

Taco Bowls  
Barbeque Chicken, Mac and Cheese, Broccoli  
Frozen Pizza w/ veggies  
Organic Hot Dogs and Sweet Potato Wedges  
Brinner (Bacon, Eggs, Toast)  
Tomato Soup/ Grilled Cheese  
Spaghetti w/ simple salad



Meat \$25.25

- 5.29 1-pound organic ground beef
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- 5.79 1 pound Simply Nature organic chicken breast
- 3.99 6-pack Simply Nature organic grass-fed beef hot dogs
- 4.89 Never Any! Uncured Bacon

Pantry \$21.74

- 1.89 25-ounce jar Simply Nature Organic Marinara
- 0.89 15-ounce can Simply Nature Organic black beans
- 1.69 Simply Nature organic salsa
- 1.89 Simply Nature Organic tortilla chips
- 1.29 Simply Nature Mac and Cheese
- 1.09 Simply Nature Organic spaghetti
- 3.99 bread Alpine Valley organic bread
- 0.85 whole wheat hot dog buns
- 1.59 28-ounce can Simply Nature Organic diced tomatoes
- 1.79 broth
- 1.99 Simply Nature organic salad dressing (favorite variety)
- 2.79 Simply Nature exotic vegetable chips

Dairy \$7.49

- 2.35 Mexican cheese
- 2.35 Cheddar cheese
- 2.79 eggs

Frozen \$5.98

- 1.99 Simply Nature Organic frozen broccoli florets
- 3.99 Simply Nature organic frozen pizza (several varieties)

Produce \$10.94

- 1.69 onions
- 0.79 Garlic
- 1.39 16 ounces organic baby carrots
- 1.99 organic celery hearts
- 2.59 sweet potatoes
- 2.49 organic salad mix

\$71.40

PANTRY ITEMS NEEDED (CHECK FRIDGE OR CUPBOARD)

- BBQ Sauce (1 cup)
- avocado/olive oil (2 T)
- butter (enough to make grilled cheese sandwiches)
- salt
- pepper
- cumin (1tsp)
- chili powder (1 tsp)
- Italian seasoning (2 tsp)



RECIPES:

### **Taco Bowls**

1-pound organic ground beef  
 1 tsp chili powder  
 1 tsp cumin  
 Salt and pepper to taste  
 1 15-ounce can Simply Nature Organic black beans  
 Simply Nature organic salsa  
 Simply Nature Organic shredded Mexican blend cheese  
 Simply Nature organic tortilla chips

1. Brown ground beef. (drain grease if desired.)
2. Add in onion and spices (you can add paprika, cayenne, or any other spices you typically flavor your tacos with) and cook about 4-5 minutes.
3. Add in black beans and heat through.
4. Build bowls. Add layer or tortilla chips, then beef mixture, cheese, and top with salsa and any other desired toppings.

### **Barbeque Chicken**

1-pound organic chicken breast, cut in about 3-4-ounce portions  
 1 cup favorite BBQ sauce (pantry)  
 1 box Simply Nature Organic mac and cheese  
 16 ounces Simply Nature Organic frozen broccoli

1. Preheat oven to 400 degrees.
2. Arrange chicken on large sheet pan. Brush with barbecue sauce. Add broccoli and lightly coat with olive or avocado oil. Sprinkle with sea salt.
3. Bake about 20 minutes, checking to make sure internal chicken temperature reaches 165 degrees.
4. Cook mac and cheese according to box instructions.

### **Brinner**

1 dozen Simply Nature Organic cage-free eggs  
 ½ loaf organic bread (saving half loaf for grilled cheese sandwiches)  
 Never Any uncured bacon

You can either make French toast or scrambled eggs, toast, and bacon.

### **Tomato Soup/ Grilled Cheese**

28-ounce can Simply Nature Organic diced tomatoes  
 32-ounce carton Simply Nature Organic chicken broth  
 1 onion  
 3 cloves garlic  
 2 tsp Italian seasoning  
 Salt and pepper to taste

1. Heat avocado/olive oil in medium to large stockpot.
2. Add onion and sauté about 5 minutes.
3. Add garlic and cook about one minute.
4. Stir in tomatoes, with juices, and broth and spices.
5. Bring to a low boil, then reduce heat and simmer for about 20-25 minutes.
6. You can use an immersion blender to blend soup for a smoother consistency.

½ loaf organic bread

Butter for spreading

1 pkg of Simply Nature Organic White Cheddar cheese

1. Spread butter on two slices of bread.
2. Place one slice butter-side down in a skillet on medium heat.
3. Layer on cheese and top piece of bread.
4. Cook until slightly browned, flip and repeat until desired crispiness.



**Super Simple Spaghetti w/ Super Simple Salad**

1 pound Simply Nature organic ground beef  
 25-ounce jar Simply Nature Organic Marinara sauce  
 (about \$0.34) 1 onion diced  
 4 cloves garlic, minced  
 1-pound Simply Nature organic spaghetti  
 Simply Nature Organic salad mix  
 Organic salad dressing

1. Brown beef in a large skillet (with tall enough sides to cook sauce in or use a stockpot)
2. Add in onion and sauté about 4-5 minutes. Add garlic and cook until fragrant.
3. Pour in jar of marinara sauce. Simmer for about 20 minutes. (Longer for deeper flavor.)
4. Cook spaghetti according to package instructions.
5. Serve immediately.

NOTE: If you want a super special sauce that will take your spaghetti game to a whole new level, check out [Ali's post here](#). You'll have to amend your shopping list as needed.

**Frozen Pizzas w/ raw veggies & veggie chips**

Simply Nature Organic frozen organic pizza  
 1-pound organic baby carrots  
 organic celery hearts  
 Simply Nature exotic veggie chips

1. Cook pizza according to package instructions.
2. Serve with cut up veggies.

**Organic Hot Dogs**

Simply Nature Organic grass-fed hot dogs  
 1.5 pounds sweet potatoes  
 1-2 Tbsp Avocado oil  
 Sea salt  
 Hot dog buns

1. Cook hot dogs according to package (if you can't grill them, we like to cook in the oven for best flavor)
2. Peel sweet potatoes if desired. Cut into wedges (about 6-8 slices per potato, depending on size).
3. Coat potatoes in avocado / olive oil and sprinkle with sea salt.
4. Bake about 20 minutes and test for doneness, moving around pan if needed.

