



Shopping List

Eggs-tra Veggie Casserole

Produce

- 1 large onion
- 2 garlic cloves
- 2 red peppers (or 1 red pepper and 1 orange pepper)
- 8 ounces mushrooms
- 2-3 cups spinach leaves
- fresh parsley or green onion (optional)

Pantry

- 2 teaspoons olive oil (plus more for greasing)
- 4 large slices sourdough bread
- salt & pepper
- 1 ½ teaspoons Italian seasoning
- ⅛ teaspoon garlic powder

Refrigerated

- 12 large eggs
- ¾ cup whole milk
- 1 cup shredded cheddar cheese



Shopping List

Hungarian Goulash

Produce

- 1 large onion
- 5 garlic cloves
- 3 large carrots
- 2 russet potatoes
- fresh parsley (optional)

Pantry

- 3 tablespoons oil
- salt & pepper
- ¼ cup all-purpose flour
- 2 tablespoons tomato paste
- 4 tablespoons sweet paprika
- 2 ½ cups beef broth
- one 15-ounce can diced tomatoes

Refrigerated

- 3 tablespoons butter
- 1 ½ pounds stewing beef (chuck roast or ribeye)



Shopping List

One-Skillet Salmon

Produce

- 1 large onion
- 12 ounces cherry tomatoes
- 5 garlic cloves
- 1 medium lemon
- fresh parsley (optional)

Pantry

- 2 teaspoons ground cumin
- 2 ½ teaspoons sweet paprika
- ¾ teaspoon ground coriander
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground ginger
- 2 teaspoons brown sugar
- salt & pepper
- ¼ cup olive oil
- 1 tablespoon tomato paste
- 1 cup pearl couscous
- 1 ½ cups vegetable broth

Refrigerated/Frozen

- four 4-6 ounce salmon filets