

RECIPE NAME

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MEATS

- Chicken thighs, boneless, skinless (10-12)
(1 3/4 lbs or 800 g)
- Chicken breasts, boneless, skinless (3)
(1 lb or 450 g)
- Sirloin steak, lean, boneless (450 g)
(can use flank steak or chicken breast for Fajitas)
- Ground beef, extra-lean (2 lbs or 900 g)
(or ground turkey)
- Pork ribs, back or side, lean (2 1/2 lbs or 1125 g)

DAIRY

- Eggs (2)
- Milk, 1% milk fat (2 1/2 cups) for 2 meals
- Sour cream, fat-free or light
(1/2 cup + optional for Fajitas)
- Cheddar cheese, light, shredded (2 cups)
for 2 meals
- Parmesan cheese, light, grated
(optional for Tortellini)
- Cheese tortellini (12 oz or 350 g) *Tricolor is nice.*

PRODUCE

- Fresh garlic (from a jar) or use cloves
- Veggies for Veggies & Dip (1 lb or 450 g)
(e.g. celery, cauliflower, baby carrots, broccoli,
or use precut veggies)
- Broccoli florets, 2-3 heads (1 lb or 450 g)
- Celery (1 rib)
- Zucchini, small
- Tomato, Roma (4)
- Green bell pepper (2) for 2 meals
- Red bell pepper (2) for 2 meals
- Mushrooms (15) for 2 meals
- Romaine lettuce, 1 head or bag (6 oz or 175 g)
for 2 meals
- Green onion (2)
- Onion (2) for 3 meals
- Red onion, small, or use regular onion
- Baby potatoes, red (20)

OTHER

- Aluminum foil
- Paper towel
- www.cookingfortherushed.com

SPICES

- Chili powder
- Cinnamon, ground
- Coriander
- Cumin, ground
- Onion flakes
- Garlic & herb seasoning, salt-free
- Garlic powder
- Hot chili flakes (optional)
- Original, all purpose seasoning, salt-free
- Pepper
- Sesame seeds, toasted (optional for Mole Chicken)

BAKING GOODS

- Cooking spray
- Canola oil
- Olive oil, extra-virgin
- Red wine vinegar

HELPERS

- Basil pesto
- Southwest BBQ sauce (1/4 cup) (or make own, page 94)
- Honey-garlic sauce (12 oz or 341 mL)
I like VH brand. (or make your own, see Ribs)
- Worcestershire sauce
- Salsa, chunky (mild, medium or hot) (2 1/2 cups)
for 3 meals
- Hot pepper relish, or chopped up jalapenos
(optional for Meatloaf)
- Mayonnaise, light
- Salad dressing, ranch, light, or your favorite
(choose a lower sodium brand)
- Chicken broth, reduced-sodium
(18 fl oz or 500 mL) for 2 meals
- 1 can mushroom soup, reduced-sodium
(10 fl oz or 284 mL)
- Peanut butter, light (or use almond butter)
- Chocolate syrup *I use Quick*

DRY ESSENTIALS

- Basmati or white rice (1 1/2 cups)

FROZEN FOODS

- Stir-fry mixed vegetables (4 cups) (or use fresh)

BAKERY

- Breadcrumbs (1 1/2 cups)
- Bread rolls (6) (optional for Honey-Garlic Ribs)
- Tortillas, soft (6) flour, multigrain or corn, 10”
(choose a lower sodium brand)