

FAVORITE STORE

- Extra Large Don Pancho Chile Tomato Tortillas** 3 [B,B2,B3]
- Oscar Meyer Deli Fresh Roast Beef** 24 slices [B,B2,B3]

Baking

- Italian Bread Crumbs** $\frac{1}{2}$ cup [H]
- Corn starch** 2 tablespoons [G,G2,G3]
- Flour** $\frac{1}{4}$ cup [H]
- Honey** 2 tablespoons [G,G2,G3]
- Pure maple syrup** $\frac{1}{3}$ cup [F,F2]
- Extra virgin olive oil** 1 $\frac{1}{2}$ teaspoons [D]
- Olive oil** 2 teaspoons [I,I2]
- Olive oil cooking spray** [C] (*I used my mister*)
- Kosher salt** [D]
- Kosher salt** 1 $\frac{3}{4}$ teaspoons [A,G,A2,G2,G3,A3] (*divided*)
- Salt** pinch [F,F2]
- Salt** $\frac{1}{4}$ teaspoon [I,I2]
- Sesame oil** 1 tablespoon [G,G2,G3]
- Cooking spray** [A,A2,A3]
- Vanilla extract** 1 teaspoon [F,F2]
- Chopped walnuts** $\frac{1}{3}$ cup [F,F2]

Breakfast

- Uncooked quick oats*** 1 cup [F,F2]

Canned Goods

- Fat free chicken broth** 9 $\frac{5}{8}$ teaspoons [E] (*sub vegetable broth for vegetarian*)
- Light mayonnaise** $\frac{3}{4}$ cup [B,B2,B3] *or light miracle whip*
- 14.5 oz cans petite diced tomatoes** 2 [I,I2]

Condiments

- Dijon/spicy mustard** 1 tablespoon [B,B2,B3]
- Kosher salt and fresh black pepper** $\frac{1}{2}$ teaspoon [I,I2]
- Sriracha sauce** 2 tablespoons [G,G2,G3]

Dairy

- Butter divided** $\frac{1}{2}$ cup [H]
- Whipped butter** 1 $\frac{1}{4}$ teaspoons [E]
- Fresh grated Swiss cheese** 1 cup [A,A2,A3]
- Grated parmesan cheese** $\frac{1}{4}$ cup [I,I2]
- Plus 1 Tablespoon grated parmesan divided** $\frac{1}{2}$ cup [H]
- Extra parmesan cheese for garnish** [I,I2] (*optional*)
- Parmesan cheese rind** [I,I2] (*optional*)
- Half & half cream** $\frac{1}{4}$ cup [A,A2,A3]
- Light sour cream** 4 $\frac{3}{4}$ teaspoons [E]
- Egg** 7 large [A,F,A2,I,F2,A3,I2]

FAVORITE STORE (CONT...)

Dairy (Cont...)

- Egg white** 1 [G,G2,G3] (*beaten*)
- 2% milk** $\frac{2}{3}$ cup [A,A2,A3]
- Fat-free milk** 1 cup [F,F2] (*or dairy-free milk such as almond or soy*)
- Skim milk** 4 $\frac{3}{4}$ teaspoons [E]
- Shredded mozzarella cheese** $\frac{3}{4}$ cup [B,B2,B3]

Dry Goods

- Bay leaves** 2 [I,I2]
- Seasoned whole wheat breadcrumbs*** $\frac{1}{4}$ cup [I,I2]
- Reduced sodium chicken broth** 32 oz container [I,I2]
- Cinnamon** 1 teaspoon [F,F2]
- Nutmeg** pinch [A,A2,A3]
- Olive oil spray** [G,G2,G3]
- Fresh ground pepper** dash [E]
- Ground black pepper** $\frac{1}{8}$ teaspoon [A,A2,A3]
- Red pepper flakes** pinch [D] (*optional*)
- Baking powder** $\frac{1}{2}$ teaspoon [F,F2]
- Brown rice** 2 cups [G,G2,G3] (*cooked*)
- Seasoned rice vinegar** 1 teaspoon [G,G2,G3]
- Kosher salt to taste** [E]
- Kosher salt and fresh cracked pepper** [C]

Dry Goods (Cont...)

- Black and white sesame seeds** 1 teaspoon [G,G2,G3] (*or as desired*)

Meat

- 6 oz beef tenderloin filet mignon steaks** 2 [C] (*trimmed of fat*)
- Chicken breasts (diced into 1-inch pieces (24 ounces))** 3 [G,G2,G3]
- Chicken Breasts sliced in half** 2 [H] (*or 4 thin chicken breasts*)
- Diced ham steak** 1 $\frac{3}{4}$ cups [A,A2,A3] (*or leftover ham, (9 oz)*)
- 1.3 lb ground turkey breast 93% lean** 20 ounces [I,I2]

Misc.

- *check labels for gluten-free** [F,F2]

Produce

- Ripe bananas ((the riper the better) sliced into 1/2" pieces)** 2 large [F,F2]
- Chopped fresh basil** 2 tablespoons [I,I2]
- Broccoli** 1 head [G,G2,G3] (*cut into small florets*)
- Chopped steamed broccoli** 1 cup [A,A2,A3] (*fresh or frozen*)
- Broccolini** $\frac{2}{3}$ bunches [D]
- Diced carrots** 1 cup [I,I2]
- Diced celery** $\frac{1}{2}$ cup [I,I2]
- Garlic** 1 clove [I,I2] (*minced*)

FAVORITE STORE (CONT...)

Produce (Cont...)

- Garlic cloves minced** 2 [H]
- Peeled garlic** 2 cloves [D] (*sliced thin*)
- Garlic cloves** 2 [I,I2] (*minced*)
- Garlic cloves** 1 $\frac{5}{8}$ large [E] (*peeled and halved*)
- Fresh herbs of choice: parsley** 1 $\frac{1}{4}$ teaspoons [E] (*thyme, chives*)
- Green Leaf Lettuce** [B,B2,B3]
- Chopped onion** $\frac{1}{2}$ cup [I,I2]
- Onion** $\frac{1}{4}$ cup [I,I2] (*minced*)
- Chopped fresh Italian parsley** $\frac{1}{4}$ cup [I,I2]
- Parsley** $\frac{1}{4}$ cup [I,I2] (*finely chopped*)
- Diced and peeled ripe pears** 1 $\frac{1}{2}$ cups [F,F2] (*1-1/2 inch dice*)
- Fresh rosemary sprig** 1 [I,I2]
- Scallions** 2 [G,G2,G3] (*sliced*)
- Chopped fresh spinach** 2 cups [I,I2]
- 4 medium yukon gold potatoes** $\frac{3}{4}$ pound [E] (*peeled and cubed*)
- Zucchini** 8 ounces [I,I2] (*diced*)
- Zucchini sliced** 2 medium [H]

RECIPE KEY

Monday, Dec 16

[A] Ham and Swiss Crustless Quiche

[B] Tortilla Pinwheels

[C] Perfect Filet Mignon for Two

[D] Easy Garlic Broccolini

[E] Skinny Garlic Mashed Potatoes

Tuesday, Dec 17

[F] Maple-Cinnamon Banana-Pear Baked
Oatmeal with Walnuts

[G] Honey Sriracha Chicken and Broccoli Meal
Prep Bowls

[H] Crispy Parmesan Garlic Chicken with
Zucchini

Wednesday, Dec 18

[A²] Ham and Swiss Crustless Quiche

[G²] Honey Sriracha Chicken and Broccoli Meal
Prep Bowls

[I] Mini Turkey Meatball Vegetable Soup

Thursday, Dec 19

[F²] Maple-Cinnamon Banana-Pear Baked
Oatmeal with Walnuts

[B²] Tortilla Pinwheels

[G³] Honey Sriracha Chicken and Broccoli Meal
Prep Bowls

Friday, Dec 20

[A³] Ham and Swiss Crustless Quiche

[B³] Tortilla Pinwheels

[I²] Mini Turkey Meatball Vegetable Soup