

1 Grocery List

- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs
- 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 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

1.1 Dinner Recipe 1

Figure 1: Pad Thai



- 14 oz Thai stir fry noodles
 - 2 limes
 - 2 tablespoons tamari (or regular soy sauce)
 - 1/4 cup sweet and sour sauce
 - 2 bell peppers
 - 4 garlic cloves
 - 1 package extra-firm tofu
 - 1/4 cup roasted peanuts
 - 2 eggs
1. Boil Thai noodles according to package instructions. Rinse under cold water and coat with oil.
 2. Drain tofu, cut into bite-sized pieces, and season with salt and pepper.
 3. Thinly slice peppers, mince garlic, chop peanuts.
 4. Squeeze 2 tablespoons lime juice into a small bowl. Mix in tamari and sweet and sour sauce.
 5. Heat oil in a frying pan over medium heat. Cook tofu until golden brown (5-10 minutes). Move to a paper towel lined plate.
 6. In the same pan, add oil and cook bell peppers until tender. Add to the plate with the tofu.
 7. In the same pan, add oil and garlic. Cook 1-2 minutes until browned.
 8. Add noodles and sauce and cook about 3-5 minutes, until noodles absorb some sauce.
 9. Move noodles to one side of the pan. Add a little oil and two eggs. Scramble the eggs until almost set, then stir them into the noodles.
 10. Mix in tofu, peppers, and peanuts.
 11. Season with salt and pepper to taste. Serve with lime wedges.

1.2 Dinner Recipe 2

Figure 2: BLT Salad (Serves 4)



- 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. Prepare pasta according to package instructions.
 2. Cook bacon to be crispy.
 3. Refrigerate pasta and bacon until cold.
 4. Halve tomatoes and dice cooked bacon.
 5. Add lettuce, tomato, cheese, bacon, and dressing to taste in a bowl and toss.

1.3 Dinner Recipe 3

Figure 3: Red Wine Ragu (Serves 4)



- 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. The night before, place stew beef in a bowl with pepper and enough red wine to cover. Marinate in the refrigerator overnight.
 2. Dice onion, carrot, and celery. Mince garlic, and sage and rosemary if using fresh. Finely shave dark chocolate with a knife.
 3. Add pancetta to a stock pan with olive oil. Cook for 2-3 minutes.
 4. Add onion, carrot, celery and garlic to stock pan and cook until vegetables are cooked.
 5. Drain beef marinade.
 6. Add beef, sage, rosemary, chocolate, cinnamon, and clove to the sauce pan. Stir.
 7. Cover with red wine, add a pinch of salt and pepper, and simmer for about two hours.
 8. When ready, boil pasta according to package instructions. Save a cup of pasta water.
 9. Add pasta to stock pan with sauce and stir. If needed, add pasta water to loosen the sauce.
 10. Serve with grated Parmesan.

1.4 Breakfast Recipe

Figure 4: Tropical Smoothie



- 1 cup spinach
- 1 tsp ginger paste
- 1 banana
- 4-5 mint leaves
- 1 cup frozen mango
- 1 cup frozen pineapple

1. In a blender, combine 1 cup of water, spinach, ginger, banana, and mint until smooth.
2. Add mango and pineapple, and blend until smooth.
3. Serve in mason jars!