

RECIPE NAME

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■ SPICES

Basil leaves
Chili powder
Cumin, ground
Curry powder
Garlic and herb seasoning, salt-free
Lemon pepper
Onion flakes
Original all purpose seasoning, salt-free

■ BAKING GOODS

Canola oil
Olive oil, extra-virgin
Balsamic vinegar
Cornstrach
Dry brown gravy mix (*I like Bisto*)

■ HELPERS

1 can fruit salad, unsweetened (14 fl oz or 398 mL)
Ketchup
Mustard, prepared
Honey, liquid
Maple syrup
Worcestershire sauce
Honey-garlic sauce (*I like VH*)
Soy sauce, reduced-sodium
Teriyaki sauce
Chicken broth, reduced-sodium (1 1/2 cups)
(for 2 meals)
1 can beef broth, reduced-sodium (10 fl oz or 284 mL)
1 can cream of asparagus soup (10 fl oz or 284 mL)
Salsa (1 cup) for 2 meals
Basil pesto

■ FROZEN FOODS

Green or yellow whole beans (1 lb or 450 g)

■ OTHER

Aluminum foil

■ MEATS

Ground beef, extra-lean (1 lb or 450 g)
Chicken thighs, boneless, skinless (10-12)
(1 3/4 lb or 800 g)
Chicken breasts, boneless, skinless (3) (1 lb or 450 g)
Sirloin or round roast, boneless, trimmed
(2-3 lbs or 900-1350 g) Can double for leftovers.

■ DAIRY

Butter
Cheddar cheese, light, shredded (1/2 cup)
Parmesan cheese, light, grated
Vanilla yogurt, low-fat (1/2 cup)
Spinach and cheese ravioli (3/4 lb or 350 g)

■ PRODUCE

Broccoli florets, 2-3 heads (1 lb or 450 g)
Baby carrots (1 lb or 450 g)
Onion, small
Zucchini, small
Green bell pepper (1/2)
Red bell pepper (1/2)
Mushrooms (10)
Baby potatoes (20) (or 4 large potatoes)
Red grapes (1 1/2 cups)
Mandarins (3)

■ BAKERY

Hamburger buns, whole wheat (4-6)

■ DRY ESSENTIALS

Basmati or white rice (1 1/2 cups)
(or mixed rice - *I like Canoe brand*)
Spaghettini pasta (3/4 lb or 340 g)