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## Produce

Onions  
Garlic  
Potatoes  
Cucumbers  
Leeks  
Green bell pepper  
Red, yellow, or orange bell pepper  
Zucchini  
Yellow squash  
Roma tomatoes  
Lettuce  
Slaw mix  
{Salad fixings – 2 meals}  
{Baked potatoes}  
{Watermelon}

## Canned/Dry

Crushed tomatoes, 1 28 oz. can  
Diced tomatoes, 1 can  
Tomatoes with green chilis, 1 can  
Corn, 1 can  
Black beans, 1 can  
Mayonnaise  
Barbecue sauce  
Dijon mustard  
Honey  
Taco seasoning, 1 packet  
Penne pasta, 1 lb.  
Tortilla chips

## Frozen

Corn on the cob  
Vanilla ice cream  
{Favorite veggie – 1 meal}

## Dairy

Butter  
Milk  
Shredded cheddar cheese  
Shredded Italian-blend cheese  
Provolone cheese  
International Delight Iced Coffee

## Meat

Ground meat (for Nachos), 1 lb.  
Boneless pork chops, 6-8  
Boneless chicken breasts  
Pepperoni, 6 oz.  
Ham  
Turkey  
Bacon

## Bread

Rolls or buns

## Items to Have in Pantry/Fridge

Salt  
Pepper  
Basil  
Oregano  
Garlic powder  
Lemon pepper seasoning  
Olive oil  
Non-stick cooking spray  
Vinegar  
Red wine vinegar  
Sugar  
Aluminum foil



## Pepperoni Pizza Pasta

- 1 lb. penne pasta
- 2 Tbs. oil
- 1 green pepper, chopped
- 1 red (or yellow or orange), chopped
- 2 cloves garlic
- 1/2 red onion, chopped
- 28 oz. crushed tomatoes
- 1 tsp. basil
- 1 tsp. oregano
- 6 oz. pepperoni (I used turkey pepperoni), cut in halves
- salt and pepper, to taste
- 1 cup Italian 5 cheese, shredded

Cook the pasta according to package directions. While it cooks, saute the peppers, onions and garlic in oil in a large skillet. When the veggies are tender-crisp, add crushed tomatoes, basil, oregano and pepperoni. Cook over medium heat till pasta is done. Season with salt and pepper. Drain pasta and put back in cooking pan. Pour sauce over pasta and stir to combine. Serve with shredded cheese.

**Serving Suggestion: salad**



## Complete BBQ Chicken Dinner in the Slow Cooker

- boneless chicken breasts
- barbecue sauce
- potatoes, chopped
- cheddar cheese, shredded
- onion, diced
- salt and pepper
- a bit of olive oil
- frozen corn on the cob
- plenty of foil

Place the chicken in the bottom of the crockpot. Pour on some barbecue sauce. You don't want to add too much, because the goal is to have as little liquid as possible in the bottom of the pot. Stir the potatoes, a bit of olive oil, onion, cheese and salt and pepper together in a bowl. Make a large packet out of foil and wrap the potatoes in it, loosely. Wrap each corn in foil. Place the potato packet on top of the chicken. Add the corn. Cook on high for 5-6 hours or low for 7-8.



## Honey Mustard Grilled Pork Chops

- 6-8 boneless pork chops
- 2 Tbs. Dijon mustard
- 4 Tbs. honey
- black pepper, to taste

Grill the pork chops over medium heat. Stir the mustard, honey and pepper together. Baste the pork chops with the sauce a few minutes before removing from the grill.

**Serving Suggestion: Cucumbers and Onions, favorite veggie**



## Cucumbers and Onions

- cucumbers, peeled and sliced
- onion, peeled and sliced
- 1 cup sugar
- 1/2 cup vinegar

Mix up the sugar and vinegar and pour it over the cucumbers and onions. That's it. You can make more "juice" if you need to. Just use twice as much sugar as vinegar.



## Lemon Pepper Tilapia with Veggies on the Grill

- 6 tilapia fillets, thawed (I used one bag of frozen fillets)
- 3 leeks, sliced thin
- 1 yellow squash, sliced in thin half moons
- 1 zucchini, sliced in thin half moons
- 3 Roma tomatoes, sliced thin
- 1-2 tsp. lemon pepper seasoning or to taste
- non-stick cooking spray

You'll need heavy duty foil for this dish. If you don't have that, try doubling regular foil.

Spread a large piece of foil on the counter (about 15 inches long). Spray with cooking spray. Place the tilapia in a single layer on the foil. Lightly sprinkle with lemon pepper. Cover with the veggies and sprinkle more lemon pepper using as much or as little as you like. Rip off another piece of foil, about this same size as the first and cover the fish and vegetables. Fold all of the sides of the foil together so you end up with a loose packet. Slide the packet onto a cookie sheet or cutting board to transfer it to the grill. Cook over low to medium heat for 15-20 minutes.

**Serving Suggestion: baked potatoes (try using the microwave or slow cooker for this)**



## Nachos

- 1 lb. of ground meat
- 1 can diced tomatoes, drained
- 1 can tomatoes with green chilis, drained well
- 1 can corn, drained
- 1 can black beans, rinsed and drained
- 1 packet of taco seasoning (or equivalent amount)
- tortilla chips
- 1-2 cups cheddar cheese, shredded

Brown ground beef and rinse under hot water to remove grease. Add all ingredients except chips and cheese. Bring to a boil. On a large cookie sheet or baking stone, make a layer of tortilla chips. With a slotted spoon, place meat over chips. Top with cheese. Brown under broiler until toasty.

**Serving Suggestion: salad**



## Gina's Club Sandwiches

- ham
- turkey
- good rolls or buns
- bacon
- provolone cheese
- lettuce and tomato
- butter
- garlic powder and oregano
- mayo

Layer the meats and cheese on the bottom half of the buns. Spread the top half with butter and sprinkle with garlic powder and oregano. Pop them under the broiler for a few minutes to melt the cheese and warm up the meats. Top with lettuce, tomato and mayo if you like.

**Serving Suggestion: watermelon, Quick Cole Slaw**





## Quick Cole Slaw

- 1 bag of slaw mix
- 1/2 cup mayonnaise
- 1/4 cup sugar
- 1 Tbs. red wine vinegar
- salt & pepper

Put the slaw mix in a big bowl. Mix the other ingredients together and pour over the slaw, tossing to mix. How easy is that?



## Ice Cream Cappuccinos

- 1 - 2 scoops vanilla ice cream
- 1/4 cup milk
- 1 cup International Delight Iced Coffee

Put the ice cream in a cup or mug. Stir milk and iced coffee together. Pour over top of ice cream. Enjoy!

