

FAVORITE STORE

Bakery

- 8-inch low carb flour tortillas** 6 [A,A2,A3] (*used Ole Xtreme Wellness*)

Baking

- Apple cider vinegar** 1 tablespoon [F] (*or white vinegar*) (*OPTIONAL -- to cut through the sweetness*)
- Honey** 8 $\frac{1}{8}$ teaspoons [F]
- Olive oil** 4 $\frac{5}{8}$ teaspoons [E,F,E2] (*divided*)
- Kosher salt** $\frac{3}{8}$ teaspoon [B,B2,B3]
- Salt** $\frac{3}{4}$ teaspoon [A,C,A2,C2,A3,C3]
- Salt and fresh ground black pepper to taste** [E,E2]
- Raw sugar** 3 tablespoons [D,D2]
- Chopped walnuts** $\frac{1}{2}$ cup [D,D2] *or pecans*

Canned Goods

- 12 oz/341 mL can corn kernels** 1 [C,C2,C3] (*drained & rinsed*)
- Corn kernels** 2 tablespoons [F]
- (14.5 oz. petite dice tomatoes with juice)** $\frac{3}{4}$ can [E,E2]
- Whole grain mustard** 4 $\frac{1}{2}$ teaspoons [F]
- (15 oz. tomato sauce)** $\frac{3}{4}$ can [E,E2]

Condiments

- Mayonnaise** $\frac{1}{3}$ cup [B,B2,B3]
- Smooth and mild Dijon mustard** 1 tablespoon [F]

Dairy

- Low-fat mozzarella cheese** 1 $\frac{5}{8}$ cups [E,E2] (*Sargento*)
- Shredded cheddar** $\frac{3}{4}$ cup [A,A2,A3] *or pepper jack cheese*
- Shredded cheese** $\frac{1}{4}$ cup [C,C2,C3] (*cheddar or mozzarella*)
- Eggs** 10 large [A,A2,A3] (*beaten*)
- Hard boiled eggs** 9 [B,B2,B3] (*peeled and chopped*)
- 0% fat Stonyfield plain yogurt** 4 cups [D,D2]

Dry Goods

- Cinnamon** $\frac{1}{2}$ teaspoon [D,D2]
- Sweet Hungarian Paprika** $\frac{3}{4}$ teaspoon [E,E2]
- Nutmeg** pinch [D,D2]
- Sweet paprika** $\frac{1}{4}$ teaspoon [B,B2,B3] (*for garnish*)
- Fresh black pepper** [B,B2,B3] (*to taste*)
- Cooked brown rice** 1 $\frac{5}{8}$ cups [E,E2]
- Uncooked brown rice** $\frac{3}{4}$ cup [C,C2,C3]
- Hot sauce for serving** [A,A2,A3] (*optional*)

— FAVORITE STORE (CONT...) —

Dry Goods (Cont...)

- Taco seasoning of choice** 2 tablespoons [C,C2,C3]
- Dried thyme** ½ teaspoon [E,E2]

Household

- Reynolds Wrap Heavy-Duty Aluminum Foil** 6 pieces [A,A2,A3] (cut 10 x 12 inches each)

Meat

- Diced bacon** 2 tablespoons [F] (trimmed of rind and fat)
- 95% lean ground beef** ¾ pound [E,E2]
- Center cut bacon** 6 strips [A,A2,A3]
- Skinless and boneless chicken thighs** 2 [F] or chicken breasts
- Lean ground turkey** ¾ pound [C,C2,C3]

Misc.

- Water** 9 ⅝ teaspoons [E,E2]

Produce

- Sweet apple (peeled** 2 [D,D2] cored, seeded and diced (Honey Crisp, Gala)
- Avocado** ½ large [F] (pitted and sliced)
- Green cabbage** 1 ¼ heads [E,E2] (coarsely chopped)
- Cherry tomatoes** 1 pint [C,C2,C3] (quartered)
- Chopped chives** [B,B2,B3] (for garnish)

Produce (Cont...)

- Finely minced garlic** 2 ½ teaspoons [E,E2]
- Minced garlic** ½ teaspoon [F]
- Sliced grape** ½ cup [F] or cherry tomatoes
- Jalapeno** 1 [C,C2,C3] (minced)
- 1 lime** zest [C,C2,C3]
- Lime** ½ [C,C2,C3] juice from
- Finely chopped red onion** 1 ½ teaspoons [B,B2,B3]
- Onion** ¾ large [E,E2] (chopped fine)
- Red onion** ⅛ [F] (sliced)
- Red onion** ¼ cup [C,C2,C3] (minced)
- Red bell pepper** ½ [A,A2,A3] (diced)
- Golden raisins** 2 tablespoons [D,D2]
- Romaine lettuce leaves** 2 cups [F] (washed)
- Scallions** 4 [A,A2,A3] (chopped)

Spices

- Salt to season** [F]

— RECIPE KEY —

Monday, Feb 17

- [A]** Freezer Breakfast Burritos
- [B]** Classic Egg Salad
- [C]** Turkey Taco Lunch Bowls (Meal Prep)

Tuesday, Feb 18

- [D]** Cinnamon Apple Yogurt Bowls

RECIPE KEY (CONT...)

Spices (Cont...)

[B²] Classic Egg Salad

[E] Stuffed Cabbage Casserole

Wednesday, Feb 19

[A²] Freezer Breakfast Burritos

[C²] Turkey Taco Lunch Bowls (Meal Prep)

[F] Honey Mustard Chicken Salad With Bacon
& Avocado

Thursday, Feb 20

[D²] Cinnamon Apple Yogurt Bowls

[B³] Classic Egg Salad

[E²] Stuffed Cabbage Casserole

Friday, Feb 21

[A³] Freezer Breakfast Burritos

[C³] Turkey Taco Lunch Bowls (Meal Prep)