

## FAVORITE STORE

### Bakery

- Soft taco-size low carb flour tortilla 3 [B,B2,B3]

### Baking

- Bay leaf 1 [C]
- Coconut oil melted 1 tablespoon [A]
- Honey ½ cup [A]
- Kosher salt ½ teaspoon [A]
- Salt 1 teaspoon [C]
- Salt and pepper to taste [C]
- Pure vanilla extract 2 ⅛ teaspoons [A]

### Breakfast

- Rolled old-fashioned oats 2 cups [A]

### Canned Goods

- Chicken broth 6 cups [C]
- Light mayonnaise 3 tablespoons [B,B2,B3]
- Pineapple chunks 2 cups [D]
- Pizza sauce ¼ cup [E,E2]

### Dairy

- Parmesan cheese [C] *for serving*
- Reduced fat mozzarella cheese ¼ cup [E,E2]
- Egg 1 large [A]
- Fat-free plain greek yogurt 4 cups [D]

### Deli

- (1 oz) Never Any! Oven Roasted Turkey 6 slices [B,B2,B3]

### Dry Goods

- Almond 1 ¾ cups [A,E,E2] *or coconut milk*
- Low-fat granola 1 cup [D]
- Orzo 1 cup [C]
- Dried parsley flakes 1 tablespoon [C]
- Baking powder 1 teaspoon [A]
- Ground thyme 1 teaspoon [C]

### Meat

- Appleton Farms Center Cut Bacon 6 slices [B,B2,B3] *(or turkey bacon, cooked and cut in half)*
- Boneless, skinless chicken thighs 4 [C] *trimmed of fat*
- Mini pepperoni 2 tablespoons [E,E2]

### Produce

- Avocado 3 ounces [B,B2,B3] *(1/4 small)*
- Blueberries 1 cup [D]
- Fresh blueberries divided 1 cup [A]
- Carrot sticks [B,B2,B3]
- Grated carrots 1 cup [C]
- Diced celery ribs 1 cup [C]
- Organic mini cucumbers [B,B2,B3]
- Minced garlic cloves 2 [C]
- Grapes ½ cup [E,E2]
- And juice of 1 1/2 large lemons zest [A]
- Fresh lemon juice ¼ cup [C]
- Grated lemon rind 1 tablespoon [C]
- Diced yellow onion 1 [C]
- Chopped Romaine lettuce ¾ cup [B,B2,B3]
- Strawberries 12 [D]

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## FAVORITE STORE (CONT...)

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### Produce (Cont...)

- Organic strawberries and blueberries [B,B2,B3]
- Chopped tomato  $\frac{3}{8}$  cup [B,B2,B3]

### Snacks

- Pita bites crackers 8 [E,E2]

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## RECIPE KEY

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### Monday, Feb 15

- [A] Lemon Blueberry Baked Oatmeal
- [B] BLT Roll Ups with Turkey and Avocado
- [C] Recipe for Slow Cooker Chicken Lemon Orzo Soup

### Tuesday, Feb 16

- [D] Breakfast Meal Prep Fruit and Yogurt Bistro Box
- [E] DIY Pizza Lunchables

### Wednesday, Feb 17

- [B<sup>2</sup>] BLT Roll Ups with Turkey and Avocado

### Thursday, Feb 18

- [E<sup>2</sup>] DIY Pizza Lunchables

### Friday, Feb 19

- [B<sup>3</sup>] BLT Roll Ups with Turkey and Avocado