

Recipe ->	TOTALS	Quiche	Mediterranean Chicken	Vegetable Beef Soup	Weekly Chicken	Fudge	Chicken Parmesan
Ingredient							
<u>Meat, Eggs, and Dairy</u>							
boneless, skinless chicken thighs (lbs)	2.5 lbs (6 thighs)		2.5 lbs (6 thighs, if possible)				
boneless, skinless chicken breasts (lbs)	5 lbs				5 lbs		
stew beef	2 lbs			2 lbs			
ham deli meat	1/2 lb	1/2 lb					
eggs	12	12					
2% milk	1 C	1 C					
feta cheese	2 oz	2 oz					
parmesan cheese	4ish tbsp	2 tbsp					for garnish
mozzarella cheese	1/4 C	1/4 C					
butter	2 tbsp			1 tbsp (instant pot only)	1 tbsp		
<u>Produce</u>							
white mushrooms, sliced	16 oz	8 oz	8 oz				
onions	400g	100g	100g	100g	100g		
roma tomatoes	315g (approx 3)		315g (approx 3)				
fresh baby spinach	5 oz		5 oz				
carrots	200g			200g			
avocados	2					2	
zucchinis	3						3
<u>Seasonings/Sauces</u>							
minced garlic	3 tbsp	1/2 tbsp	1/2 tbsp	1 tbsp	1 tbsp		
olive oil	1 tbsp	1/2 tbsp	1/2 tbsp				
dried rosemary	3 tbsp		3 tbsp				
ground cumin	2 tbsp		2 tbsp				
ground coriander	2 tbsp		2 tbsp				
dried oregano	2 tbsp		1 tbsp	1 tbsp			
ground cinnamon	2 tsp		2 tsp				
balsamic vinegar	2 tbsp		1 tbsp	1 tbsp			
beef bouillon cubes	4			4			
onion soup mix	2 tbsp			2 tbsp			
Seasoning (low sodium if you can)	1 tbsp			1 tbsp			
Worcestershire sauce	1 tbsp			1 tbsp			
cocoa powder	1/2 C					1/2 C	
<u>Canned/Jar Goods</u>							
artichoke hearts	1/2 14 oz can		1/2 14 oz can				
sun-dried tomatoes	50g		50 g				
kalamata olives	2 tbsp		2 tbsp				
green beans (I love Allen's brand)	28 oz			28 oz			
tomato paste	1 small			1 small			
**optional canned vegetables	beans, corn, peas, etc.			beans, corn, peas, etc.			
spaghetti sauce	1 jar						1 jar
<u>Freezer</u>							
frozen spinach	10 oz package	10oz package					
<u>Other</u>							
dates	1 1/2 C					1 1/2 C	
vanilla whey protein powder	2 scoops					2 scoops	
chopped walnuts	1/2 C					1/2 C	