

1 Ingredients

- 1 pound tri-color spiral pasta
- 16-oz pre-cut crisp lettuce (e.g., romaine, baby butter leaf)
- 12 ounces grape tomatoes
- 1.5 cups shredded cheddar cheese
- 1 pound of thick cut bacon
- 1 jar of ranch dressing
- 1/2 cup quinoa
- 1 delicata squash
- 1 package of baby broccoli or broccolini
- 2 tablespoons tahini
- 1 tablespoon maple syrup
- 1/2 teaspoon apple cider vinegar
- 1/8 cup raisins
- 1/8 cup pumpkin seeds
- 1/2 teaspoon ginger
- 3/4 teaspoon paprika
- pinch of cayenne
- pinch of cinnamon, nutmeg, or clove
- olive oil
- salt and pepper
- 1 pound pasta (e.g., farfalle or rigatoni)
- 1.5 pounds of stew beef
- 2 bottles of red wine
- 1 vidalia onion
- 1-2 celery sticks
- 1-2 carrots
- 4 garlic cloves
- 4 oz diced pancetta
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground clove (or 1/2 teaspoon nutmeg)
- 1 square dark chocolate
- 1/2 teaspoon dried sage (or 2-3 fresh sage leaves chopped)
- 1 teaspoon dried rosemary (or one fresh rosemary sprig)
- Parmesan cheese to top
- 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