

# 1 Ingredients

[[1]]

- [1] "6 garlic cloves"
- [2] "2 teaspoon ginger paste"
- [3] "1 shallot"
- [4] "16 oz turkey"
- [5] "1 egg"
- [6] "1/2 cup panko breadcrumbs"
- [7] "4 medium-to-large carrots"
- [8] "1/4 cup General Tso's or Hoisin Sauce"

[[2]]

- [1] "1 tomato" "8 oz fresh mozzarella"
- [3] "2 croissants or brioche buns" "1 small jar of pesto"

[[3]]

- [1] "1 2 oz can of anchovies"
- [2] "1 vidalia onion"
- [3] "5 garlic cloves"
- [4] "1/2 cup red wine (optional)"
- [5] "1 small can of tomato paste"
- [6] "2 tablespoons butter"
- [7] "1 large can of peeled tomatoes"
- [8] "2 tablespoons honey"
- [9] "4 tsp italian seasoning"
- [10] "1/8 tsp red pepper flakes"
- [11] "1 batch of fresh lasanga noodles (or 1 box of lasanga noodles)"
- [12] "1 large container of ricotta cheese"
- [13] "1 cup grated parmesan cheese"
- [14] "1 egg"
- [15] "8 oz mozzarella"

[[4]]

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

## 2 Recipe One

Figure 1: Meatloaf and Baked Carrots



- [1] "6 garlic cloves"
  - [2] "2 teaspoon ginger paste"
  - [3] "1 shallot"
  - [4] "16 oz turkey"
  - [5] "1 egg"
  - [6] "1/2 cup panko breadcrumbs"
  - [7] "4 medium-to-large carrots"
  - [8] "1/4 cup General Tso's or Hoisin Sauce"
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- [1] "Preheat oven to 450 degrees. Chop shallot and mince garlic."
  - [2] "In a small bowl, mix carrots, 2 tablespoons olive oil, and salt and pepper to taste."
  - [3] "In a medium bowl, mix turkey, ginger, two-thirds of the garlic, shallot, egg, panko breadcrumbs, a tea"
  - [4] "Form four mini meatloafs using the turkey mixture and generously brush with sauce."
  - [5] "Bake meatloaf and carrots on a rimmed baking sheet for 20 minutes. Sprinkle remaining garlic on carrot"

### 3 Recipe Two

Figure 2: Caprese Sandwiches



- [1] "1 tomato" "8 oz fresh mozzarella"
- [3] "2 croissants or brioche buns" "1 small jar of pesto"
- [1] "Slice tomato and mozzarella, and cut croissants or buns."
- [2] "Spread croissants or buns with pesto."
- [3] "Layer tomato and mozzarella."
- [4] "Fry sandwiches in butter until toasted."

## 4 Recipe Three

Figure 3: Lasagna



- [1] "1 2 oz can of anchovies"
- [2] "1 vidalia onion"
- [3] "5 garlic cloves"
- [4] "1/2 cup red wine (optional)"
- [5] "1 small can of tomato paste"
- [6] "2 tablespoons butter"
- [7] "1 large can of peeled tomatoes"
- [8] "2 tablespoons honey"
- [9] "4 tsp italian seasoning"
- [10] "1/8 tsp red pepper flakes"
- [11] "1 batch of fresh lasanga noodles (or 1 box of lasanga noodles)"
- [12] "1 large container of ricotta cheese"
- [13] "1 cup grated parmesan cheese"
- [14] "1 egg"
- [15] "8 oz mozzarella"

- [1] "Dice onion and mince garlic."
- [2] "Heat 2 tablespoons olive oil in a sauce pan. Add anchovies and cook until they break down."
- [3] "Add onions and garlic to the pan and cook until soft."
- [4] "Add red wine and simmer for 3-5 minutes (optional)."
- [5] "Add tomato paste and butter, and cook until fully combined."
- [6] "At peeled tomatoes, stir breaking up tomatoes."
- [7] "Once simmering, add honey, 2 tsp italian seasoning, pepper flakes and continue to stir."
- [8] "Prepare pasta noodles."
- [9] "In a medium bowl, mix ricotta cheese, egg, mozzarella, parmesan, 2 tsp italian seasoning, and a pinch"
- [10] "Spread one cup of sauce on the bottom of the casserole dish. Add a layer of lasagna noodles. Spread 1"
- [11] "Top with mozzarella cheese."
- [12] "Cover with tin foil and bake at 375 degrees for 30 minutes. Remove tin foil and bake uncooked another"

## 5 Breakfast Recipe

Figure 4: Tropical Smoothie



- |                       |                      |                          |
|-----------------------|----------------------|--------------------------|
| [1] "1 cup spinach"   | "1 tsp ginger paste" | "1 banana"               |
| [4] "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!"