

Dinner 1

Almond Chicken & Broccoli Saute; Vegetable Spring Rolls

Vegetable Spring Rolls (1a)

In Vietnam, spring rolls, sometimes called summer rolls, are a delicacy referring to the freshness of the spring season with all the fresh ingredients.

Hoisin peanut sauce, soybean sauce, and fish sauce are all common sauces when eating spring rolls. A typical hoisin dipping sauce includes grated ginger, hoisin sauce, peanut butter and sugar. In Poland, they are known as Sajgonki, named after Saigon, the city from which many of the Vietnamese immigrants in Poland originated.

Active Time: 30 min.

Total Time: 30 min.



Spring Rolls

- 1/8 head of Napa cabbage
- 3 green onions
- 3 lg. shiitake mushrooms
- 1 small handful fresh cilantro
- black pepper
- 1 medium carrot
- 1/2 red pepper
- 1 cup bean sprouts
- Salt
- 4 very thin 8-inch square spring roll wrappers

Dipping sauce

- 2 garlic cloves
- 2 tbsp. soy sauce
- 1/2 tbsp. rice vinegar
- 1 small handful fresh cilantro
- 2 tbsp. smooth peanut butter
- 1/2 tsp. sugar
- hot chili oil, to taste

Mise en Place

Grill or sauté **mushrooms**, allow to cool, and slice thin. Finely shred the **cabbage**. Shred the **carrot**. Finely slice the **green onion**. Remove the stem, seeds and membrane from the **pepper**, slice thinly. Chop the **cilantro**. Skin and mince the **garlic**.

Preparation

Combine all **vegetables** in a bowl and season with **salt** and **pepper** to taste.

Lay the **spring roll wrappers** on a flat surface, pointed edge toward you. Divide the filling evenly, placing one portion in the bottom third of each wrapper, bring the pointed edge over the filling, fold in the sides tightly. Dab the top pointed edge with water and roll tightly. Serve with **sauc**es.

Dipping sauce: Combine all ingredients in a bowl and whisk until smooth, add **cilantro** just before serving.

Continued

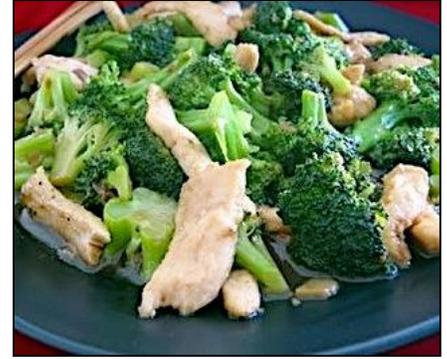
Nutrition Facts	
Serving Size 538 g	
Amount Per Serving	
Calories 560	Calories from Fat 160
% Daily Value*	
Total Fat 17.8g	27%
Saturated Fat 3.4g	17%
Trans Fat 0.0g	
Cholesterol 99mg	33%
Sodium 3934mg	164%
Total Carbohydrates 48.0g	16%
Dietary Fiber 8.1g	32%
Sugars 9.2g	
Protein 56.0g	
Vitamin A 133%	Vitamin C 313%
Calcium 17%	Iron 35%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Almond Chicken & Broccoli Sauté (1b)

Active Time: 10 min.

Total Time: 15 min.

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- | | |
|---|-----------------------------|
| • 2 chicken breasts, boneless, skinless | salt |
| • black pepper | olive oil |
| • 1/2 lb. broccoli florets | red pepper flakes, to taste |
| • 2 tbsp. toasted almonds | 1/2 tsp. dark sesame oil |
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Put a 2 quart pot of salted water on to boil.

While the water is heating, place the chicken breasts in a bowl and sprinkle with salt and pepper. Heat a grill pan, or prepare a grill, for high, direct heat.

Rub some olive oil all over the chicken breasts.

Grill the breasts for a few minutes on each side to get some nice char marks, then lower the temperature to low and leave on the grill until the breasts are just almost cooked through. They'll cook a little longer in the sauté pan, so they can still be a little pink in the middle at this point.

Remove from pan or grill, set aside for a minute, then thinly slice.

Once the chicken has cooked and the water is boiling, add the broccoli florets to the salted boiling water. Allow the water to come back to a boil, and then, let cook for about 1 minute. Drain.

Heat a little olive oil in a large sauté pan on high heat. Add the red pepper flakes. Once the flakes are sizzling, add the broccoli florets, sliced grilled chicken, and toasted almonds.

Drizzle in some dark sesame oil, sprinkle with salt and pepper to taste.

Toss and cook until all of the chicken pieces are no longer at all pink in the center, a minute or two.

Serve immediately.

Dinner 2

Savory French Toast with Poached Eggs and Greens

Savory Parmesan French Toast with Poached Eggs and Greens (2a)

This recipe takes the voluptuous custard “feel” of French toast to the savory side.

Active Time: 15 min.

Total Time: 1 hr.

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|---|--|
| <ul style="list-style-type: none"> • 4 (1-inch-thick) slices baguette • 4 eggs • 1 tbsp. butter, softened • 1 tbsp. olive oil • 2 tsp. red-wine vinegar (plus) | <ul style="list-style-type: none"> 2/3 cup lowfat milk 1/4 cup parmesan cheese, grated 2 oz. baby greens salt & black pepper |
|---|--|



Preheat oven to 400°F with rack in middle.

Butter a 2-qt shallow baking dish or a 9 x 13 pan. Arrange **bread** in 1 layer in dish.

Whisk together the **milk**, 1/2 of the **eggs**, and **salt & black pepper**, to taste. Pour over the bread. Sprinkle with **parmesan cheese** and press lightly to help bread absorb custard. Let stand until absorbed, 15 to 30 minutes.

Dot the bread with the **butter** and bake, uncovered, until puffed and golden, 20 to 25 minutes.

Bring 2 inches water to a boil with a few drops of **vinegar** in a small deep skillet or saucepan. Break each remaining **egg** into a cup and slide into water, spacing eggs apart. Poach at a bare simmer to desired doneness (we prefer firm whites with runny yolks, 2 to 3 minutes).

Meanwhile, toss the **baby greens** with remaining **vinegar**, **olive oil**, and a little **salt**.

Divide French toast between plates and top with salad. Lift the eggs out of poaching liquid, one at a time with a slotted spoon and place on top of salad. Lightly season eggs with **salt & black pepper**.

Nutrition Facts	
Serving Size 293 g	
Amount Per Serving	
Calories 518	Calories from Fat 241
% Daily Value*	
Total Fat 26.8g	41%
Saturated Fat 10.3g	52%
Trans Fat 0.0g	
Cholesterol 358mg	119%
Sodium 894mg	37%
Total Carbohydrates 43.0g	14%
Dietary Fiber 2.2g	9%
Sugars 6.7g	
Protein 26.9g	
Vitamin A 25%	Vitamin C 2%
Calcium 32%	Iron 24%
Nutrition Grade C+	
* Based on a 2000 calorie diet	

Weight Watcher's points: 14

Dinner 3

Bahn Mi (Vietnamese Chicken Sandwich)

Bahn Mi (3a)

Vietnamese baguette sandwiches, called *Banh Mi*, have attracted an almost cult-like following of epicurean devotees. The uniqueness of these sandwiches not only lies within the French influenced baguette, but it's also the flavor packed, savory Viet fillings such as pork prepared in numerous ways; cold cut combinations (pork roll, ham, and/or head cheese), grilled chicken (*ga nuong*), sardine (*ca moi*), scrambled egg (*trung chien*) and vegetarian (*chay*).

Active Time: 30 min.

Total Time: 30min.



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|---------------------------------------|---|
| • 1/4 lb. daikon radish | 1/2 carrot |
| • 1/4 cup rice vinegar (not seasoned) | 1/2 tbsp. sugar |
| • 1/4 tsp. salt | 1/2 (24-inch) soft baguette |
| • 1 tbsp. Canola oil | 1/2 tbsp. Asian fish sauce |
| • 1/4 tsp. soy sauce | 1 fresh jalapeño (opt.) |
| • 1/4 sweet onion | 6 sprigs fresh cilantro |
| • 2 cooked chicken breast* | Lettuce leaves |
| • 1 tbsp. light mayonnaise | 1 cup low sodium chicken stock* (if you do not have pre cooked Chicken) |

Mise en Place

Preheat oven to 350°F with rack in middle. Peel the **daikon** and **carrot**. Shred **daikon** and **carrot** in a food processor fitted with medium shredding disk, or slice into long 1/4-inch shreds. Remove the stem, seeds and membrane from the **jalapeno** pepper, slice thinly. Skin and slice the **onion** into 1/4-inch rings. Slice the **chicken** thinly (if you're using pre-cooked chicken).

*If you do not have precooked **chicken** breasts. Place your raw **chicken breast** single layer in a microwave safe dish. Add **chicken stock** and cover tightly with plastic wrap. Microwave on high for 3 minutes. Take out of microwave. Carefully remove the plastic wrap turn the **chicken** and replace the wrap. Microwave for another 3 minutes then let stand for another 3 minutes. Slice **chicken** thinly.

Preparation

Stir together **vinegar**, **sugar**, and **salt** and toss with shredded **vegetables**. Let slaw stand, stirring occasionally, 15 minutes.

Meanwhile, heat **baguette** on rack in oven until crusty - about 5 minutes. Cut off and discard round ends, then split **baguette**.

Drain slaw in a colander. Mix together oil, fish sauce, and soy sauce. Toss with the sliced chicken and warm in microwave for just a few seconds (warm it, don't cook it.)

On the bottom layer of the **bread**, add the **jalapeño** (opt.), **onion**, and **cilantro**. Arrange **chicken**, **slaw**, and **lettuce** on **cilantro**. Spread top layer of **bread** with **mayonnaise** and cut sandwich crosswise into serving portions

Nutrition Facts	
Serving Size 317 g	
Amount Per Serving	
Calories 520	Calories from Fat 133
% Daily Value*	
Total Fat 14.8g	23%
Saturated Fat 2.4g	12%
Trans Fat 0.0g	
Cholesterol 98mg	33%
Sodium 906mg	38%
Total Carbohydrates 46.3g	15%
Dietary Fiber 3.5g	14%
Sugars 7.8g	
Protein 44.4g	
Vitamin A 61%	Vitamin C 29%
Calcium 6%	Iron 21%
Nutrition Grade B+	
* Based on a 2000 calorie diet	

Dinner 4

Blackened Tilapia Sandwich with Cilantro Lime Mayonnaise & Simple Tangy Coleslaw

Blackened Tilapia Sandwich (4a)

Active Time: 15 min.

Total Time: 30 min

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|---|--|
| <ul style="list-style-type: none"> • 2 Tbsp. sweet paprika • 1 tsp. onion powder • 1 tsp. salt • 2 (6-oz) tilapia fillets • 1/4 cup mango salsa • 2 Tbsp. cilantro • 1 Tbsp. olive oil | <ul style="list-style-type: none"> 1 Tbsp. ground thyme 1 tsp. garlic powder 1/4 tsp. ground red pepper 2 Kaiser buns, buttered and toasted 2 Tbsp. light mayonnaise 1 lime Cilantro Lime Mayo (see recipe) |
|---|--|



Mise en Place

Juice the **lime**. Chop the **cilantro**. In a small bowl mix together the **mayo**, **cilantro**, and **lime juice**. Cover and chill.

Preparation

In a shallow dish combine the **sweet paprika**, **thyme**, **onion powder**, **garlic powder**, **salt** and **red pepper**. Brush the **tilapia fillets** with **oil** and sprinkle with **seasoning mixture**. Heat a cast iron skillet over medium-high heat until hot. Cook the tilapia (in batches if necessary) 3 to 4 minutes per side, or until fish flakes easily with a fork. Toast and butter the buns. Spread Cilantro Lime Mayonnaise evenly over toasted buns. Place blackened fish on bottom half of bun, top with mango salsa, and cover with top half of bun.

Simple Tangy Coleslaw (4b)

Active Time: 5min.

Total Time: 10 min.

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|--|--|
| <ul style="list-style-type: none"> • 1/2 lb. shredded green cabbage • 1 Tbsp. rice wine vinegar • 1 tsp. toasted sesame seeds | <ul style="list-style-type: none"> 1/4 cup lite mayonnaise 2 tsp. sugar substitute |
|--|--|

Preparation

In a bowl dissolve the **sugar substitute** in the **rice vinegar**. Combine the **mayonnaise** with the **vinegar** mixture. Add **cabbage** and toss until well coated with dressing. Toast the **sesame seeds** in a small sauté pan over medium heat until a nice golden brown. Sprinkle **sesame seeds** over slaw and serve.

Nutrition Facts	
Serving Size 409 g	
Amount Per Serving	
Calories 507	Calories from Fat 205
% Daily Value*	
Total Fat 22.8g	35%
Saturated Fat 5.2g	26%
Trans Fat 0.0g	
Cholesterol 98mg	33%
Sodium 716mg	30%
Total Carbohydrates 39.2g	13%
Dietary Fiber 4.0g	16%
Sugars 10.1g	
Protein 37.0g	
Vitamin A 9%	Vitamin C 73%
Calcium 13%	Iron 20%
Nutrition Grade C	
* Based on a 2000 calorie diet	

Dinner 5

Chicken Georgia with Garlic Mashed Cauliflower

Chicken Georgia (5a)

Active Time: 5 min.

Total Time: 35 min.

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|---|---------------------------------|
| • 2 chicken breasts, skinless, boneless | 2 tsp. butter |
| • 1/2 cup mushrooms, sliced | 1 pinch ea. salt & black pepper |
| • 1 tbsp. minced shallots | 2 tsp. flour |
| • 1 oz. grated mozzarella cheese | 1 pre-bagged salad |



Toss the **salad** with dressing, and set aside.

Melt **butter** over medium heat. Add **mushrooms** and **shallots** and sprinkle with **salt and pepper**. Cook 10 minutes. Remove vegetables with slotted spoon.

Dust **chicken** with **flour** and add to the pan. Cook 10 minutes on each side, or until tender. Transfer chicken to platter and sprinkle with **grated cheese**. Return the veggie mixture to the pan with drippings, add a teaspoon or two of hot water, and whisk to create your pan sauce.

Let stand 5 minutes before serving or just until the cheese has melted, top with mushroom sauce.

Garlic Mashed Cauliflower (5b)

Active Time: 15 min.

Total Time: 21 min.

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|----------------------------------|-----------------------------------|
| • 1/2 medium head cauliflower | 1 1/2 tsp. cream cheese, softened |
| • 3 tsp. grated Parmesan cheese | 1/4 tsp. minced garlic |
| • 1 dash ea. salt & black pepper | 1 1/2 tsp. butter |

Clean and cut **cauliflower** into small pieces.

Place rinsed cauliflower in a microwave-safe bowl. No additional water is needed! Cover the bowl with microwave safe plastic wrap, leaving one corner open to vent. Microwave on high for four minutes.

In a food processor (*or with a good old fashioned potato masher*), puree the hot cauliflower with the **cream cheese, Parmesan, garlic, salt, and pepper** until almost smooth.

Serve hot with pats of **butter** (opt.)

Nutrition Facts	
Serving Size 300 g	
Amount Per Serving	
Calories 378	Calories from Fat 174
% Daily Value*	
Total Fat 19.3g	30%
Saturated Fat 9.1g	46%
Cholesterol 130mg	43%
Sodium 384mg	16%
Total Carbohydrates 9.6g	3%
Dietary Fiber 3.5g	14%
Sugars 2.0g	
Protein 41.3g	
Vitamin A 31%	Vitamin C 58%
Calcium 19%	Iron 15%
Nutrition Grade B+	
* Based on a 2000 calorie diet	

Dinner 6

Mini Greek Lamb Burgers; Watermelon Mint Salad

Mini Greek Lamb Burgers (6a)

Active Time: 20 min.

Total Time: 35 min.

Tzatziki:

- 1/4 English cucumber
- 1/2 lemon
- 1 garlic clove
- 1/4 cup plain yogurt, Greek Style
- Black Pepper
- 10 fresh mint leaves
- salt

Lamb Burgers

- 1/4 small onion
- 2 sprigs fresh parsley
- 2 pieces pita bread (6 inches each)
- 2 leaves Iceberg lettuce, for serving
- 1 medium beefsteak tomato
- 3/4 lb. ground lamb
- salt
- black pepper
- 2 sprigs fresh oregano



Mise en Place

Heat grill or grill pan to high. Peel, seed and grate **cucumber**. Juice the **lemon**. Skin and mince the **garlic**. Chop the **mint**. Make **tzatziki**: In a medium bowl, combine **cucumber**, **yogurt**, **lemon juice**, **mint** and **garlic**; season with **salt** and **pepper**. Cover, and refrigerate until ready to use. Skin and mince the **onion**. Chop the **parsley** and the **oregano**. Slice the **tomato**.

Preparation

Make burgers: In a medium bowl, use a fork to gently combine **lamb**, **onion**, **parsley**, and **oregano**; season with **salt** and **pepper**. Gently form mixture into 4 small patties, about 3/4 inch thick. Grill until medium-rare, 2 to 3 minutes per side.

To serve: warm **pitas** on the grill or directly over a gas burner, turning occasionally. Halve pitas, and fill with **lettuce**, **burgers**, **tomato**, and **tzatziki**.

Watermelon Mint Salad (6b)

Active Time: 10 min.

Total Time: 10 min.

- 1/8 medium seedless watermelon
- 20 fresh mint leaves
- 2 pinches black pepper
- 1/8 red onion
- 1/8 tsp. salt

Mise en Place:

Cut the **watermelon** into cubes, discarding the rind. Slice the **onion** thinly. Tear the fresh **mint leaves**.

Preparation:

Place all ingredients in a large bowl and toss gently to combine. Serve immediately.

Nutrition Facts	
Serving Size 425 g	
Amount Per Serving	
Calories 538	Calories from Fat 123
% Daily Value*	
Total Fat 13.7g	21%
Saturated Fat 4.9g	24%
Cholesterol 155mg	52%
Sodium 710mg	30%
Total Carbohydrates 43.5g	15%
Dietary Fiber 2.5g	10%
Sugars 7.7g	
Protein 56.2g	
Vitamin A 17%	Vitamin C 31%
Calcium 15%	Iron 35%
Nutrition Grade A-	
* Based on a 2000 calorie diet	

Dinner 7

Monterrey Chicken; Green Bean & Tomato Salad

Monterrey Chicken (7a)

Active Time: 15 min.

Total Time: 25 min.

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|---|---------------------|
| • 2 chicken breasts, boneless/skinless | 1 tbsp. BBQ sauce* |
| • 1 oz. Colby jack cheese | 1 green onion |
| • 7 oz. Rotel tomatoes (w/ green chilies) | salt & black pepper |
| • 1 tsp. olive oil | |

*Mise en Place*

Preheat oven to 400F. Shred the **cheese**. Slice the **green onion**. Pound out **chicken breasts** to flatten, season with **salt and pepper**.

Preparation

Pan-grill the **chicken** in **oil**, until no longer pink and place on baking sheet covered with foil.

Top each **chicken breast** with one tablespoon **BBQ. sauce** (*we like Sweet Baby Rays), **cheese, tomatoes, and green onions**.

Place in oven and bake until **cheese** is melted (about 5 minutes).

Serve.

Green Bean & Tomato Salad (7b)

A super simple salad, best made with lovely fresh ingredients. Make sure the beans are crisp and the tomatoes are nice and ripe.

Active Time: 5 min.

Total Time: 10 min.

Salad

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|-------------------------------|---------------------------|
| • 4 1/2 oz. fresh green beans | 1 1/2 large ripe tomatoes |
| • 1 sprig fresh parsley | Dash of black pepper |

Dressing

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|------------------------------|------------------|
| • 1/2 tbsp. balsamic vinegar | 1 tsp. olive oil |
| • 1/4 tsp. sugar substitute | Dash of salt |

Mise en Place

Trim the **beans** and steam them for 2-3 minutes only; remove from heat and blanch (rinse under cold water.) Cut the **tomatoes** into wedges. Chop the **parsley**.

Preparation

Toss the **beans, tomatoes** with the **parsley** and freshly cracked **black pepper** in a large bowl.

Combine the **vinegar and oil** with the **sweetener** and a pinch of **salt**.

Pour the dressing over the salad and gently toss through.

Nutrition Facts	
Serving Size 479 g	
Amount Per Serving	
Calories 429	Calories from Fat 171
% Daily Value*	
Total Fat 19.0g	29%
Saturated Fat 6.5g	32%
Trans Fat 0.0g	
Cholesterol 139mg	46%
Sodium 787mg	33%
Total Carbohydrates 17.4g	6%
Dietary Fiber 4.1g	16%
Sugars 6.7g	
Protein 47.2g	
Vitamin A 46%	Vitamin C 60%
Calcium 19%	Iron 18%
Nutrition Grade B+	
* Based on a 2000 calorie diet	

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
(1a) Vegetable Spring Rolls (1b) Almond Chicken & Broccoli Sauté	(2a) Savory Parmesan French Toast with Poached Eggs and Greens	(3a) Bahn Mi	(4a) Simple Tangy Coleslaw (4b) Simple Tangy Coleslaw	(5a) Chicken Georgia (5b) Garlic Mashed Cauliflower	(6a) Mini Greek Lamb Burgers (6b) Watermelon Mint Salad	(7a) Monterrey Chicken (7b) Green Bean & Tomato Salad

Produce

- Carrots-2
1 medium carrot1a
1/2 carrot.....3a
- Green Onions-4
3 green onions1a
1 green onion.....7a
- Red pepper-1/2.....1a
- 1 cup bean sprouts.....1a
- fresh cilantro-1 large bunch
1 small handful fresh cilantro1a
1 small handful fresh cilantro1a
6 sprigs fresh cilantro3a
1 sprig fresh cilantro.....4a
- Garlic cloves-3
2 garlic cloves.....1a
1 garlic clove6a
- Broccoli florets-1/2 lb..... 1b
- Baby greens-2 cups (2 oz).....2a
- Daikon radish-1/4 lb.....3a
- Jalapeño (opt.)- 13a
- Onions-1 small
1/4 sweet onion3a
1/4 small onion6a
- Lime-1/24a
- Lemons-1/2.....6a
- Green cabbage-1/2 lb..... 4b
- Shiitake mushrooms-3 lg.1a
- Fresh mushrooms-1/2 cup sliced ..5a
- Shallots-15a
- Head cauliflower-1/2 medium 5b
- Minced garlic-1/4 tsp 5b
- English cucumber-1/4.....6a
- Fresh mint leaves-30
10 fresh mint leaves6a
20 fresh mint leaves 6b
- Fresh parsley-3 Sprigs
2 sprigs fresh parsley.....6a
1 sprig fresh parsley 7b
- Fresh oregano-2 sprigs -6a
- Roma tomatoes-3
1 Roma tomato6a
1 1/2 large ripe tomatoes..... 7b
- Seedless watermelon-1/8 medium6b
- Red onion-1 6b
- Fresh green beans-4 1/2 oz. 7b
- Iceberg lettuce-2 leaves for serving6a

- Lettuce leaves3a
- Napa cabbage-1/8 head1a

Canned Goods

- Light Mayonnaise
1 tbsp. light mayonnaise.....3a
2 tbsp. light mayonnaise.....4a
1/4 cup light mayonnaise 4b
- BBQ sauce*-1 tbsp.7a
- Mango salsa-1/4 cup4a
- hot chili oil, to taste.....1a
- 4 very thin 8-inch square spring roll wrappers.....1a
- Soy sauce
2 tbsp. soy sauce1a
1/4 tsp. soy sauce.....3a
- Asian fish sauce-1/2 tbsp.....3a
- olive oil
- Dark sesame oil-1/2 tsp..... 1b
- Red-wine vinegar-2 tsp +2a
- Vegetable oil-1 tbsp.3a
- rice vinegar
1/2 tbsp. rice vinegar1a
1/4 cup rice vinegar (not seasoned)3a
- Rice wine vinegar-1 tbsp..... 4b
- Balsamic vinegar-1/2 tbsp. 7b
- Rotel tomatoes (w/ green chilies)- 7 oz.....7a
- 1 cup low sodium chicken stock... 3A
- Spanish olives-2 oz. 7b
- Smooth peanut butter-2 tbsp.1a
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Dry Goods

- sugar..... 1a, 3a
1/2 tsp. sugar1a
1/2 tbsp. sugar3a
- sugar substitute4b, 7b
2 tsp. sugar substitute 4b
1/4 tsp. sugar substitute..... 7b
- Baguette-1..... 2a, 3a
4 (1-inch-thick) slices baguette2a
1/2 (24-inch) soft baguette.....3a
- 2 pieces pita bread (6 inches each)6a
- Kaiser buns- 2.....4a
- Toasted almonds-2 tbsp. 1b
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Meat & Seafood

- Chicken Breasts-8
2 chicken breasts, bnless/skinless 1b
2 cooked chicken breast.....3a
2 chicken breasts bnless/skinless..5a
2 chicken breasts, bnless/skinless.7a
- Ground lamb-3/4 lb.....6a
- Bacon-1 slice7a
- Tilapia fillets-2 (6-oz)4a
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Refrigerator

- Lowfat milk-2/3 cup2a
- large eggs-4.....2a
- butter
1 tbsp. butter, softened.....2a
2 tbsp. butter5a
1 1/2 tbsp. butter..... 5b
- Cream cheese-1 1/2 tsp..... 5b
- 1/4 cup plain yogurt, Greek Style..6a
- Parmesan cheese-1/2 cup grated
1/4 cup grated parmesan2a
3 tbsp. grated Parmesan cheese .. 5b
- Mozzarella cheese-2 oz. grated5a
- Colby jack cheese-2 oz.....7a
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Spices

- Salt
- black pepper
- red pepper flakes 1b
- sweet paprika4a
- ground thyme4a
- onion powder.....4a
- garlic powder4a
- toasted sesame seeds 4b
- Ground red pepper-1/4 tsp.4a
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Miscellaneous

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