

EST



2014

# Forever Freckled

••• 3 SISTERS, 3 JOURNEYS, 1 BLOG •••

MEALS	PRODUCE	BAKING	BREAD/PASTA/RICE	DAIRY/CHEESES	CONDIMENTS/SAUCE	WINE	MEAT	SOUPS/BROTH/CAN	SPICES
#1	2 bunches of watercress Baby spinach Scallions Ginger				Can of sliced water chestnuts Rice vinegar Hoisin sauce Soy sauce Sesame oil Vegetable oil		Beef strip steaks		Kosher salt Pepper
#2	Onion Celery Green pepper Garlic Scallions		Brown rice		Extra virgin olive oil		Lean ground beef 1 pound medium shrimp	Chicken bouillon cube	Kosher salt Pepper Cayenne Paprika Thyme

#3	Onion Garlic Swiss chard Frozen corn Flat leaf parsley	Flour		Parmesan cheese	Extra virgin olive oil		Ground chicken	2 (15 OUNCE) cannellini Chicken stock	Salt Pepper Cumin Fennel seeds Oregano Chili powder Red pepper flakes
#4	Garlic Scallions	Brown sugar	Whole grain spaghetti		Sesame oil Peanut butter Soy sauce Rice vinegar Peanut oil		Chicken tenderloin s		Salt Pepper

Meal 1- Asian Streak, Watercress and Spinach Salad with Hoisin Vinaigrette

Meal 2 – Dirty Brown Rice with Shrimp

Meal 3- White Bean and Chicken Chili

Meal 4 –Sesame Noodles with Chicken

All highlighted items in yellow are “PANTRY ESSENTIALS”