









- 1 **Super Easy Parmesan Chicken Bake** *with Roasted Garlic Potatoes, Broccoli*
- 2 **Ginger Sesame Salmon** *with Sugar Snap Peas & Carrots, Quick Cooking Brown Rice*
- 3 **Slow Cooker Chicken Fiesta** *with Herbed Rice, Baby Carrots*
- 4 **Easy Herbed Pork Tenderloin** *with Roasted Butternut Squash, Cabbage & Carrot Slaw*
- 5 **Roasted Veggie Pasta** *with Garden Salad*
- \* Item used in multiple recipes

Sat Dec 2nd To Fri Dec 8th | Any Store

Serves 4 to 6

 <b>Produce</b>	 <b>Seafood</b>	 <b>Dairy</b>
lemon (2) *	salmon fillets (2 lbs) 2	plain greek yogurt, low fat (6 oz) 1
red cabbage, small head (1) 4		low fat sour cream (8 oz) 3
lettuce (1 head) 5	 <b>Meat/Poultry</b>	shredded parmesan cheese (4 oz) 1
asparagus (1 bunch) 5	pork tenderloin (2 lbs) 4	feta cheese (3 oz) 5
broccoli (1 lb) 1	boneless chicken breast (2 lbs) 1	 <b>Frozen Foods</b>
green pepper (2) *	boneless chicken thighs (2 lbs) 3	 <b>Staples</b>
sugar snap peas (1/2 lb) 2	 <b>Grocery</b>	rice vinegar (4 tbs) *
baby carrots (24 oz) *	canned black beans, low sodium (15 oz) 3	olive oil (9 tbs) *
carrot (3) 4	penne pasta (12 oz) 5	plain sesame oil (12 tsp) *
butternut squash (3 lbs) *	quick cooking brown rice (2 1/2 cups) 2	soy sauce (or GF tamari), low sodium (6 tsp) 2
tomato (1) 5	rice (1 cup) 3	black pepper (1/2 tsp) 4
cucumber (1) 5	diced tomatoes, canned (14.5 oz) 5	dried oregano (1/2 tsp) 4
scallion (2) 2	vegetable broth, low sodium (1/2 cup) 2	dried sage (1/2 tsp) 4
shallot (2) 5	chicken broth, low sodium (1 cup) 3	salt (1) 4
garlic (2 bulbs) *	mild salsa (16 oz) 3	 <b>Other Stuff</b>
zucchini (1) 5	mild taco seasoning (1 packet) 3	
baby potatoes (2 lbs) 1		
fresh ginger (1 tbs) 2		
fresh parsley (2 bunches) *		