

WEEKLY MEALS

CROCK POT/SLOW COOK



Instant Pot Masoor Dal

MEAT-LESS



Farro Salad with Roasted Root Vegetables

UNDER 15 MINUTES



Noodle Bowl formula

ONE PAN ONLY



One Pot White Chicken Chili

ALL AHEAD PREP



Simple Chicken Enchiladas

GROCERY LIST

VEGGIES/FRUITS

- 3 medium Carrots
- 3 medium Parsnips
- 5 small Yellow Onion
- 1 1/2 cups Celery root
- 1/4 cup Flat Leaf Parsley
- Cilantro to garnish
- 1 cup Fresh vegetable of choice
- 4 medium Bell Peppers
- 2 medium Sweet Onions
- 3 medium Zucchini
- 11 cloves Garlic
- 1 cup Corn
- 1 inch Ginger
- 1 Serrano Pepper

MEAT/PROTEIN/DAIRY

- 2 Chicken Breasts
- 1.25 pounds Rotisserie Chicken
- 1/4 cup Greek yogurt cream cheese
- 1 Cup Shredded Cheddar Cheese
- 1 TBSP Ghee

NOODLE BOWL CHOICES

- 6 oz. Cooked protein
- Sauce of choice
- Garnish of choice

DRY GOODS

- 3 T Red Wine Vinegar
- 1 1/2 cup Farro
- 3 cups Vegetable, beef, or chicken Broth
- 1 package Ramen Noodles
- 2 8-oz cans Chopped Green Chiles
- 400 grams - half a huge can Green enchilada sauce
- 3 cups Chicken Stock
- 1 Cup Salsa
- 1 (15 Oz) Can Enchilada Sauce
- 1 Can Chopped Green Chiles
- 8 Flour or Corn Tortillas
- 1/4 cup Avocado Oil
- 14.5 oz Canned Diced Tomatoes
- 1 cup Red Lentils

GROCERY STAPLES

- Salt and pepper
- Olive Oil

SPICE CUPBOARD

- 1 T + 1/2 tsp Cumin
- 3 T Ground Coriander
- 1 T Paprika
- 1/2 tsp Ground Turmeric
- 1/4 tsp Cayenne Pepper
- 1 tsp Cumin Seeds
- 1/4 tsp or to taste Cayenne Pepper
- 1/2 tsp Garam Masala