



# Week of January 15 - January 21

### FRUITS AND VEGETABLES

2 large watermelon, seedless Meal 1   4 large apple(s) Better-Than-Store-Bought Apple Chips   2 medium apple(s) Green Smoothle   4 cup(s) arugula Cod with Arugula Tapenade and Celeriac Fries   2 cup(c) arugula, baby Easy Side Salad with Lemon   6 medium avocado(s) Ham Stir-Fry Breakfast, Lettuce Wraps   2 medium bell pepper(s), green Tex-Mex Breakfast Scrambie   4 cup(s) bruessels sprouts Steak and Brussels Sprouts Skillet   4 head(s) cabbage(s), red Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry   6 medium carrot(s) Lamb Fried Rice, Fish and Vegetable Curry   4 head(s) califlower Lamb Fried Rice, Fish and Vegetable Curry   4 head(s) cauliflower Lamb Fried Rice, Fish and Vegetables   4 head(s) cauliflower Lamb Fried Rice   4 large celeriac root(s) Cod with Arugula Tapenade and Celeriac Fries   4 head(s) cauliflower Lamb Fried Rice   4 large celeriac root(s) Cod with Arugula Tapenade and Celeriac Fries   4 head(s) cariaberries, dried Steak and Brussels Sprouts Skillet   5 medium jalapeno pepper(s) Lettuce Wraps, Tex-Mex Breakfast Scramble   4 large leek(	QUANTITY	ITEM NAME	USED IN
2 medium   apple(s)   Green Smoothie     4 cup(s)   arugula   Cod with Arugula Tapenade and Celeriac Fries     2 cup(s)   arugula, baby   Essy Side Salad with Lemon     6 medium   avocado(s)   Ham Stir-Fry Breakfast, Lettuce Wraps     2 medium   bell pepper(s)   Fried Eggs with Sweet Potato Hash     2 medium   bell pepper(s), green   Tex-Mex Breakfast Scramble     4 cup(s)   brussels sprouts   Steak and Brussels Sprouts Skillet     4 head(s)   carbbage(s), red   Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry     6 medium   carot(s)   Lamb Fried Rice, Fish and Vegetables     4 head(s)   carot(s)   Lamb Fried Rice     4 head(s)   cauliflower   Lamb Fried Rice     4 head(s)   cauliflower   Lamb Fried Rice     4 head(s)   carot(s)   Cod with Arugula Tapenade and Celeriac Fries     4 head(s)   carot(s)   Creamy Bacon and Parsnip Soup     4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     5 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large	2 large	watermelon, seedless	Meal 1
4 cup(s)   arugula   Cod with Arugula Tapenade and Celeriac Fries     2 cup(s)   arugula, baby   Easy Side Saliad with Lemon     6 medium   avocado(s)   Ham Stir. Fry Breakfast, Lettuce Wraps     2 medium   bell pepper(s), green   Tex. Mex Breakfast, Lettuce Wraps     4 cup(s)   brussels sprouts   Steak and Brussels Sprouts Skillet     4 head(s)   cabbage(s), red   Raw Cabbage and Pineapple Saliad, Fish and Vegetable Curry     6 medium   carot(s)   Lamb Fried Rice, Fish and Vegetables     4 head(s)   cauliflower   Lamb Fried Rice     4 head(s)   carots(b)   Cod with Arugula Tapenade and Celeriac Fries     4 head(s)   cauliflower   Latuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and	4 large	apple(s)	Better-Than-Store-Bought Apple Chips
2 cup(s)   arugula, baby   Easy Side Salad with Lemon     6 medium   avocado(s)   Ham Stir-Fry Breakfast, Lettuce Wraps     2 medium   bell pepper(s)   Fried Eggs with Sweet Potato Hash     2 medium   bell pepper(s), green   Tex-Mex Breakfast Scramble     4 cup(s)   brussels sprouts   Steak and Brussels Sprouts Skillet     4 head(s)   cabbage(s), red   Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry     6 medium   carrot(s)   Lamb Fried Rice, Fish and Vegetable Curry     4 head(s)   carrot(s)   Lamb Fried Rice, Fish and Vegetable Curry     4 head(s)   cauliflower   Lamb Fried Rice     4 head(s)   cramberries, dried   Steak and Brussels Sprouts Skillet     5 medium   celeriac root(s)   Creamy Bacon and Parsnip Soup     4 large   kele leaves   Green Smoothie     2 large   kele leaves   Green Smoothie     4 large   leek(s)   Creamy Ba	2 medium	apple(s)	Green Smoothie
6 medium   avocado(s)   Ham Stir-Fry Breakfast, Lettuce Wraps     2 medium   bell pepper(s), green   Fried Eggs with Sweet Potato Hash     4 cup(s)   brussels sprouts   Steak and Brussels Sprouts Skillet     4 head(s)   cabbage(s), red   Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry     6 medium   carrot(s)   Lamb Fried Rice, Fish and Vegetable Curry     4 head(s)   carrot(s)   Lamb Fried Rice, Fish and Vegetables     4 head(s)   cauliflower   Lamb Fried Rice     4 head(s)   cauliflower   Cod with Arugula Tapenade and Celeriac Fries     4 head(mu   celeriac root(s)   Creamy Bacon and Parsnip Soup     4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 headium   lemon(s), Luiced   Spinach Salad, Green Smoothie     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), Luiced   Spinach Salad, Green	4 cup(s)	arugula	Cod with Arugula Tapenade and Celeriac Fries
2 medium   bell pepper(s)   Fried Eggs with Sweet Potato Hash     2 medium   bell pepper(s), green   Tex-Mex Breakfast Scramble     4 cup(s)   brussels sprouts   Steak and Brussels Sprouts Skillet     4 head(s)   cabbage(s), red   Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry     6 medium   carrot(s)   Lamb Fried Rice, Fish and Vegetable Curry     4 head(s)   carots, baby   Balsamic Braised Chicken and Vegetables     4 head(s)   cauliflower   Lamb Fried Rice     4 large   celeriac root(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large </td <td>2 cup(s)</td> <td>arugula, baby</td> <td>Easy Side Salad with Lemon</td>	2 cup(s)	arugula, baby	Easy Side Salad with Lemon
2 medium   bell pepper(s), green   Tex-Mex Breakfast Scramble     4 cup(s)   brussels sprouts   Steak and Brussels Sprouts Skillet     4 head(s)   cabbage(s), red   Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry     6 medium   carrot(s)   Lamb Fried Rice, Fish and Vegetable Curry     4 head(s)   carrots, baby   Balsamic Braised Chicken and Vegetable Curry     4 head(s)   carrots, baby   Balsamic Braised Chicken and Vegetables     4 head(s)   cauliflower   Lamb Fried Rice     4 head(s)   cauliflower   Lamb Fried Rice     4 head(s)   caluiflower   Lamb Fried Rice     4 head(s)   caluiflower   Lamb Fried Rice     4 medium   celery stalk(s)   Creamy Bacon and Parsnip Soup     4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 hardium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   leewes   Lettuce Wraps	6 medium	avocado(s)	Ham Stir-Fry Breakfast, Lettuce Wraps
4 cup(s)   brussels sprouts   Steak and Brussels Sprouts Skillet     4 head(s)   cabbage(s), red   Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry     6 medium   carrot(s)   Lamb Fried Rice, Fish and Vegetable Curry     4 head(s)   carrots, baby   Balsamic Braised Chicken and Vegetables     4 head(s)   cauliflower   Lamb Fried Rice     2 headium   celeria crot(s)   Cod with Arugula Tapenade and Celeriac Fries     2 large   kale	2 medium	bell pepper(s)	Fried Eggs with Sweet Potato Hash
4 head(s)   cabbage(s), red   Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry     6 medium   carrot(s)   Lamb Fried Rice, Fish and Vegetable Curry     4 pound(s)   carrots, baby   Balsamic Braised Chicken and Vegetables     4 head(s)   cauliflower   Lamb Fried Rice     4 medium   celeriac root(s)   Cod with Arugula Tapenade and Celeriac Fries     4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     1 4 medium   lemon(s), juic	2 medium	bell pepper(s), green	Tex-Mex Breakfast Scramble
6 medium   carrot(s)   Lamb Fried Rice, Fish and Vegetable Curry     4 pound(s)   carrots, baby   Balsamic Braised Chicken and Vegetables     4 head(s)   cauliflower   Lamb Fried Rice     4 large   celeriac root(s)   Cod with Arugula Tapenade and Celeriac Fries     4 medium   celery stalk(s)   Creamy Bacon and Parsnip Soup     4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 herdium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushrooms   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops     8 medium   onion(s)   mushrooms   Balsami	4 cup(s)	brussels sprouts	Steak and Brussels Sprouts Skillet
4 pound(s)   carrots, baby   Balsamic Braised Chicken and Vegetables     4 head(s)   cauliflower   Lamb Fried Rice     4 large   celeriac root(s)   Cod with Arugula Tapenade and Celeriac Fries     4 medium   celery stalk(s)   Creamy Bacon and Parsnip Soup     4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 large   leek(s)   Creamy Bacon and Parsnip Soup     2 large   kale leaves   Green Smoothie     6 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables <td< td=""><td>4 head(s)</td><td>cabbage(s), red</td><td>Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry</td></td<>	4 head(s)	cabbage(s), red	Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry
4 head(s)   cauliflower   Lamb Fried Rice     4 large   celeriac root(s)   Cod with Arugula Tapenade and Celeriac Fries     4 medium   celery stalk(s)   Creamy Bacon and Parsnip Soup     4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kate leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   jalapeno pepper(s)   Lettuce Wraps     4 large   leek(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	6 medium	carrot(s)	Lamb Fried Rice, Fish and Vegetable Curry
4 large   celeriac root(s)   Cod with Arugula Tapenade and Celeriac Fries     4 medium   celery stalk(s)   Creamy Bacon and Parsnip Soup     4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 nedium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   leenon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 large   lettuce leaves   Lettuce Wraps     4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	4 pound(s)	carrots, baby	Balsamic Braised Chicken and Vegetables
4 medium   celery stalk(s)   Creamy Bacon and Parsnip Soup     4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 harge   leek(s)   Creamy Bacon and Parsnip Soup     4 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 large   lettuce leaves   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	4 head(s)	cauliflower	Lamb Fried Rice
4 cup(s)   cranberries, dried   Steak and Brussels Sprouts Skillet     6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 large   lettuce leaves   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     8 medium   onion(s)   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	4 large	celeriac root(s)	Cod with Arugula Tapenade and Celeriac Fries
6 medium   jalapeno pepper(s)   Lettuce Wraps, Tex-Mex Breakfast Scramble     2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	4 medium	celery stalk(s)	Creamy Bacon and Parsnip Soup
2 large   kale leaves   Green Smoothie     4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	4 cup(s)	cranberries, dried	Steak and Brussels Sprouts Skillet
4 large   leek(s)   Creamy Bacon and Parsnip Soup     4 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables     8 medium   onion(s)   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	6 medium	jalapeno pepper(s)	Lettuce Wraps, Tex-Mex Breakfast Scramble
4 medium   lemon(s)   Cod with Arugula Tapenade and Celeriac Fries     6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables     8 medium   onion(s)   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	2 large	kale leaves	Green Smoothie
6 medium   lemon(s), juiced   Spinach Salad, Green Smoothie, Easy Side Salad with Lemon     4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables     8 medium   onion(s)   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	4 large	leek(s)	Creamy Bacon and Parsnip Soup
4 large   lettuce leaves   Lettuce Wraps     4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables     8 medium   onion(s)   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	4 medium	lemon(s)	Cod with Arugula Tapenade and Celeriac Fries
4 teaspoon(s)   lime juice   Lettuce Wraps     2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables     8 medium   onion(s)   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	6 medium	lemon(s), juiced	Spinach Salad, Green Smoothie, Easy Side Salad with Lemon
2 medium   mushroom(s), white button   Ham Stir-Fry Breakfast     4 pound(s)   mushrooms   Balsamic Braised Chicken and Vegetables     8 medium   onion(s)   Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	4 large	lettuce leaves	Lettuce Wraps
4 pound(s) mushrooms Balsamic Braised Chicken and Vegetables   8 medium onion(s) Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	4 teaspoon(s)	lime juice	Lettuce Wraps
8 medium onion(s) Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops	2 medium	mushroom(s), white button	Ham Stir-Fry Breakfast
	4 pound(s)	mushrooms	Balsamic Braised Chicken and Vegetables
4 small onion(s) Lamb Fried Rice	8 medium	onion(s)	Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops
	4 small	onion(s)	Lamb Fried Rice

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10 medium	onion(s), green	Lamb Fried Rice, Spinach Salad
2 medium	onion(s), red	Tex-Mex Breakfast Scramble
4 medium	onion(s), white	Coconut Creamed Greens
8 medium	onion(s), yellow	Fried Eggs with Sweet Potato Hash, Ham Stir-Fry Breakfast, Lettuce Wraps
4 medium	onions, pearl	Balsamic Braised Chicken and Vegetables
4 medium	orange(s)	Slow Cooker Maple Bacon Chicken Legs
4 large	parsnip(s)	Creamy Bacon and Parsnip Soup
2 medium	pear(s)	Green Smoothie
4 cup(s)	peas	Lamb Fried Rice
2 cup(s)	pineapple	Raw Cabbage and Pineapple Salad
2 medium	poblano pepper(s)	Roasted Pepper and Sausage Omelet
6 cup(s)	spinach	Spinach Salad, Coconut Creamed Greens
2 medium	sweet potato(es)	Fried Eggs with Sweet Potato Hash
2 small	sweet potato(es)	Ham Stir-Fry Breakfast
4 serving(s)	peanuts	Meal 4
22 big	Arbitrary	Meal 2

### **MEATS AND EGGS**

QUANTITY	ITEM NAME	USED IN
14 large	egg(s)	Fried Eggs with Sweet Potato Hash, Lamb Fried Rice, Tex-Mex Breakfast Scramble, Roasted Pepper and Sausage Omelet, Meal 17
2 pound(s)	Italian sausage	Roasted Pepper and Sausage Omelet
8 slice(s)	bacon	Balsamic Braised Chicken and Vegetables, Slow Cooker Maple Bacon Chicken Legs
4 slice(s)	bacon (thick)	Creamy Bacon and Parsnip Soup
4 pound(s)	beef tenderloin	Steak and Brussels Sprouts Skillet
2 pound(s)	chicken breasts, boneless, skinless	Tex-Mex Breakfast Scramble
4 pound(s)	chicken legs	Slow Cooker Maple Bacon Chicken Legs
4 pound(s)	chicken piece(s), bone-in	Balsamic Braised Chicken and Vegetables
4 pound(s)	cod fillet(s)	Cod with Arugula Tapenade and Celeriac Fries
2 pound(s)	fish fillets	Fish and Vegetable Curry
2 pound(s)	ham	Ham Stir-Fry Breakfast
4 pound(s)	lamb loin	Lamb Fried Rice
4 piece(s)	pork loin chops (4-6 oz)	Easy Pork Loin Chops
2 medium	sausage(s)	Fried Eggs with Sweet Potato Hash

## **DRY GOODS**

QUANTITY	ITEM NAME	USED IN
4 cup(s)	apple juice, unsweetened	Better-Than-Store-Bought Apple Chips
4 tablespoon(s)	arrowroot powder	Balsamic Braised Chicken and Vegetables
8 cup(s)	chicken broth	Creamy Bacon and Parsnip Soup, Balsamic Braised Chicken and Vegetables
8 cup(s)	coconut milk, full fat	Creamy Bacon and Parsnip Soup, Coconut Creamed Greens
2 can(s)	coconut milk, full fat (403 mL)	Fish and Vegetable Curry
4 cup(s)	coconut, unsweetened shredded	High Energy Breakfast Bars
4 cup(s)	olives, green or black	Cod with Arugula Tapenade and Celeriac Fries

### **OILS AND CONDIMENTS**

QUANTITY	ITEM NAME	USED IN
4 tablespoon(s)	apple cider vinegar	Slow Cooker Maple Bacon Chicken Legs
4 cup(s)	balsamic vinegar	Balsamic Braised Chicken and Vegetables
8 tablespoon(s)	coconut aminos	Lamb Fried Rice, Slow Cooker Maple Bacon Chicken Legs
4 cup(s)	honey, raw	High Energy Breakfast Bars
4 cup(s)	maple syrup	Slow Cooker Maple Bacon Chicken Legs
2 tablespoon(s)	red curry paste	Fish and Vegetable Curry
4 tablespoon(s)	sesame oil	Lamb Fried Rice

### **NUTS AND SEEDS**

QUANTITY	ITEM NAME	USED IN
8 cup(s)	almonds	High Energy Breakfast Bars, Steak and Brussels Sprouts Skillet
4 cup(s)	cashews	High Energy Breakfast Bars
2 tablespoon(s)	flax seeds, ground	Green Smoothie
2 cup(s)	hazelnuts	Raw Cabbage and Pineapple Salad

HERBS AND SPICES		
QUANTITY	ITEM NAME	USED IN
34 teaspoon(s)	black pepper	Fried Eggs with Sweet Potato Hash, Creamy Bacon and Parsnip Soup, Balsamic Braised Chicken and Vegetables, Spinach Salad, Cod with Arugula Tapenade and Celeriac Fries, Ham Stir-Fry Breakfast, Steak and Brussels Sprouts Skillet, Easy Pork Loin Chops, Coconut Creamed Greens, Roasted Pepper and Sausage Omelet, Easy Side Salad with Lemon
4 tablespoon(s)	capers	Cod with Arugula Tapenade and Celeriac Fries
2 teaspoon(s)	chili powder	Tex-Mex Breakfast Scramble

8 cup(s)	cilantro, fresh	Lettuce Wraps, Tex-Mex Breakfast Scramble, Fish and Vegetable Curry
4 teaspoon(s)	cinnamon	Better-Than-Store-Bought Apple Chips
4 whole	cinnamon stick	Better-Than-Store-Bought Apple Chips
2 teaspoon(s)	cumin	Tex-Mex Breakfast Scramble
28 medium	garlic clove(s)	Creamy Bacon and Parsnip Soup, Balsamic Braised Chicken and Vegetables, Lamb Fried Rice, Cod with Arugula Tapenade and Celeriac Fries, Lettuce Wraps, Coconut Creamed Greens, Slow Cooker Maple Bacon Chicken Legs
10 teaspoon(s)	ginger, fresh	Lamb Fried Rice, Green Smoothie, Slow Cooker Maple Bacon Chicken Legs
4 teaspoon(s)	nutmeg, ground	Creamy Bacon and Parsnip Soup
4 teaspoon(s)	paprika	Easy Pork Loin Chops
2 tablespoon(s)	parsley, fresh	Roasted Pepper and Sausage Omelet
4 teaspoon(s)	sage, dried	Easy Pork Loin Chops
32 teaspoon(s)	sea salt	Creamy Bacon and Parsnip Soup, Balsamic Braised Chicken and Vegetables, High Energy Breakfast Bars, Cod with Arugula Tapenade and Celeriac Fries, Steak and Brussels Sprouts Skillet, Easy Pork Loin Chops, Coconut Creamed Greens, Tex-Mex Breakfast Scramble, Easy Side Salad with Lemon
6 teaspoon(s)	thyme, dried	Ham Stir-Fry Breakfast, Easy Pork Loin Chops
4 tablespoon(s)	thyme, fresh	Balsamic Braised Chicken and Vegetables
<b>OTHER</b> QUANTITY	ITEM NAME	USED IN

2 cup(s)

water

Green Smoothie