

**Breads**

crescent roll, refrigerated 2 8 oz. Chicken and Spinach Greek Braid

**Cheeses**

Feta cheese 4 ounce(s) crumbled Chicken and Spinach Greek Braid  
 Feta cheese 1 cup(s) crumbled Shrimp in Tomato Sauce with Feta on Quinoa  
 Monterey Jack cheese 1/2 cup(s) or cheddar shredded Chicken and Spinach Greek Braid

**Poultry**

chicken breast, boneless, skinless 1 large cooked and diced Chicken and Spinach Greek Braid  
 chicken breast, boneless, skinless 2 cut into 4 large pieces Chicken Souvlaki with Quinoa

**Seafood**

shrimp, jumbo 1 1/2 pound(s) peeled and deveined Shrimp in Tomato Sauce with Feta on Quinoa

**Canned Vegetables**

sun-dried tomato in oil 2 tablespoon(s) chopped Chicken and Spinach Greek Braid

**Tomato Products**

tomatoes in puree 2 cup(s) Shrimp in Tomato Sauce with Feta on Quinoa

**Herbs & Spices**

allspice 1/2 teaspoon(s) Chicken Souvlaki with Quinoa  
 cayenne 1 pinch(es) Shrimp in Tomato Sauce with Feta on Quinoa  
 cinnamon 1 teaspoon(s) Chicken Souvlaki with Quinoa  
 cumin 1 tablespoon(s) Chicken Souvlaki with Quinoa  
 curry 3 tablespoon(s) red thai curry paste Thai Curry Butternut Squash Soup  
 minced onion, dried 1 tablespoon(s) Chicken Souvlaki with Quinoa  
 nutmeg 1 dash(es) Chicken and Spinach Greek Braid  
 oregano 1 teaspoon(s) Chicken and Spinach Greek Braid  
 salt 1/2 teaspoon(s) to taste Thai Curry Butternut Squash Soup

**Baking Supplies**

coconut milk 1 14 oz. full fat is best but you can use Thai Curry Butternut Squash Soup

**Grains & Beans**

quinoa 2 cup(s) cooked Chicken Souvlaki with Quinoa  
 quinoa 2 cup(s) cooked and warm Shrimp in Tomato Sauce with Feta on Quinoa

**Soups**

vegetable stock 4 cup(s) Thai Curry Butternut Squash Soup

**Condiments**

mayonnaise 1/2 cup(s) Chicken and Spinach Greek Braid

**Oils**

olive oil 2 tablespoon(s) Chicken Souvlaki with Quinoa  
 olive oil 2 tablespoon(s) Chicken Souvlaki with Quinoa  
 olive oil 1 tablespoon(s) Shrimp in Tomato Sauce with Feta on Quinoa

**Dairy**

egg 1 whisked Chicken and Spinach Greek Braid

**Frozen Fruits & Vegetables**

spinach, frozen 3 10 oz. package(s) thawed and Chicken and Spinach Greek Braid

**Vegetables**

butternut squash 3 pound(s) 8 cups diced, peeled and Thai Curry Butternut Squash Soup  
 cherry tomato 2 cup(s) Chicken Souvlaki with Quinoa

<input type="checkbox"/>			
<input type="checkbox"/>	eggplant	1 small large dice	Chicken Souvlaki with Quinoa
<input type="checkbox"/>	green bell pepper	1 any color, large dice	Chicken Souvlaki with Quinoa
<input type="checkbox"/>	onion	1/2 medium finely chopped	Chicken and Spinach Greek Braid
<input type="checkbox"/>	onion	1/2 cup(s) chopped	Shrimp in Tomato Sauce with Feta on Quinoa
<input type="checkbox"/>	onion	1 medium chopped	Thai Curry Butternut Squash Soup
<input type="checkbox"/>	red onion	1/2 large wedged	Chicken Souvlaki with Quinoa
<input type="checkbox"/>	zucchini	1 medium sliced in 1 inch chunks	Chicken Souvlaki with Quinoa

### Fruits

<input type="checkbox"/>	lemon	1 cut in 4, add to sheet pan	Chicken Souvlaki with Quinoa
<input type="checkbox"/>	lemon	1 juiced	Chicken Souvlaki with Quinoa
<input type="checkbox"/>	lemon juice	1 tablespoon(s)	Chicken and Spinach Greek Braid
<input type="checkbox"/>	lime	1 wedged	Thai Curry Butternut Squash Soup

### Special Produce

<input type="checkbox"/>	garlic clove	6	Chicken Souvlaki with Quinoa
<input type="checkbox"/>	garlic clove	1 chopped	Shrimp in Tomato Sauce with Feta on Quinoa
<input type="checkbox"/>	parsley	1/4 cup(s) chopped	Shrimp in Tomato Sauce with Feta on Quinoa

### Liquor

<input type="checkbox"/>	dry white wine	1/4 cup(s)	Shrimp in Tomato Sauce with Feta on Quinoa
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