

DINNER

1 SLOW COOKER SHREDDED ORANGE THAI BEEF TACOS



ACTIVE TIME 10 minutes

COOK TIME 8 hours on low



4-servings

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.

2 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.

3 HAWAIIAN MEATLOAF



ACTIVE TIME 15 minutes

COOK TIME 1 hour 15 minutes



4-servings



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 9x5 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.

4 SLOW COOKER BBQ 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.

5 CRANBERRY MUSTARD PORK CHOPS



ACTIVE TIME 5 minutes
COOK TIME 55 minutes



4-servings

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 9x13 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.

6 PORK CHOPS WITH PEACHES AND RED ONION



ACTIVE TIME 10 minutes
COOK TIME 15 minutes



4-servings

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.

7 SLOW COOKER CHICKEN TORTILLA SOUP



ACTIVE TIME 5 minutes

COOK TIME 8 Hours



4-servings



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

8 SPICED PUMPKIN LATTE



ACTIVE TIME 5 minutes

COOK TIME 8 minutes



2-servings

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

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.

9 ZUCCHINI CHOCOLATE CHIP MUFFINS



ACTIVE TIME 15 minutes

COOK TIME 25 minutes



24-muffins

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.

10 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.

MEAT

Item	quantity	meals used
<input type="checkbox"/> beef chuck roast	3 lb(s)	①
<input type="checkbox"/> boneless chicken breasts	2 cooked cup(s)	②
<input type="checkbox"/> boneless chicken breasts	1 1/2 lb(s)	④ ⑦
<input type="checkbox"/> boneless chicken thighs	1/2 lb(s)	⑦
<input type="checkbox"/> boneless pork chops	8	⑤ ⑥
<input type="checkbox"/> ground beef	1 lb(s)	③

PANTRY STAPLES

Item	quantity	meals used
<input type="checkbox"/> BBQ sauce	2/3 cup(s)	④
<input type="checkbox"/> can(s) crushed pineapple	10 oz.	③
<input type="checkbox"/> can(s) pure pumpkin puree	1/4 cup(s)	⑧
<input type="checkbox"/> can(s) tomato sauce	15 oz.	⑦
<input type="checkbox"/> chicken stock	32 oz.	⑦
<input type="checkbox"/> ketchup	1/3 cup(s)	③
<input type="checkbox"/> olive oil	2 tsp	①
<input type="checkbox"/> rice wine vinegar	1 tsp	①
<input type="checkbox"/> spicy mustard	1/4 cup(s)	⑤

BAKING-SPICES

Item	quantity	meals used
<input type="checkbox"/> all purpose flour	2 1/2 cup(s)	⑩

PRODUCE

Item	quantity	meals used
<input type="checkbox"/> baby carrots	12 oz.	①
<input type="checkbox"/> banana(s)	3	⑨
<input type="checkbox"/> bunch cilantro	1 small	④
<input type="checkbox"/> cabbage head	1/4	①
<input type="checkbox"/> Fresh cilantro	1/2 oz.	①
<input type="checkbox"/> fresh cranberries	12 oz.	⑤
<input type="checkbox"/> peach(es)	3 large	⑥
<input type="checkbox"/> red bell pepper(s)	1	⑦
<input type="checkbox"/> red onion(s)	1 large	⑥
<input type="checkbox"/> red onion(s)	1 small	④
<input type="checkbox"/> zucchini	3 small	⑨
<input type="checkbox"/> chopped parsley	garnish:	②
<input type="checkbox"/> Fresh fruits	side:	① ④
<input type="checkbox"/> Fresh veggies	side:	② ③ ⑤ ⑥

BREAD-BAKERY-STARCHES

Item	quantity	meals used
<input type="checkbox"/> bread crumbs	1/2 cup(s)	③
<input type="checkbox"/> brown rice	1 cup(s)	⑤
<input type="checkbox"/> corn tortillas	16	① ⑦
<input type="checkbox"/> fettuccine noodles	1 lb(s)	②

BAKING-SPICES

Item	quantity	meals used
<input type="checkbox"/> all purpose flour	6 Tbsp	2
<input type="checkbox"/> baking powder	1 Tbsp	9
<input type="checkbox"/> baking soda	1 Tbsp	9
<input type="checkbox"/> baking soda	1 tsp	10
<input type="checkbox"/> brown sugar	2 5/8 cup(s)	3 9 10
<input type="checkbox"/> Cajun seasoning	2 Tbsp	2
<input type="checkbox"/> chocolate chips	2 cup(s)	9
<input type="checkbox"/> chocolate chips	12 oz.	10
<input type="checkbox"/> curry powder	1 tsp	1
<input type="checkbox"/> garlic powder	1 tsp	6
<input type="checkbox"/> garlic salt	1 tsp	1
<input type="checkbox"/> ground cinnamon	4 dash	5
<input type="checkbox"/> ground cinnamon	1 Tbsp	9
<input type="checkbox"/> ground cinnamon	1/4 tsp	8
<input type="checkbox"/> onion powder	1 tsp	6
<input type="checkbox"/> pumpkin pie spice	1 tsp	8
<input type="checkbox"/> taco seasoning	1 packet	7
<input type="checkbox"/> vanilla extract	1 Tbsp	8
<input type="checkbox"/> vanilla extract	3 tsp	9 10
<input type="checkbox"/> white sugar	2 cup(s)	5 8 10
<input type="checkbox"/> whole wheat flour	3 1/2 cup(s)	9

BREAD-BAKERY-STARCHES

Item	quantity	meals used
<input type="checkbox"/> soft taco size corn tortillas	12	4

DAIRY/FROZEN

Item	quantity	meals used
<input type="checkbox"/> butter	1 1/2 cup(s)	2 10
<input type="checkbox"/> egg(s)	5	3 9 10
<input type="checkbox"/> frozen corn	2 cup(s)	7
<input type="checkbox"/> milk	6 cup(s)	2 9
<input type="checkbox"/> orange juice	5 oz.	1
<input type="checkbox"/> shredded cheddar cheese	1 1/4 cup(s)	4 7
<input type="checkbox"/> whole milk	2 cup(s)	8
<input type="checkbox"/> whipped cream	garnish	8

OTHER INGREDIENTS

Item	quantity	meals used
<input type="checkbox"/> strong coffee	1 cup(s)	8
<input type="checkbox"/> sweet chili sauce	3 oz.	1

