

# SHOPPING LIST

## PRODUCE

- ☐ Spinach (10oz)
- ☐ Tomatoes (2lb)
- ☐ Romaine Lettuce
- ☐ Sweet Potatoes (x2)
- ☐ Garlic
- ☐ Carrots (1lb)
- ☐ Zucchini
- ☐ Onions (x2)
- ☐ Bell Peppers (x3)

## DAIRY

- ☐ Mozzarella Cheese (8oz)
- ☐ Cheddar Cheese (8oz)
- ☐ Ricotta Cheese (15oz)
- ☐ Parmesan Cheese (6oz)

## MEAT DEPT

- ☐ Pepperoni (5oz)
- ☐ Chicken Thighs (Boneless-3lbs)
- ☐ Turkey Lunchmeat (1lb)
- ☐ Smoked Sausage (13-14oz)

## PANTRY

- ☐ Bagels (6ct)
- ☐ Tomato Sauce (8oz)
- ☐ Ranch Dressing
- ☐ Taco Seasoning
- ☐ Tortillas (10ct)
- ☐ Corn (15oz)
- ☐ Black Beans (15oz)
- ☐ Honey
- ☐ White Rice (1lb)
- ☐ Lasagna Noodles
- ☐ Italian Seasoning
- ☐ Parmesan Garlic
- ☐ Seasoning
- ☐ Wooden Skewers

Assuming you have cooking oil,  
ketchup, soy sauce, and your  
favorite seasonings!

## Pizza Bagels with Spinach Salad (serves 4-6)

### Need:

6ct bag of Bagels  
8oz can of Tomato Sauce  
6oz bag of Pepperoni  
Mozzarella Cheese  
Spinach  
Tomatoes  
Ranch Dressing

1. Depending on appetite you can make up all 6 bagels or do less. They are so easy to make, that you can start with 4 and add more if anyone wants more!
2. I separate the bagels and top with Italian seasoned tomato sauce, mozzarella cheese, and pepperoni.
3. To cook these you can do this multiple ways:
  - Air Fryer- 350 degrees for about 5-7 minutes
  - Toaster Oven- 350 degrees for about 6-8 minutes
  - Standard Oven- 400 degrees for about 6-10 minutes

We like to serve these with a simple salad made with spinach, chopped tomatoes, and ranch dressing.

\*You can also use some Parmesan cheese for the pizza or salad!\*

Check your fridge for extra toppings too like bell pepper, mushrooms, onion, jalapeno slices, and more!

## Grilled Chicken Taco Salad (serves 6)

### Need:

4-5 Chicken Thighs  
oil  
taco seasoning  
lettuce  
tomato  
Cheddar Cheese  
tortillas  
Corn (14.5oz can)  
Black Beans (16oz can)  
Ranch dressing

1. For the grilled chicken thighs, I like to place them in a bowl, drizzle with a little oil and then sprinkle with taco seasoning. I typically use about half of the pack.
2. Grill your chicken for about 7-8 minutes on each side, then let sit to rest for about 5 minutes.
3. I like to go ahead and chop my lettuce, tomato, and shred my cheese.
4. For extra crunch, I like to fry a couple flour tortillas in oil, then let cool and cut into slices.
5. Drain and Rinse your corn and black beans!
6. To add a little extra flavor to the ranch dressing, I pour some in a bowl and whisk in some taco seasoning. I usually go ahead and mix my dressing with the lettuce and then portion out the plates but you can keep it separate to have a make your own taco salad bar!
7. After the chicken rests, I make nice narrow slices and place these on top of my prepared salads.

## Turkey Ranch Wraps with Sweet Potato Chips (serves 6-8)

### Need:

2 sweet potatoes  
oil/ favorite seasonings  
Turkey Lunchmeat  
Flour Tortillas  
Sliced Tomato  
Lettuce  
Ranch Dressing  
Cheddar Cheese

1. The only part of this meal that needs to be cooked is the Sweet Potato Chips! To start, we will wash and slice our sweet potatoes. I like to leave the skin on but you can peel it if you like!
2. We want super thin slices about 1/4 inch or so thick. I place these in a bowl and drizzle with oil and seasonings. I usually do a ranch seasoning or a basic herb/garlic blend.
3. Place these in the air fryer at 350 degrees for about 7-10 minutes. Depending on the thickness of your slices you may need another 5 minutes. Just keep a close eye on them and about every 5 minutes pause and shake the basket so they don't burn.
4. To assemble the wraps, I like to put my tortilla down first, drizzle some ranch, then turkey, shredded cheddar cheese, lettuce, and tomato slices. Roll this up and cut the roll in half.

## Crockpot Honey Garlic Chicken with Rice & Carrots(serves 4-6)

### Need:

4-6 chicken thighs (boneless)  
1/2 cup soy sauce  
1/2 cup ketchup  
1/3 cup honey  
3-5 cloves of garlic  
5-6 carrots  
1 cup of white rice  
2 cups of water

1. Place your raw chicken thighs on the bottom of the greased crockpot. (Mine fits 6-8, so it will depend on your crockpot size). You can also place large chunks of carrots under the chicken, or you can saute them later on the stovetop!
2. In a small bowl, whisk together soy sauce, ketchup, honey, and minced garlic. (not everyone loves a lot of garlic, so measure with your heart on the amount of cloves that you use).
3. Pour this mixture over the chicken, then cook on Low for 6 hours or on High for 3-4 hours.
4. Closer to dinner time, you will want to make your rice on the stovetop. I keep this pretty plain because of the sauce from the chicken, and just add extra butter once it is fluffy.
5. For the carrots, I like to peel and slice them on an angle then saute them in butter. I keep the seasoning pretty light with just a garlic and herb blend.
6. Serve your chicken over the rice or next to it and don't forget to pour some of the sauce over it too!

## No-Bake Veggie Lasagna (serves 6-8)

### Need:

Lasagna Noodles (the boil kind)

Tomato

Zucchini

Onion

Spinach

Carrots

Garlic Cloves

15oz ricotta cheese

Italian Seasoning

Mozzarella cheese

Parmesan Cheese

1. Start by boiling your water and cooking your noodles until tender. I like to break the noodles into thirds. Drain the noodles and set aside. (put on greased baking sheet so they don't stick)
2. Next we will prepare our veggies, I like to cut my carrots, zucchini, tomatoes, and onions into a medium dice. Go ahead and grab any leftover veggies you have in your fridge as well.
3. In a medium skillet, you will want to saute your veggies. We will start by cooking the onions and carrots first, then adding in our zucchini. Once these are tender, we will add in our spinach and tomatoes. We cook these just a little to get them wilted. I usually also add some minced garlic at this point as well!
4. In a small bowl, whisk together the ricotta cheese, Italian seasoning, and some mozzarella. If it gets too thick you can add a tbsp of water to thin it out.
5. We make these in bowls, so we add a noodle, top with cheese & veggies, and repeat. Sprinkle the top with parmesan cheese! (You can also add any leftover chicken if you like!)

## Pepper Sausage Kebabs with Parmesan Rice (serves 4-6)

### Need:

Skewers

Smoked Sausage (13-14 oz)

Bell Peppers

Onion

oil/seasonings

1 cup of white rice

2 cups water

Parmesan Garlic Seasoning Pack

1. If you are using non-metal skewers, you will want to soak them in water while you get your other pieces ready. (This will keep the food from sticking to the skewers!)
2. We want to cut the onions, peppers and sausage into big chunks about 1 to 1.5 inches big. I put everything in a large bowl, drizzle with oil, and then add seasonings. I like to keep it basic so I do salt, pepper, garlic powder.
3. Next you will want to put your veggies and sausage on skewers in an alternating pattern. Make sure they fit snug and are not too tightly compacted.
4. Grill the kebabs for about 4 minutes and then turn, another 4 minutes, until the veggies are tender and the sausage has some char.
5. Meanwhile, we are going to make some rice! I start by melting some butter or oil, add my rice to coat, then for the flavor we will use about 1/3 of the parmesan garlic seasoning pack. Add your 2 cups of water, bring to a boil, then simmer for 15-20 minutes.
6. If you have small kids, you can remove the veggies/sausage from the skewers before serving.