

LUNCH: WEEK THREE



This week: 1- Pesto Pasta 2-Sloppy Joes 3-Muffin Tin Frittata 4- Three Ingredient Chili 5-Veggie Dippers & Ham Pesto

Got it!	Meat / Seafood	Quantity	Notes
	ground turkey	1 pound	
	black forest ham	9 slices	lean and minimally processed

Got it!	Vegetables & Fruit	Quantity	Notes
	fresh basil	1 large bunch	about 30 leaves
	tomatoes	3 medium	OR 2 pints cherry tomatoes
	carrots	4	
	apples	4	
	cantaloupe	1/2 of whole	
	raspberries	1 pint	

Got it!	Dairy	Quantity	Notes
	white cheddar (organic)	1 cup	4 ounces
	Parmesan cheese	1/4 cup grated	
	organic eggs	4	
	low-fat milk	1/4 cup	

Got it!	Bakery/Misc	Quantity	Notes
	whole wheat hamburger buns	3	
	walnuts	1/4 cup	
	black or pinto beans	1 - 14oz can	
	whole wheat penne	8 ounces	

Got it!	Pantry Items	Quantity	Notes
	dried oregano	1 teaspoon	
	extra virgin olive oil	1/2 cup	
	pantry dressing	1/4 cup	
	ground cumin	3/4 teaspoon	
	kosher salt	3/4 teaspoon	
	black pepper	1/4 teaspoon	
	chicken or vegetable stock	1/2 cup	

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