

Grilled Chicken Wraps
Lemon Salmon, Roasted Asparagus and Buttered Pasta
Beef Taquitos with Black Beans
Elevated Grilled Cheese with Sweet Potato Chips
Spinach, Feta and Pepper Quiche with dressed greens
Thai Pork Rice Bowls
Pork Nachos
Grilled Chicken Salads
Tropical Salmon Rice Bowls
Hamburgers with Fries
French Toast with Bacon and Eggs
Buttery Lemon Pasta Primavera
Easy Pineapple Pork Tacos with Chips and Salsa
Roasted Veggies with Hummus and Naan

MEAT

\$10.58	Organic Ground Beef	5.29/lb
\$11.58	Organic Chicken Breast	5.79/lb
\$9.78	Uncured Bacon	4.89
\$7.98	Wild Caught Salmon	3.99
\$5.67	Pork Loin	1.89/lb

PRODUCE

\$1.69	Hydroponic Lettuce	
\$3.99	Organic Salad Mix	
\$1.49	Organic Carrots	
\$3.49	Organic Peppers (2 pack)	
\$2.49	Asparagus	
\$1.69	Bag of Onions	
\$0.99	Bag of Jalapeños	
\$1.99	Organic Zucchini	0.99/lb
\$5.07	Broccoli	1.69
\$3.98	Organic Grape Tomato	1.99
\$2.99	Lemons	
\$2.49	Pineapple	
\$0.79	Cilantro	
\$1.69	Bag of Limes	

DAIRY

\$3.98	Cheddar Block	1.99
\$1.99	Shredded Parmesan	
\$1.99	Pepper Jack Block	
\$2.99	Butter (Unsalted)	
\$6.98	Organic Eggs	3.49/doz
\$2.19	Feta Crumbles	
\$1.49	Pie Crust	
\$2.29	Organic Red Pepper Hummus	
\$3.29	Organic Milk	
\$2.35	Organic Sliced Colby Jack	
\$1.49	Sour Cream	

PANTRY

\$3.78	Organic Chicken Broth	1.89
\$2.59	Organic Brown Rice	
\$0.89	Organic Black Beans	
\$2.29	Organic Salsa	
\$1.99	Peanut Sauce	
\$2.18	Organic Pasta	1.09
\$2.29	Sweet Potato Chips	
\$1.99	Organic Tortilla Chips	
\$1.49	Ranch Dressing	
\$0.29	Taco Seasoning	

BREAD

\$2.29	Wraps (Spinach or Tomato)	
\$7.98	Organic Bread	3.99
\$1.29	Corn Tortillas	
\$3.49	Naan	
\$0.89	Buns	

FROZEN

\$1.89	Organic Spinach	
\$1.65	Bag of Fries	

Total

\$150.71

EXTRAS (Check your fridge/pantry)

Mustard	(Optional for burgers)
Ketchup	(Optional for burgers)
Mayo	(Optional for burgers)
EVOO	(~ 1 cup)
Vanilla	(2 teaspoons)
Cinnamon	(½ teaspoon)
Hot sauce	(optional for wraps)
Maple Syrup	(for french toast)
Garlic Powder	(3 ½ teaspoons)
Oregano	(1 teaspoon optional)

Recipes

Grilled Chicken Wraps

1 lb Organic Chick Breast (grilled or pan fried)
 Pack of Wraps (Spinach or Tomato)
 Half Head of Hydroponic Lettuce
 ½ Block of Cheddar Cheese grated
 Half Container of Organic Grape Tomatoes chopped
 Ranch Dressing
 Hot Sauce (optional)

1. Assemble all ingredients into middle of wraps.
 2. Roll up like a burrito folding in both ends and cut down the center
- *If you like buffalo chicken, mix ranch and hot sauce to your desired spiciness. You can also sub blue cheese for cheddar if you have it on hand!

Lemon Salmon with Asparagus and Buttered Pasta

1 package of Wild Caught Salmon (4 filets)
 1 package of Asparagus
 EVOO to drizzle
 1 package of Organic Spaghetti or Linguini
 1 Lemon Sliced
 ½ Stick of Butter
 ½ Cup Parmesan Cheese
 ½ teaspoon garlic (optional)
 Salt and Pepper to taste

1. Thaw salmon according to package instructions. Preheat oven to 375 degrees. Start water for pasta.
2. Place salmon filets on a large sheet pan on one side.
3. Cut ends off of asparagus (at least 1-2 inches) to remove tough ends. Place asparagus on opposite end of sheet pan.
4. Drizzle all with olive oil. Lightly toss asparagus to coat with oil.
5. Season with Salt and Pepper to taste.
6. Slice a lemon 1/4 -1/2 inch slices and place on top of salmon.
7. Drop pasta into salted boiling water. Cook according to package instructions.
8. Once oven is pre-heated put salmon and asparagus in for 10-15 minutes (depending on thickness of fish. Stir or flip asparagus halfway through for even cooking. Salmon is ready when the center “flakes” with a fork.
9. Drain pasta and add butter to the warm pan to melt. Add pasta back into pan once butter is halfway melted. Sprinkle with ½ teaspoon garlic powder (optional), salt and pepper to taste and parmesan cheese. Toss together. Enjoy!

Beef Taquitos with Black Beans

1 lb of Organic Grass Fed Beef
 Taco Seasoning
 10-15 Corn Tortillas
 ½ onion chopped fine
 1 Can Organic Black Beans
 Package of Sliced Colby Jack Cheese
 Sour Cream for Dipping
 Salsa for Dipping

1. Preheat oven to 450 degrees. Brown meat and onion over med-high heat, drain and add taco seasoning.
2. Start beans on med-low heat in a small pan. Add a pinch of garlic, salt, and oregano. Make sure to stir frequently so they don't stick.
3. Cut Colby-jack slices into 1 inch wide strips.
4. Place corn tortillas in the oven directly on the rack for 30-60 seconds (this will help prevent breaking when you roll them).
5. Pull out and place on plate or cutting board for assembly.
6. Add a few tablespoons of meat and a cut slice of cheese to the tortilla, then roll up (not too loose or tight or it might break). Place seam side down on a cookie sheet.
7. Once all tortillas have been filled, brush with oil and sprinkle with some salt.
8. Bake for 10 minutes or until tops are golden and cheese is melted.
9. Serve with salsa and sour cream for dipping and beans on the side.

Elevated Grilled Cheese with Sweet Potato Chips

1 Package Bacon
 1 Loaf of Bread
 ½ stick Butter
 1 Block of Pepper Jack Cheese sliced or grated
 2 Jalapeños sliced
 1 Bag Sweet Potato Chips

1. Cook bacon to desired tenderness (set aside). Slice jalapeños and cheese while bacon is cooking.
2. Pour out most of the grease leaving a tablespoon or two. Add jalapeños and cook over medium heat for 3-5 minutes (just long enough to take the crunch out of them). Set Aside.
3. Wipe out pan. Add butter for bread over med-med/low heat. Lay one piece of bread on top of butter and layer with cheese first, then bacon, then jalapeños. Place another piece of buttered bread on top and cook until bottom is golden brown.
4. Flip sandwich and cook until the other side is golden. Repeat steps 3 and 4 until all sandwiches are done. Serve with Sweet Potato chips.

Helpful hints- if you don't like super spicy remove the seeds and ribs from the jalapeños before cooking. My kids don't do jalapeños but like the pepper jack cheese so we don't put peppers on their sandwiches.

ALSO! IF you have any raspberry or blackberry preserves on hand, smear that onto one side of your sandwich. It might sound weird but you will thank me later.

Spinach, Feta, Pepper Quiche with Lemony Dressed Greens

Inspiration for this meal from <https://www.foodnetwork.com/recipes/spinach-red-pepper-and-feta-quiche-recipe-1939747>

1 Package of Frozen Spinach thawed and excess liquid squeezed out

½ cup Feta Cheese

1 Organic pepper chopped fine

1 onion chopped fine

1 teaspoon granulated garlic

3 Organic Eggs

1 Cup Organic Milk

¼ cup parmesan

1 pie crust

Mixed greens

1 Lemon

EVOO

Salt and pepper to taste

1. Preheat oven to 350 degrees. Par bake pie shell lined with aluminum foil and beans or if you are fancy with pie weights for about 15 minutes.
2. Meanwhile, in a large skillet heat 2 tablespoons of EVOO. Add pepper and onion and cook until tender. Then add the spinach and garlic until liquid in the pan is gone.
3. In a separate bowl mix eggs, milk and parmesan. Then add feta and veggie mixture. Pour into pie shell and cook at 375 degrees for 35 minutes until the middle of the quiche is set (not runny).
4. Serve with mixed greens dressed with lemon vinaigrette (1/4 cup freshly squeezed lemon juice, ½ cup EVOO, salt and pepper to taste). Feel free to add any other herbs or seasonings to your vinaigrette. If you like your dressings a little sweeter you can add 1-2 tablespoons honey. Make it your own!

Thai Pork Rice Bowls

1 lb of pork cooked and shredded
 2 cups Organic Brown Rice
 1 Container Organic Chicken Broth
 ½ bag Organic Carrots chopped
 1 head Broccoli chopped
 1 ½ onion chopped
 ½ tablespoon granulated garlic
 3 limes
 Cilantro for topping
 Peanut Sauce

1. Cook a 3 lb pork loin in Instant Pot or crockpot with one onion chopped large, salt and pepper, ½ tablespoon of granulated garlic, juice of 2 limes and a tablespoon of brown sugar. (You will use the other two thirds of the pork for BBQ Pork Sandwiches and Pineapple Pork Tacos). Once cooked shred the pork.
2. Start your brown rice (don't forget to rinse) with chicken broth according to package instructions either in the Instant Pot or on the stovetop.
3. In a skillet, heat 2 tablespoons of EVOO. While heating, chop carrots, broccoli and half an onion. Add all to pan and cook over medium heat until tender (TIP: sometimes adding a little water or broth to the pan and putting a lid on top will help harder veggies like carrots and broccoli get tender faster).
4. Serve rice with veggies and pork on top. Sprinkle with cilantro. Drizzle with Peanut Sauce (I prefer to make mine homemade but store bought will do the trick) and serve with a lime wedge.

Pulled Pork Nachos

1 lb of pork cooked and shredded
 ½ Bag Organic Corn Tortilla Chips
 1 block of Cheddar grated
 ¼ jar Organic Salsa
 ¼ container Sour Cream
 1 Diced Jalapeño (optional)
 Chopped lettuce (Hydroponic or Mixed Greens) to top (optional)
 1 Tablespoon chopped cilantro (optional)
 1 Lime quartered for squeezing (optional)

1. Preheat oven to 375 Degrees.
2. On a large baking sheet or jelly roll pan spread a single layer of tortilla chips. Top with the cooked pork and grated cheese.
3. Cook for 7-10 minutes until the cheese is melted and pork is heated.
4. Top with salsa, sour cream and other optional items if you choose. Serve family style!

Grilled Chicken Salads

1 lb Organic Chicken breasts grilled and sliced
 ½ bag Organic Carrots chopped
 ½ container Organic Grape Tomatoes chopped
 4 Hard Boiled Eggs (1 per salad)
 ½ block cheddar cheese grated
 Dressing of choice

1. Boil 4 eggs- this can be done in advance. I usually boil a few extra eggs for breakfast and store in the fridge for this dinner.
2. Grill chicken (you can also cook on your stove top)
3. While chicken is cooking chop carrots, tomatoes, eggs and grate cheese.
4. Assemble salads and add chicken on top.
5. Serve with your favorite dressing.

*If you have left over bacon from your grilled cheese night feel free to crumble some on top of each salad.

Tropical Salmon with Rice

1 package of Wild Caught Salmon Filets (4 count)
 ¼ cup onion diced fine
 ½ Pineapple diced small
 ½ container Organic Grape tomatoes chopped small
 ¼ cup Cilantro
 2 Jalapenos diced fine without seeds or ribs
 1 lime
 2 cups Organic Brown Rice
 1 container Organic Chicken Broth

1. Thaw salmon according to package instructions.
2. While salmon is thawing, start your brown rice (don't forget to rinse). I like to make mine in the Instant Pot with chicken broth but you can easily cook it on your stove top.
3. Once rice is started, chop pineapple into a fine dice, along with onion, tomato, jalapeno and cilantro. Squeeze the lime on top, sprinkle with a little salt and set aside.
4. Heat a large pan over medium heat on your stove top. Add a few tablespoons of oil to coat the bottom of the pan and add salmon. Cook for approximately 5 minutes on each side. Fish is done when it flakes with a fork in the center. Sprinkle with salt when salmon is finished cooking.
5. Serve salmon over a bed of rice with pineapple mixture on top.

Hamburgers with Fries

1 lb Organic Grass Fed Beef
 1 package hamburger buns (8 count)
 1 package frozen French fries

Toppings

Sliced onion
 Sliced tomato
 Hydroponic lettuce or Mixed Greens
 Mustard
 Ketchup
 Pickle
 Mayo

1. Patty out 4-5 burgers. Sprinkle with salt and pepper or feel free to use your favorite burger seasoning you have on hand.
2. Bake French fries in the oven according to package directions flipping once during cooking.
3. While fries are baking, cook burger patties on a grill or in a skillet over medium high heat.
4. Sprinkle fries with salt immediately after pulling them out of the oven. I actually like a little Cajun seasoning if you have it on hand.
5. Serve burgers with toppings (you should have several of these on hand from other recipes) and fries on the side.

French Toast, Bacon and Eggs

1 loaf bread
 11 Eggs (4 for French toast and 7 to scramble)
 1 ½ cups Milk
 2 teaspoons Vanilla
 ½ teaspoon Cinnamon
 1 tablespoon butter
 1 package of Bacon

1. Preheat two pans on your stovetop, both to medium heat. I prefer to use a griddle pan for the French toast but a large skillet will also work.
2. Mix eggs, milk, vanilla and cinnamon in a shallow dish (wide enough to dip the slices of bread)
3. Start bacon over medium heat and cook to desired tenderness.
4. Drain Pan to reuse for Scrambled Eggs. I like to hit mine with a little hot sauce, salt and pepper. You can start this as you are close to finishing up the French Toast.

5. Add a tablespoon of butter to the other pan and melt. Dip each side of a single slice of bread into the egg mixture and put directly onto the pan. Make sure not to let bread sit in the mixture or it will be soggy and fall apart.
6. Cook each piece of bread on each side until golden until you have used up the egg mixture.
7. Serve with maple syrup, eggs and bacon.

Buttery Lemon Pasta Primavera

1 lb Organic Spaghetti or Linguini
 ½ Organic Pepper chopped
 1 Head of Broccoli chopped
 1 Organic Zucchini chopped
 ½ Cup Parmesan cheese
 ½ Stick Butter
 ½ Lemon
 ½ teaspoon granulated garlic

1. Start water for pasta.
2. In a large skillet heat a few tablespoons of EVOO over medium heat.
3. Chop pepper, broccoli, zucchini and add to skillet. Drop pasta.
4. Add salt and pepper to veggies and cook until tender.
5. Add butter to skillet and melt. Add a teaspoon of granulated garlic to the melted butter (optional) and squeeze the half lemon onto the veggie/butter mixture.
6. Drain pasta and add back to the veggie/butter mixture.
7. Toss and top with parmesan cheese.

Easy Pineapple Pork Tacos

1 lb Pork Loin cooked and shredded
 8-10 Corn Tortillas
 ½ pineapple chopped
 ½ onion
 ¼ cup cilantro for topping
 1 Jalapeno (chopped or sliced fresh for topping)
 ½ Bag of Organic Tortilla Chips
 Organic Salsa to top (optional)

1. Use half of the cooked pork from the previous week.
2. Reheat in a pan on the stovetop.
3. While meat is heating up, chop up pineapple, onion, cilantro and jalapeño.
4. Warm tortillas in the oven or microwave.
5. Serve tacos with pork and toppings and chips and salsa on the side.

Roasted Veggies with Hummus and Naan

1 package Naan (4 count)

1 container Organic Hummus (Roasted Red Pepper is our fav.)

1 Organic Zucchini chopped large

½ Organic Pepper chopped large

1 head of Broccoli chopped large

1 onion chopped large

½ container Organic Grape Tomatoes

EVOO for drizzling

Salt and Pepper to taste

Shake of Oregano (optional)

1. Preheat oven to 375 degrees. Chop veggies into large (1 inch) pieces.
2. Place all veggies on a large sheet pan in a single layer. Drizzle with EVOO and toss with hands. Sprinkle with salt, pepper and oregano (optional) and toss again.
3. Roast veggies in the oven for 15 minutes. Turn and bake an additional 10 minutes until veggies are crisp/tender.
4. Once removed, turn off the oven but put the naan in the oven to warm directly on the rack 3-5 minutes.
5. Cut naan into triangles for dipping. Serve with the roasted veggies and a generous dollop of hummus.

*If you have some extra feta from the quiche recipe, throw a little on top of the veggies while still warm. YUM!