



1. [Chicken Florentine Pizza](#), salad
2. [Angel Hair with Red Onions and Black Olives](#), salad
3. [Beef and Black Bean Taco Bake](#), chips and salsa, salad
4. [Barbeque Pepper Jack Chicken](#), [Corn on the Cob](#), [Roasted Potatoes](#)
5. [Honey Cashew Pork Stir Fry](#) over Rice, fortune cookies
6. [Garlic Chicken with More Garlic in the Slow Cooker](#), couscous, steamed veggie
7. [Citrus Chex Buddies](#)

Produce

Spinach
Roma tomatoes
Garlic, 1-2 bulbs
Red onion
Carrots
Celery
Potatoes
Corn
Onion
Parsley
Basil
Lime juice
Lemon juice
{Salad fixings – 3 meals}

Canned/Dry

Alfredo sauce, 1 jar
BBQ sauce
Black beans, 1 can
Pitted ripe olives, 1 6 oz. can
Black bean and corn salsa, 1 jar
Angel hair pasta, 1 lb.
Cashews
White wine
Orange juice
Honey
Rice Chex, 1 12.8 box
White baking chips, 1 12 oz. bag
Dried orange peel
{Chips and salsa}
{Rice}
{Fortune cookies}
{Couscous}

Dairy

Butter
Mozzarella cheese, shredded
Parmesan cheese, shredded
Cheddar or Mexican blend cheese, shredded
Pepper jack cheese, shredded

Meat

Boneless chicken breasts, 2 3 lb. bags
Chicken pieces (legs, or other cut), 3-4 lbs.
Ground beef, 1 lb.
Boneless pork chops, 6

Bread

Pizza crusts, 2
Tortillas, 6-10

Frozen

{Favorite veggie – 1 meal}

Items to Have in Pantry

Salt
Pepper
Seasoned salt
Paprika
Ginger
Soy sauce
Corn starch
Olive oil
Powdered sugar





Chicken Florentine Pizza

- 2 pizza crusts
- 1 jar Alfredo sauce
- 1-2 cups fresh spinach
- 2-3 cups grilled chicken, sliced (I used 9 chicken tenders)
- 2 Roma tomatoes, sliced thin
- 2 cups shredded mozzarella cheese

Spread Alfredo sauce on the crust. I used about 3/4 of the jar for 2 pizzas. Layer spinach, chicken and tomatoes. Drizzle with the rest of the Alfredo. Sprinkle with cheese. Bake 450 degrees for 10-15 minutes.

Serving Suggestion: salad



Angel Hair with Red Onions and Black Olives

- boneless chicken breasts
- Kosher salt
- black pepper
- angel hair pasta, 1 lb.
- 4 Tbs. Butter
- 8 cloves garlic, minced or chopped
- 1 red onion, chopped
- 1/2 cup white wine
- 2 ladles of cooking water from the pasta
- parsley, 1 handful, chopped
- basil, 1 handful, chopped
- pitted ripe olives, whole - 6 oz can
- Parmesan, 1 cup shredded

Season the chicken with Kosher salt and black pepper. Grill outdoors until done. Slice it thin to serve with the pasta.

While the chicken grills, cook the pasta according to the package directions.

Melt the butter in a skillet. Cook the onion and garlic for a few minutes. Add the wine. I freeze wine in zip top bags. It thaws quickly on the counter. Let the wine cook with the onions and garlic for a minute or two, then add 2 ladles of cooking water from the pasta.

Stir in the parsley and basil and season the sauce with Kosher salt and pepper. Stir in the olives. Drain the pasta and mix with the sauce. Add the cheese to the pasta and stir to combine.

Serve with grilled chicken.

Serving Suggestion: salad





Beef and Black Bean Taco Bake

- 1 lb. ground beef, browned
- 1 can black beans, drained and rinsed
- 1 jar of black bean and corn salsa
- 6-10 tortillas, corn or flour, cut into bite sized pieces
- 2 cups cheddar or Mexican blend cheese, shredded
- extra cheese for the top, if desired

Mix all the ingredients together in a large bowl. Pour into a 9×13 casserole dish that has been sprayed with cooking spray. Cover and bake at 350 degrees for 30-45 minutes.

Serving Suggestion: chips and salsa, salad





Barbeque Pepper Jack Chicken

- boneless chicken breasts
- seasoned salt
- Sweet Baby Ray's or another BBQ sauce
- pepper jack cheese slices

If the chicken breasts are frozen, go ahead and put them on the hot grill. Let them thaw a bit and then sprinkle them with seasoned salt. If they're already thawed you can add the seasoned salt before you put them on the grill. Cook them until they are nearly done, then baste with barbecue sauce. I like Sweet Baby Ray's, but you can use any kind you like. I do think the sweet taste compliments the peppers and spice.

Top each chicken breast with a slice of cheese, letting it melt before removing the chicken from the grill.

Serving Suggestion: Corn on the Cob, Roasted Potatoes





Corn on the Cob

Put the shucked, cleaned ears of corn in a microwaveable dish. You can break them in half if you like. Top with plenty of butter pats and sprinkle with salt. Microwave for about 10 or 11 minutes. That's it. Roll each ear around in the bottom of the pan before you put it on the plates and it's pre-buttered.





Roasted Potatoes

Clean and chop the potatoes. Toss with olive oil, kosher salt and fresh ground pepper. Bake them at 400 degrees for about 45 minutes or so, depending on how big you cut the potatoes.

You can use red potatoes, Yukon golds or any other kind. Peel them or leave the peels on. Chop them bite size or cut them in wedges or sticks. Toss them with ground red pepper, red pepper flakes, parsley, rosemary, tarragon, garlic...anything that catches your imagination and will complement the rest of the meal.





Honey Cashew Pork Stir Fry

- 1 cup orange juice
- just under 1/2 cup honey
- 1/4 cup soy sauce
- 4 tsp. corn starch
- 1/4 tsp. ground ginger
- 3 carrots, sliced diagonally
- 2 celery stalks, sliced diagonally
- 6 boneless pork chops, cut into thin strips
- 2/3 cup cashews
- oil for stir-frying

Combine juice, honey, soy sauce, cornstarch and ginger in a bowl. Set aside.

Heat some oil in a large skillet over medium high heat. Add the carrots and celery and stir-fry until tender crisp. Remove the veggies and set aside.

Add more oil and stir-fry the pork until cooked through.

Add the veggies back into the skillet, along with the sauce. Heat until it comes to a boil.

Serve over rice.

Serving Suggestion: rice, fortune cookies





Garlic Chicken with More Garlic in the Slow Cooker

- 3-4 pounds of chicken (I used a large pack of legs. You could use any cut you like.)
- 1 large onion, sliced
- 1 Tbs. olive oil
- 2 tsps. paprika
- 2 tsps. kosher salt
- 1 tsp. pepper
- 20-40 garlic cloves, peeled but left whole (I used 1 bulb of garlic)

Toss the onions in the bottom of the crockpot. In a large bowl, mix the chicken with the other ingredients. I used my hands to mix it all up. Put the chicken in the crockpot on top of the onions. Cook on high for 4-5 hours or low for 7-8 hours.

Serving Suggestion: couscous, steamed veggie





Citrus Chex Buddies

- 12.8 oz box Rice Chex
- 12 oz. white baking chips
- 5 tsp. dried orange peel
- 1 Tbs. lime juice
- 1 Tbs. + 1 tsp. lemon juice
- 5 Tbs. butter
- 2 1/2 cups powdered sugar

Pour the cereal into a very large bowl. In a separate, microwave safe bowl combine white baking chips, orange peel, lime and lemon juices and butter. Microwave uncovered for 1 minutes. Stir, then microwave for 30 seconds more. Stir until smooth and melted. Pour over the cereal and stir to coat the pieces. Add the powdered sugar and stir until each piece is coated in powdered sugar.

