra Virgin Olive Oil
½ c. soy sauce (K)
1 T. sesame oil (K)
2 T. sweet chili sauce (K)

2 bay leaves (BB)
1 t. rosemary (OP)
3 c. red wine (BB)

5 c. beef stock (BB)
2 T. tomato paste (BB)
1 beef bullion cube (BB)
½ c. rice vinegar (C¹)
¾ c. sugar (OP)
1 t. Dried oregano (M)
2 T. sesame seeds (K)
1 ½ t. Fine sea salt (K)
1 ½ T. avocado oil (K)
1 t. Cumin (M)
2 t. Cornstarch (OP)
2 T. cinnamon (OP)
1 T. red wine vinegar (C²)
½ t. Seasoned salt (C¹)

Produce

1 T. + ½ c. chopped cilantro (M)
2 ears corn or 1 c. frozen sweet corn (M)
5 lg. tomato (M,C¹)
1 red onion (M,C¹)
1 avocado (M)
1 serrano chile (M)
3 T. lime juice (M)
1 package fresh thyme (M)
4 t. fresh ginger (K)
2 T. parsley (BB)
1 small sweet potato (OP)
1 c. brussels sprouts (OP)
2 medium beets (OP)
2 red pepper (OP, M)
11 cloves fresh garlic (C¹, K)
1 carrot (BB)

2 white onions (BB, M)
12 pearl onions (BB)
1 # small white or brown mushrooms (BB)
1 t. Minced shallot (C²)
1 pt. Cherry tomatoes (C²)
1 T. fresh dill (C¹)
1 lemon (M,OP)
3 granny smith apples (OP)
3 pink lady apples (OP)
Romaine Hearts or other salad greens(P)
3 medium zucchini (K)
1 T. scallions
3# potatoes (BB)

½ c. fresh parsley
2 T. fresh oregano
2 cucumbers (C¹)

Other

Garlic bread (P)