

EST



2014

Forever Freckled

••• 3 SISTERS, 3 JOURNEYS, 1 BLOG •••

MEALS	PRODUCE	BAKING	BREAD	DAIRY	CONDIMENTS/SAUCE	WINE	MEAT	SOUPS/BROTH	SPICES
#1	Lemons Ginger Red Bell Pepper Shallots Frozen Corn Frozen shelled Edamame Baby Kale Fresh Basil				Whole Grain Mustard Extra Virgin Olive Oil Crème Fraiche		Salmon Fillets		Kosher Salt
#2	Garlic Lime				Dijon mustard light mayonnaise	White Wine	Boneless Skinless Chicken Thighs		Salt Pepper Dried Parsley
#3	Zucchini Onion Fresh Rosemary	Eggs	Seasoned Breadcrumbs	Grated Parmesan Butter	Chicken Broth	White Wine	Ground Turkey	Chicken Broth	Dried Basil Paprika Pepper

	Shallots Garlic								Garlic Powder Marjorma Salt
#4	Asparagus Garlic Ginger Lemons	Corn Starch			Soy Sauce Canola Oil		Boneless Skinless Chicken Breast	Chicken Broth	Kosher Salt Black Pepper

Meal 1- Pan Seared Salmon with Summer Succotash

Meal 2 – Baked Chicken with Dijon and Lime

Meal 3- Turkey Stuffed Zucchini

Meal 4 - Chicken and Asparagus Lemon Stir Fry

All highlighted items in yellow are “PANTRY ESSENTIALS”