

EST



2014

# Forever Freckled

... 3 SISTERS, 3 JOURNEYS, 1 BLOG ...

MEALS	PRODUCE	BAKING	BREAD	DAIRY	CONDIMENTS/SAUCE	WINE	MEAT	SOUPS/BROTH	SPICES
#1	Broccoli Slaw Grated Carrots Garlic Red Onion Sliced Reduced Fat Cheddar Cheese	Whole Wheat Bread Crumbs	Wheat Burger Buns		Low Fat Blue Cheese Dressing Franks Hot Sauce Oil Spray Country Bob's Honey Habanero Sauce		Lean Ground Turkey		Salt pepper
#2	Lemon Garlic	Butter Italian Seasoned Bread Crumbs			Olive Oil		Tilapia Fillets		Dried Oregano Kosher Salt Black Pepper

#3	2 cups marinated artichoke hearts, drained (about 12 ounces) Fresh Cilantro (or basil if you want to substitute) Shallot Capers Watercress Crusty French Bread				Olive Oil Red Wine Vinegar		8 bone-in, skin-on chicken pieces (such as thighs, breasts, and drumsticks; about 3 pounds total)		Kosher Salt Black Pepper
#4	2 Medium Zucchini Garlic Fresh Flat Leaf Parsley Lemon	Unsalted Butter			Olive Oil		12 Large Shrimp (24 if you are cooking for 4)		Kosher Salt Hot Red Pepper Flakes

Meal 1- Buffalo Turkey Burgers with Blue Cheese Broccoli Slaw

Meal 2 – Baked Tilapia Scampi

Meal 3- Roast Chicken and Artichokes With Cilantro- Caper Sauce

Meal 4 – Shrimp Scampi Zoodles

All highlighted items in yellow are “PANTRY ESSENTIALS”