

Bacon, Spinach, Potato Skillet Hash with Fried Apples  
White Bean, Smoked Sausage Kale Soup  
Meatloaf, Mashed Potatoes and Green Beans  
Pecan Crusted Salmon with Roasted Brussels  
Pot Roast with Carrot, Onion and Potato  
BBQ Chicken, Skillet Corn and Roasted Broccoli  
Apple Pecan Kale Salad with Bacon and Blue Cheese

## MEAT

\$5.29 Organic Ground Beef 5.29/lb.  
 \$5.79 Organic Chicken Breast 5.79/lb.  
 \$4.89 Uncured Bacon  
 \$11.99 Organic Chuck Roast 7.99/lb.  
 \$2.49 Smoked Sausage  
 \$3.99 Wild Caught Salmon (frozen)

## PRODUCE

\$4.99 Bag Organic Apples  
 \$1.49 Bag Organic Carrots  
 \$3.29 Bag Organic Kale  
 \$1.69 Bag of Onions  
 \$1.99 Organic Celery  
 \$3.49 10lb Bag Russet Potatoes  
 \$1.69 Broccoli  
 \$1.99 Brussels Sprouts

## DAIRY

\$4.99 Organic Butter (Unsalted)  
 \$2.19 Blue Cheese Crumbles  
 \$3.49 Organic Eggs 3.49/doz  
 \$1.95 Half and half

## PANTRY

\$4.99 Pecans  
 \$1.59 Craisins  
 \$1.89 Organic Chicken Broth  
 \$0.69 Great Northern Beans  
 \$0.99 Breadcrumbs  
 \$0.98 Green Beans 0.49/can  
 \$0.95 Barbecue Sauce

## FROZEN

\$1.89 Bag Organic Corn  
 \$1.89 Bag Organic Spinach

## Total

**\$83.54 (11.93/meal)**

## EXTRAS (Check your fridge/pantry)

Ketchup (1/2 cup)  
 Mayo (2T for Dressing)  
 Maple Syrup (2T)  
 Dijon Mustard (2t)  
 Brown Sugar (2T and 2t)  
 Apple Cider Vinegar (1 1/2 T)  
 Oil (1/4c)  
 EVOO (~5T)  
 Garlic Powder (1 3/4 teaspoons)  
 Onion Powder (1 teaspoon)  
 AI Sauce or Worcestershire (1-2T)  
 Beef Bouillon (optional for Pot Roast)  
 Salt and Pepper (to taste)

## Recipes

### Bacon, Spinach Potato Skillet Hash with Fried Apples

6 slices bacon (cooked)  
 8 eggs  
 2 Large Potatoes peeled and chopped small or grated  
 ½ onion chopped (optional)  
 1 cup Organic Frozen Spinach  
 4 apples chopped  
 3 T Butter  
 1 t Cinnamon  
 2 T Brown Sugar  
 Pinch of salt

Cook the full package of bacon. Chop 6 slices and put the rest away for upcoming meals. Pour most of the bacon grease out but reserve a few tablespoons in the skillet to cook potatoes and spinach. Start with potatoes and onion (optional). Add to pan on medium heat and season with S&P. Brown outside slightly then cover with a lid to make tender. Remove lid and add spinach. Add a pinch of garlic powder. Cook until spinach liquid has cooked out. In a separate bowl whisk 8 large eggs. Add a splash of half and half and salt and pepper to eggs. Reduce heat to medium low and then add to the skillet. Stir as eggs become firm until fully cooked through.

Apples- chop 4 apples (peel on or off your choice). In a skillet over medium heat add 3T butter. Once melted add the apples. Cook until fork tender. Then add cinnamon, brown sugar and a pinch of salt (add a dash of vanilla if you're feeling crazy). Stir until sugar is melted and apples are coated.

### White Bean and Sausage Soup

1 Small-Medium Onion chopped  
 ¾ cup carrots chopped  
 2 stalks Celery chopped  
 1t Garlic or Garlic Powder  
 4 cups Chicken broth  
 1 Smoked Sausage sliced  
 1 can Great Northern Beans  
 S&P to taste  
 ¼ bag of Kale

Cut smoked sausage into rounds or half-moons and cook on medium heat in a stock pot until browned. Remove from pot and set aside. Chop and sauté onion, celery and carrot in 2T EVOO in the same pot until tender. Then add garlic and cook for another minute or two. Add chicken broth and heat to a simmer. Add kale and cook until tender. Once tender (5-10 minutes), add sausage and beans (do not rinse) and cook for 5 more minutes. Add a splash of half and half for a creamier soup. Serve with crusty bread or cornbread if you like.

\*Add a little sprinkle of parmesan cheese for some extra flavor!

### Meatloaf, Mashed Potatoes, Green Beans

1 lb. Ground Beef  
 ¾ cup breadcrumbs  
 1 egg  
 1 t onion powder  
 ½ t Garlic Powder  
 ¾ t Salt and Pepper  
 ¼ c ketchup  
 2T AI or 1T Worcestershire

Preheat oven to 375 degrees. Mix all ingredients in a bowl until combined and evenly distributed but do not overmix. Shape into a log 3" thick and 4" wide. Cook for 25 minutes and remove. Add a mixture of ¼ cup ketchup and 2t brown sugar on top. Raise oven temp to 400 degrees. Cook for 10 more minutes. Turn the broiler on high to finish cooking the topping (until bubbly but not brown).

4 large potatoes (peeled and cut)  
 ½ stick butter  
 Pinch garlic powder  
 Up to 2c half and half

Peel and chop potatoes. Put in Instapot for 7 minutes on high pressure with ½ cup of water or cover with water and boil in a pot on the stove until fork tender (then pour off water). Add butter, a pinch of garlic and salt/pepper to taste. Mash with a masher until you no longer see chunks. Slowly stir in half and half until you reach your desired mashed potato consistency.

2 cans green beans  
 Onion powder  
 Garlic powder  
 2T butter  
 S&P to taste

Pour off canning liquid and add green beans to a medium pot. Cover with water, and add butter and seasonings. Cook on med/high heat until liquid cooks down and green beans are tender.

### Pecan Crusted Salmon with Roasted Brussels

4 pieces Salmon  
 ¾ cup pecans  
 ¼ cup Bread crumbs  
 3T butter  
 1T brown sugar  
 1 bag Brussels  
 1 piece leftover bacon (optional)  
 EVOO

Thaw salmon according to package instructions. While fish is thawing, preheat oven to 400 degrees and prepare brussels by cutting off the ends and slicing in half. Place on a large baking sheet and drizzle with EVOO. Toss and season with salt and pepper. Put in the oven for 10 minutes. Remove from oven, flip sprouts and place fish on the other end of the pan (you can put them on separate pans if you choose). Depending on your pan you may want to grease with a little oil so the fish doesn't stick. Chop ¾ cup of pecans and mix with ¼ cup breadcrumbs. Add 3T melted butter, a pinch of salt and pepper and 1T brown sugar. Place topping on each piece of fish and pat down. Add a piece of leftover bacon chopped to brussels if you choose. Cook for an additional 10-15 minutes until fish is flaky and brussels are tender.

### Pot Roast

1.5-2LB chuck roast  
 2 onions  
 ½ bag of baby carrots  
 4-5 large potatoes  
 Beef bouillon (optional)  
 S&P

**Oven-** Peel and chop potatoes and onions into larger uniform pieces. Place roast in the center of a 9x13 pan. Season with salt and pepper. Add vegetables all around the roast and season with salt and pepper (optional- break up two beef bouillon cubes and evenly distribute around the pan). Cook at 350 degrees for one hour. Reduce to 325 and cook another hour, then remove and stir veggies. Put back in for an additional 1-1 ½ hours until meat is fork tender.

**Crockpot-** Place roast in the bottom of the crockpot and season. Add all vegetables on top and season again. Cook on low for 8 hours or high for 4 hours.

**Instapot-** Sear roast in a few tablespoons of oil on the sauté setting. Season with salt and pepper. Once browned, remove and add onions and carrots. Cook 5 minutes, remove and set aside. Put the roast back in and add 1 cup water or beef stock. Cook for 35 minutes on high pressure. Do a quick release and then add veggies on top of roast. Cook an additional 10 minutes on high pressure and quick release.

\*You can make gravy with the juices in the bottom of each cooking style by adding a little slurry (flour, cornstarch or arrowroot powder) and seasoning with salt, pepper and a pinch of dried herbs.

### BBQ Chicken, Skillet Corn and Roasted Broccoli

1lb chicken  
 BBQ Sauce  
 Bag frozen corn  
 1 piece leftover bacon (if you choose)  
 Salt and Pepper  
 Broccoli  
 EVOO

Chicken- Preheat oven to 375 degrees. Rinse and slice chicken breasts in half (like a butterfly but cut in two). Place in a 9x9 or 10x10 pan and season with salt and pepper. Cook for 20 minutes. Drizzle BBQ sauce on each piece of chicken and spread evenly. Cook another 5-10 minutes.

Broccoli- While chicken is cooking, rinse and cut broccoli into florets. Place on a baking sheet and drizzle with EVOO. Toss in the oil until evenly coated and then season with S&P or your favorite grill seasoning. Put in the oven and cook for 15-20 minutes turning the broccoli halfway through so it doesn't burn.

Corn- Heat a medium sized skillet on the stovetop on med/high. Add a tablespoon of butter and then add corn. Cook corn until the liquid cooks out. Add a pinch of salt and pepper and add 1 piece of chopped bacon. For a little extra flavor and if you have it on hand, add a dash of smoked paprika.

### Apple Pecan Salad with Bacon and Blue Cheese

3 Apples  
 ½-¾ Bag Kale chopped  
 1/3 Cup Pecans  
 1/3 Cup Blue Cheese  
 1/3 Cup Craisins  
 4 pieces chopped bacon

Dressing (You can substitute a balsamic vinaigrette as well)

2T Maple Syrup  
 2T Mayo  
 2t Dijon Mustard  
 1t brown Sugar  
 1 1/2 T Apple Cider Vinegar  
 1/4 Oil

Use scissors to chop up ½-¾ bag of kale into small pieces. Remove any large ribs. Mix dressing ingredients in Mason jar and shake (if you don't like a sweeter dressing omit the brown sugar), pour onto kale and toss until all kale is coated with dressing. Put into refrigerator to sit for 10-15 minutes. Meanwhile, slice or chop apple (peel on) and chop bacon into pieces. Once kale has marinated, remove from fridge and add all toppings. Enjoy!