









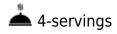






SLOW COOKER SHREDDED ORANGE THAI BEEF TACOS





INGREDIENTS

- 3 lb(s) beef chuck roast
- 5 oz. orange juice
- 3 oz. sweet chili sauce
- 1 tsp curry powder
- 1 tsp garlic salt
- 1/4 cabbage head
- 12 oz. baby carrots
- 1/2 oz. Fresh cilantro
- 2 tsp olive oil
- 1 tsp rice wine vinegar
- Salt and pepper to taste
- 10 corn tortillas
- Side: Fresh fruits

DIRECTIONS

- 1. To the slow cooker, add the roast with the fat side up. Pour in the orange juice and pour the Sweet Chili sauce on top of the beef. Sprinkle the curry powder, garlic salt and pepper over the roast and sauce.
- 2. Set on low and cook for 8-10 hours. Once cooked, pull the beef apart using 2 forks, making the shredded beef.
- 3 Shred cabbage and carrots. Chop cilantro.
- 4. Just before serving, make up the slaw by tossing together the shredded cabbage, carrots, chopped cilantro and the olive oil, vinegar, salt and pepper. If you like a tangy slaw, add more vinegar.
- 5. Warm corn tortillas as instructed on package.
- 6. Add the slaw onto a warmed corn tortilla, top with shredded beef and a few cilantro leaves, roll up and enjoy!
- 7. Prepare fresh fruit.
- 8. Serve Shredded Orange Thai Beef Tacos with fresh fruit.

CAJUN CHICKEN FETTUCCINE



ACTIVE TIME 20 minutes COOK TIME 20 minutes



📤 4-servings

INGREDIENTS

- 1 lb(s) fettuccine noodles
- 1/2 cup(s) butter
- 6 Tbsp all purpose flour
- 4 cup(s) milk
- 2 cooked cup(s) boneless chicken breasts
- 2 Tbsp Cajun seasoning
- Salt and pepper to taste
- Garnish: chopped parsley
- Side: Fresh veggies

DIRECTIONS

- 1. Prepare the pasta noodles as directed.
- 2. Meanwhile, prepare the cream sauce. Melt the butter in a large skillet. Whisk in the flour, and then quickly whisk in 3-4 cups of milk. Bring to slow bubble, then reduce heat to medium. Stir often as it thickens.
- 3. Once slightly thickened, add the shredded or cubed chicken and cajun seasoning, as well as salt and pepper to taste. Let simmer over low heat for a few minutes. If you plan to keep it over heat for more than 10 minutes, gently stir in milk to keep it the thickness you prefer.
- 4. Prepare fresh veggies.
- 5. Serve Cajun Chicken Fettuccine with a side of veggies and optional chopped parsley.



















HAWAIIAN MEATLOAF





INGREDIENTS

- 1 lb(s) ground beef
- 1 egg(s)
- 10 oz. can(s) crushed pineapple
- 1/2 cup(s) bread crumbs
- Salt and pepper to taste
- 1/3 cup(s) ketchup
- 1/3 cup(s) brown sugar
- Side: Fresh veggies

DIRECTIONS

- 1. Preheat oven to 375 F. Drain pineapple, reserving 1/4 cup of the juice.
- 2. In a large mixing bowl, combine the ground beef, egg, drained crushed pineapple, bread crumbs, salt and pepper.
- 3. Add the mixture to a greased 9×5 loaf pan or greased muffin tin for meatloaf cupcakes.
- 4. Bake for 1 hour (for loaf pan) or 20 minutes (for muffin tins).
- 5. Whisk together 1/4 cup of the reserved pineapple juice with the ketchup and brown sugar. For loaf pan: after 1 hour of cooking, pour the sauce over the top of the meatloaf and bake for another 10-15 minutes. For muffin tins: after 20 minutes, pour the sauce over the top of each cup and bake for another 10-15 minutes or until cooked.
- 6. Prepare fresh veggies.
- 7. Serve Hawaiian Meatloaf with veggies.

SLOW COOKER BBO CHICKEN STREET TACOS



ACTIVE TIME 25_minutes COOK TIME 8 hours on low



4-servings

INGREDIENTS

- 1 lb(s) boneless chicken breasts
- 2/3 cup(s) BBQ sauce
- 1/2 cup(s) water
- 1 small red onion(s)
- 1 small bunch cilantro
- 1 cup(s) shredded cheddar cheese
- 12 soft taco size corn tortillas
- Side: Fresh fruits

DIRECTIONS

- 1. Place the chicken breasts in the slow cooker with the BBQ sauce and 1/2 cup of water.
- 2. Set on low and cook for 8 hours or high for 6 hours.
- 3. Once the chicken is cooked, use a fork or stand mixer to shred the chicken, adding in some sauce from the slow cooker to keep all the BBQ flavor with the chicken.
- 4. Chop the onion and cilantro.
- 5. Prepare fresh fruit.
- 6. Assemble the tacos by loading the corn tortilla with the shredded BBQ chicken, the red onion, cilantro and cheese toppings.
- 7. Serve Slow Cooker BBQ Chicken Street Tacos with a side of fruit.













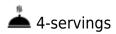






CRANBERRY MUSTARD PORK CHOPS





INGREDIENTS

- 12 oz. fresh cranberries
- 1/4 cup(s) spicy mustard
- 1 cup(s) white sugar
- 1 cup(s) water
- 4 boneless pork chops
- 4 dash ground cinnamon
- Salt and pepper to taste
- 1 cup(s) brown rice
- Side: Fresh veggies

DIRECTIONS

- 1. Preheat oven to 375 F.
- 2. Spray a 9×13 inch glass baking dish with non-stick cooking spray.
- 3. In a medium saucepan, combine the cranberries, spicy mustard, and sugar with 1 cup of water. Bring to a boil, then reduce heat to medium and cook at a rolling boil for about 20 minutes, or until the cranberries have popped and sauce begins to thicken.
- 4. Add the pork chops to the baking dish and season with salt and pepper and a dash of cinnamon to each chop. Pour the cooked sauce over the top of the pork chops and bake in the preheated oven for 30-35 minutes, or until pork chops are cooked through. Cooking time may vary, depending on thickness of the chop.
- 5. Prepare rice and veggies as directed. Note brown rice may take up to 50 minutes to prepare.
- 6. Serve Pork Chops with Cranberry-Mustard Sauce with a side of rice and veggies.

PORK CHOPS WITH PEACHES AND RED ONION



ACTIVE TIME 10 minutes COOK TIME 15 minutes



INGREDIENTS

- 4 boneless pork chops
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste
- 3 large peach(es)
- 1 large red onion(s)
- Side: Fresh veggies

DIRECTIONS

- 1. Preheat the grill over medium. Season the pork chops with garlic powder, onion powder and salt and pepper.
- 2. Grill the pork chops for 5 to 6 minutes on each side, or until no longer pink in the middle. Grilling time will vary depending on heat of the grill and thickness of the chop.
- 3. Halve the peaches and slice the red onions into circles.
- 4. Lay the peaches flesh side down on the grill...ideally over indirect heat. Lay the red onion circles slices over indirect heat as well. Grill each for 6 to 8 minutes, flipping the red onions once.
- 5. Prepare the fresh veggies.
- 6. Serve Pork Chops with Peaches and Red Onion with a side of fresh veggies.

























SLOW COOKER CHICKEN TORTILLA SOUP





INGREDIENTS

- 1/2 lb(s) boneless chicken breasts
- 1/2 lb(s) boneless chicken thighs
- 15 oz. can(s) tomato sauce
- 1 packet taco seasoning
- 2 cup(s) frozen corn
- 1 red bell pepper(s)
- 32 oz. chicken stock
- 6 corn tortillas
- 1/4 cup(s) shredded cheddar cheese

DIRECTIONS

- 1. Seed and dice the red bell pepper.
- 2. Add all the ingredients, except the tortillas and cheese, to the slow cooker and cook on low for 8 hours.
- 3. Gently shred the chicken pieces once cooked.
- 4. Cut corn tortillas into strips.
- 5. Prepare bowls by topping the soup with a few tortilla strips and a pinch of cheese.
- 6. Serve Slow Cooker Chicken Tortilla Soup.

To freeze: Do not add the tortillas and the cheese to what you freeze. Let the main soup cool completely before adding to container or plastic freezer baggie. Thaw in a bowl of warm water and reheat in a saucepan. Add tortillas strips and cheese to each bowl before serving.

DESSERT

SPICED PUMPKIN LATTE



ACTIVE TIME 5 minutes
COOK TIME 8 minutes

INGREDIENTS

- 2 cup(s) whole milk
- 1/4 cup(s) can(s) pure pumpkin puree
- 1/4 cup(s) white sugar
- 1 Tbsp vanilla extract
- 1 tsp pumpkin pie spice
- 1 cup(s) strong coffee
- 1/4 tsp ground cinnamon
- Garnish whipped cream



📤 2-servings

DIRECTIONS

- 1. In a saucepan, whisk together the milk, pumpkin and sugar. Heat until it starts to bubble.
- 2. Stir in the vanilla and pumpkin pie spice and continue warming for another minute.
- 3. Just as it starts to bubble, stir in the coffee or espresso. Remove from heat.
- 4. Top with whipped cream and a sprinkle of cinnamon.
- 5. Serve Spiced Pumpkin Latte.











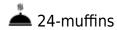








ACTIVE TIME 15 minutes COOK TIME 25 minutes



INGREDIENTS

- 2 egg(s)
- 3 banana(s)
- 2 tsp vanilla extract
- 1 1/2 cup(s) brown sugar
- 2 cup(s) milk
- 3 1/2 cup(s) whole wheat flour
- 1 Tbsp baking soda
- 1 Tbsp baking powder
- 1 Tbsp ground cinnamon
- 2 tsp salt
- 3 small zucchini
- 2 cup(s) chocolate chips

DIRECTIONS

- 1. Preheat the oven to 350 F. Spray 24 wells in a muffin tin with non-stick cooking spray.
- 2. In a stand mixer, combine the eggs, banana, vanilla & brown sugar.
- 3. Mix in the milk & flour together, 1 cup at a time, so it doesn't splatter all over. Add the baking soda, baking powder, cinnamon and salt. Mix together until batter forms.
- 4. Shred zucchini.
- 5. Mix in the shredded zucchini and chocolate chips.
- 6. Pour into greased muffin tin, filling 2/3 full. Makes 24 muffins.
- 7. Bake in the preheated oven for 22-24 minutes. Let cool.
- 8. Serve Zucchini Chocolate Chip Muffins.

NOTE: To freeze place in airtight container before putting in freezer. To thaw, set out a few hours before serving.

HOMEMADE BAKE N BREAK COOKIES



ACTIVE TIME 10 minutes COOK TIME 10 minutes



3-Dozen Cookies

INGREDIENTS

- 2 1/2 cup(s) all purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup(s) butter
- 3/4 cup(s) brown sugar
- 3/4 cup(s) white sugar
- 1 tsp vanilla extract
- 2 egg(s)
- 12 oz. chocolate chips

DIRECTIONS

- 1. Preheat oven to 350 F.
- 2. In a mixing bowl, whisk together the flour, baking soda and salt.
- 3. In a stand mixer or mixing bowl, beat together the butter and the 2 sugars. Add in the vanilla. Beat in the eggs, 1 at a time, until smooth. Scrape down the sides if necessary.
- 4. Add the dry ingredients and mix on low speed, until batter forms.
- 5. Fold in the chocolate chips.
- 6. Form the cookies.
- 7. If freezing to use later, Scoop into groups of twelve. Wrap up in a sheet of plastic wrap, then a sheet of foil. Label cooking directions on a quart size freezer baggie.
- 8. Tuck the package of dough into the freezer baggie.
- 9. If baking, place in oven for 9 11 minutes until slightly golden.
- 10. Serve Homemade Bake N Break Cookies.









Shopping List

MEAT			PRODUCE		
Item	quantity	meals used	Item	quantity	meals used
☐ beef chuck roast	3 lb(s)	0	☐ baby carrots	12 oz.	0
☐ boneless chicken breasts	2 cooked cup(s)	2	□ banana(s)	3	9
□ boneless chicken	1 1/2 lb/c)	40	☐ bunch cilantro	1 small	4
breasts	1 1/2 lb(s)	30	☐ cabbage head	1/4	0
☐ boneless chicken thighs	1/2 lb(s)	0	☐ Fresh cilantro	1/2 oz.	0
☐ boneless pork	8	66	☐ fresh cranberries	12 oz.	6
chops	O		□ peach(es)	3 large	6
☐ ground beef	1 lb(s)	8	☐ red bell pepper(s)	1	0
PANTRY STAPL	ES		☐ red onion(s)	1 large	6
Item	quantity	meals used	☐ red onion(s)	1 small	4
☐ BBQ sauce	2/3 cup(s)	4	□ zucchini	3 small	9
☐ can(s) crushed pineapple	10 oz.	③	☐ chopped parsley	garnish:	2
☐ can(s) pure	1/4 cup(s)	8	☐ Fresh fruits	side:	00
pumpkin puree	1,1 cap(3)		☐ Fresh veggies	side:	0000
☐ can(s) tomato sauce	15 oz.	0	BREAD-BAKERY		meals used
☐ chicken stock	32 oz.	7		quantity	
☐ ketchup	1/3 cup(s)	8	☐ bread crumbs	1/2 cup(s)	3
☐ olive oil	2 tsp	0	□ brown rice	1 cup(s)	6
☐ rice wine vinegar	1 tsp	0	□ corn tortillas	16	00
☐ spicy mustard	1/4 cup(s)	6	☐ fettuccine noodles	1 lb(s)	2
BAKING-SPICES			_		
Item	quantity	meals used			
☐ all purpose flour	2 1/2 cup(s)	0			
an parpose noul	2 1/2 Cup(3)	•			



Shopping List

BAKING-SPICES

Item	quantity	meals used
☐ all purpose flour	6 Tbsp	2
☐ baking powder	1 Tbsp	9
☐ baking soda	1 Tbsp	9
☐ baking soda	1 tsp	0
☐ brown sugar	2 58 cup(s)	390
☐ Cajun seasoning	2 Tbsp	2
☐ chocolate chips	2 cup(s)	9
☐ chocolate chips	12 oz.	0
□ curry powder	1 tsp	0
☐ garlic powder	1 tsp	6
☐ garlic salt	1 tsp	0
\square ground cinnamon	4 dash	•
☐ ground cinnamon	1 Tbsp	9
☐ ground cinnamon	1/4 tsp	3
□ onion powder	1 tsp	6
☐ pumpkin pie spice	1 tsp	8
☐ taco seasoning	1 packet	7
□ vanilla extract	1 Tbsp	8
□ vanilla extract	3 tsp	90
☐ white sugar	2 cup(s)	680
☐ whole wheat flour	3 1/2 cup(s)	9

BREAD-BAKERY-STARCHES

Item	quantity	meals used
☐ soft taco size corn tortillas	12	4
DAIRY/FROZEN		
Item	quantity	meals used
□ butter	1 1/2 cup(s)	20
□ egg(s)	5	390
☐ frozen corn	2 cup(s)	7
□ milk	6 cup(s)	00
□ orange juice	5 oz.	0
☐ shredded cheddar cheese	1 1/4 cup(s)	40
☐ whole milk	2 cup(s)	3
☐ whipped cream	garnish	3



Shopping List

OTHER INGREDIENTS

Item	quantity	meals used
☐ strong coffee	1 cup(s)	8
☐ sweet chili sauce	3 oz.	0

