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MEATS

- 10-12 chicken thighs, boneless, skinless
(1 3/4 lbs or 800 g)
- 16-20 chicken filets, boneless, skinless
(1 1/2 lbs or 675 g)
or chicken breasts cut into strips
- Ground beef, extra-lean (1 lb or 450 g)
- Bacon, fully cooked, reduced-sodium, 8 strips

DAIRY

- Eggs (3)
- Butter
- Milk 1% milk fat (1 1/4 cups)
- Cream 10% milk fat (1/2 cup)
- Sour cream, light (1/2 cup) for 2 meals
- Cottage cheese, 1% fat (2 cups)
- Sharp cheddar cheese, light, grated (1/2 cup)
- Mozzarella cheese, part-skim, shredded (2 cups)
- Parmesan cheese, light, grated (1 cup) for 2 meals

PRODUCE

- Cherry or grape tomatoes (12)
- Broccoli florets, 2-3 heads (1 lb or 450 g)
- Cauliflower (1 1/4 head)
- Celery ribs (2)
- English cucumber (1/2)
- Red bell pepper (1/2)
- Baby carrots (2 cups)
- Onion
- Red onion (1/8)
- Green onions (2-3)
- Baby spinach, prewashed (6 oz or 170 g)

DRY ESSENTIALS

- Basmati or white rice (1 1/2 cups)
- Fettuccini pasta (3/4 lb or 340 g)
- Corn flake crumbs (1 cup)

SPICES

- Bay leaves
- Blackened cajun spice (optional to replace pepper)
- Curry powder
- Garlic and herb seasoning, salt-free
- Hot chili flakes (optional)
- Italian seasoning
- Lemon pepper
- Onion flakes
- Original, all purpose seasoning, salt-free
- Pepper
- Table blend seasoning, salt-free

BAKING GOODS

- Canola oil
- Olive oil, extra-virgin
- Balsamic vinegar (for dipping focaccia bread)
- Matchstick almonds (1/4 cup) for 2 meals

HELPERS

- 1 can Italian or chili stewed tomatoes
(14 fl oz or 400 mL)
- Reserved tomato pasta sauce (7 cups)
from Spaghetti dinner, page 68
or purchase canned (56 fl oz or 1750 mL) for 2 meals
- 1 can consommé (10 fl oz or 284 g)
- Dijon mustard
- Plum sauce
(optional for Chicken Fingers) *I like VH brand.*
- Salad dressing, fruit vinaigrette, light, or your favorite
choose a lower sodium brand
- Mayonnaise, light
- Soy sauce, reduced-sodium
- Sambal Oelek (crushed chili paste)
- Liquid honey

FROZEN FOODS

- Green or yellow whole beans (1 lb or 450 g)
- Mixed veggies (3 cups)
- Blueberries, wild (1/4 cup)

BAKERY

- French bread, crusty loaf
- Buns or focaccia bread (optional for Soup)
- Focaccia bread, herbed (for Chicken Fingers dinner)

OTHER

- Parchment paper (important)
- Waxed paper