

# 1 Ingredients

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan
- 1 lb chicken thighs or extra firm tofu
- 10 oz bag of frozen corn
- 1 cup brown rice
- 1/2 cup quinoa
- 1 can of black beans
- 1/2 cup shredded cheddar jack or Mexican cheese
- Cholula Cilantro Lime Cremosa Sauce
- 2 roma tomatoes
- 1 lime, quartered
- 0.5 oz fresh cilantro
- 1 pound 80/20 ground beef
- 4 brioche buns
- 4 slices of cheddar cheese
- pickle chips
- 1 tomato
- 1 red onion
- shredded lettuce
- 1 pound pasta (rigatoni or penne)
- 1 cup mayonnaise
- 1 can black olives
- 1 white onion
- 1 cup spinach
- 1 tsp ginger paste
- 1 banana
- 4-5 mint leaves
- 1 cup frozen mango
- 1 cup frozen pineapple

## 2 Recipe One

### 3 Recipe Two

## 4 Recipe Three

## 5 Breakfast Recipe