

Fruit

Vegetables

Deli

Organic

Aisles

Frozen Food

Dairy

**Veggie Lasagna, Spinach Salad & Cheese Bread**

Spinach Salad

Feta Cheese

Crumblers

Spaghetti Sauce  
Mandarin Oranges  
Salad Dressing for Spinach Salad

Frozen Spinach Ricotta Cheese  
Frozen Mixed Ve Shredded Mozzarella Cheese  
Pepperidge Farms Cheese Bread

**Grilled Chicken Breast, Grilled Veggies & Wild Rice**

red peppers  
green pepers  
zuchinni/squash

chicken

rice-aroni wild rice  
marinade for chicken

**English Muffin Pizzas**

red pepper  
green pepper  
onion

English Muffins

fake sausage

tomoto sauce

mozzarella cheese

**Organic Tomato Dill Soup, Good Bread**

onion to saute  
carrots to saute  
celery to saute  
cabbage to saute

Good Bread for Soup

Box Organic Tomato Soup  
Organic Chicken broth  
1 can organic tomatos

Basil  
Dill

1/2 & 1/2

**Italian Baked Chicken & Mashed Potatoes**

Potatoes for mashing

Chicken

Seasoning (Hidden Valley Ranch)  
1 can mushroom soup

4 oz cream cheese

**Taco Salad**

Salad for taca salad  
Tomatos  
onions

Crumblers  
corn chips

kidney beans  
taco seasoning  
french dressing

cheddar cheese

**Broccoli Soup & Bread**

green onions

Good Bread for Soup

Organic chicken broth

can mushroom soup  
nutmeg

Frozen Broccoli sour cream

**Bean Soup & Bread**

potatoes  
celery  
large onion

Organic Stewed Tomatos with great northern beans

### Zucchini Patties

2 cups shredded zucchni  
onion

Bisquick

eggbeaters  
shredded cheddar or mozzarela

### Chicken Parmesean & Nuffed Rice

scallions                      toasted pecans

chicken  
dried cranberries

spaghetti sauce  
1 cup mixed rice

mozzarella cheese  
cheddar cheese  
parmesean cheese  
Orange Juice

### Pampered Chef Parmesean Chicken & Pasta

garlic

chicken

seasoned croutons  
oregano  
flour  
angelhair pasta  
spaghetti sauce

egg beaters  
parmesan cheese  
mozzarella cheese

### Mama's Easy Bisquits

Bisquick

Butter  
8 oz. Sour Cream

### Skillet Tomato-Squash

yellow squash  
onion  
green onion  
tomatos

Knorr seasoning (yellow)  
bacon bits?

cheese for tomato-squash

### Veggie Spring Rolls (with some kind of Thai soup?)

Rainbow mix  
avacado

wonton wraps

thai peanut sauce  
Look for Thai Soup?

### Berry Breakfast Smoothie

bananas

black currant juice?

frozen raspberrie vanilla yogurt  
frozen blueberries

### Beta Carrot Smoothie

Mango      red pepper

Carrot Juice?

frozen strawberries

### Veggie Burgers, Baked Onion Rings

sweet onion

Good Hamburger Buns

Veggie Burgers

corn flakes

paprika

garlic salt

eggbeaters

### Jennifer Bryant's Chicken Salad

3 chicken breast with bone IN

boil on stove, water covers chicken, salt a little pepper and butter in water cover, let boil 45 minutes till done

check to make sure not overswelling

once done, take off bone & cut it up real fine

mix with mayonaise, honey & dried cranberries & celery

### Boboli Pizza & Spinach Salad

spinach

red pepper

red onion

feta cheese

Boboli bread

spaghetti sauce

pine nuts

mandarin oranges

balsamic dressing

mozzarella cheese

### Spinach, Onion & Provolone Pizza

onion

spinach leaves

garlic

walnuts

balsamic vinegar

Pizza Dough

parmesan cheese

provolone cheese

### Portobella Mushroom Sandwich

portobellos

red pepper

red onion

french bread

sliced mozzarella cheese

### French Loaf Sandwich

turkey

sliced cheese

dill

Pillsbury french loaf

### Chicken Tetrazinni & baked carrots

carrots

chicken

spaghetti

small box mexican velveeta

can cream mushroom

can Leseur peas

can mild Rotel

frozen onions & bell peppers

### Good Morning Oatmeal

2 pears

mixed dried fruit

honey

Apple juice  
brown sugar  
cinnamon  
1 cup granola  
oatmeal

vanilla yogurt

### Veggie Quesadillas & Spanish Rice

spinach leaves  
mushrooms  
red pepper  
garlic

Tortillas  
salsa  
Spanish Rice  
can tomatoes for spanish rice

monterey jack

### Pasta with Asparagus, Sun-Dried Tomatoes & Goat Cheese

1 cup leeks  
garlic  
1/2 pound asparagus  
4 oz goat cheese

thyme  
fruity white wine  
sun dried tomatoes  
dried corkscrew pasta

### Black Bean Salad served over greens & tortilla

papaya  
tomatoes  
red pepper  
red onion  
scallions  
green salad

black beans  
tortilla  
olive oil & balsamic vinegar

### Aunt Kathy's Quiche

tomatoes  
red pepper

tobasco sauce

frozen pie crust  
frozen spinach  
egg beaters  
milk  
some kind of cheese

### Toasted Avacado Sandwich

lemon juice  
avacados  
tomato  
sliced mushrooms  
good wheat bread

soyansaise  
sunflower seeds

shredded mozzarella cheese

### Broiled or Grilled Shrimp Kabobs with Rice

pineapple  
cherry tomatoes  
mushrooms  
peppers  
large shrimp

Rice-aroni  
olive oil  
garlic salt

**Tortellini Stir-Fry**

black pepper  
dried basil

crushed red pepper                      frozen tortellini  
1/2 cup peanut or garlic flavored sti frozen stir-fry vegetables

**Chicken Enchiladas & Spanish Rice**

red pepper                      feta cheese                      chicken  
onion  
mushrooms  
garlic

chili flakes  
corn tortillas  
salsa  
oregano  
Spanish Rice  
can Tomatoes for rice

**Carly's Asian Ramen Salad**

2 bags cabbage                      salted sunflower seeds                      chicken?  
add carrots & red cabbage; toasted almonds  
2 bunches green onions

2 pkg ramen noodles  
vegetable oil  
white vinegar  
sugar

**Pampered Chef California Wraps**

lemon                      large tomato                      turkey  
green onions                      cheddar cheese  
avacado  
sprouts  
lettuce

tortillas    sour cream



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