

Ingredients:

Canned Black beans
Canned Corn
Canned Diced tomatoes
Red beans 2 cans
Kidney beans 2 cans
Onions
Peanut butter
Frozen peas
milk
eggs
Carrots
Garlic
Olive oil
Celery
2 hotdogs
Shredded cheese
2 cans cream of mushroom soup
Steel cut oats
Rice
Polenta
White bread
American cheese
Ketchup
Yellow mustard
Mayonnaise
Kalamata olives
Half and half
Dijon mustard
Grape jelly
Bitchin sauce
Beef bouillon
Chicken bouillon
Vegetable bouillon
Cranberry juice
Butter
Lemon juice
Soy sauce
Pesto
Sour cream
Frozen mixed vegetables
Frozen corn
Various seasonings
Balsamic vinegar

Taco seasoning
Sugar
Brown sugar
Flour
Granola
Potato starch
Panko breadcrumbs
Tomatoes
Vegetable oil
Hot sauce
Vanilla extract
Pancake mix
Cinnamon apple syrup
Parmesan cheese
Baking powder
Baking soda

Recipes:

Monday:

Breakfast: Blueberry Banana Smoothie

- 2 cups blueberries
- 2 bananas
- 2 cups unsweetened almond milk
- 1 tsp honey
- 1 tsp chia seeds

Blend all ingredients in a blender and serve.

Lunch: Bean and Corn Quesadillas

- 4 whole wheat tortillas
- 1 can black beans, drained and rinsed
- 1 cup corn kernels
- 1/2 cup shredded cheddar cheese
- 1/4 cup diced tomatoes
- 1/4 cup diced onions
- 1/4 cup chopped cilantro
- Salt and pepper to taste

Heat a large skillet over medium heat. Place one tortilla in the skillet and sprinkle with cheese, beans, corn, tomatoes, onions, cilantro, salt, and pepper. Top with another tortilla and cook for 2-3 minutes on each side until cheese is melted and tortillas are crispy. Repeat with remaining tortillas and filling. Cut into wedges and serve.

Dinner: Yellow Squash and Black Bean Enchiladas

- 2 yellow squash, peeled and diced
- 1 can black beans, drained and rinsed
- 8 whole wheat tortillas
- 1 cup enchilada sauce

- 1/2 cup shredded cheddar cheese
- Salt and pepper to taste

Preheat oven to 375°F. In a large bowl, combine the diced butternut squash, black beans, salt, and pepper. Spread a small amount of enchilada sauce in the bottom of a baking dish. Spoon the filling into each tortilla and roll tightly. Place the enchiladas seam-side down in the baking dish. Pour the remaining enchilada sauce over the enchiladas and sprinkle with cheese. Bake for 20-25 minutes until cheese is melted and bubbly. Serve hot.

Tuesday:

Breakfast: Mango Pineapple Smoothie

- 1 cup mango chunks
- 1 cup pineapple chunks
- 2 cups unsweetened coconut milk
- 1 tsp honey
- 1 tsp grated ginger

Blend all ingredients in a blender and serve.

Lunch: Black Bean and Corn Salad

- 1 can black beans, drained and rinsed
- 1 cup corn kernels
- 1/2 cup diced tomatoes
- 1/4 cup diced onions
- 1/4 cup chopped cilantro
- 1/4 cup lime juice
- 2 tbsp olive oil
- Salt and pepper to taste

In a large bowl, combine the black beans, corn, tomatoes, onions, cilantro, lime juice, olive oil, salt, and pepper. Toss to combine and serve.

Dinner: Chicken and Squash Stir-Fry

- 1 lb boneless, skinless chicken breasts, cut into strips
- 1 butternut squash, peeled and diced
- 1/2 cup sliced bell peppers
- 1/2 cup sliced onions
- 2 cloves garlic, minced
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tsp grated ginger
- Salt and pepper to taste

In a large skillet, heat 1 tbsp of oil over medium-high heat. Add the chicken strips and cook until browned, about 5-7 minutes. Remove from the skillet and set aside. In the same skillet, add the remaining oil and sauté the squash, bell peppers, onions, and garlic for 5-7 minutes until tender. In a small bowl, whisk together the soy sauce, honey, grated ginger, salt, and pepper. Add the chicken back to the skillet and pour the sauce over the top. Cook for an additional 2-3 minutes until everything is heated through. Serve hot.

Wednesday:

Breakfast: Berry Green Smoothie

- 2 cups mixed berries
- 1 banana
- 2 cups spinach
- 2 cups unsweetened almond milk
- 1 tsp honey

Blend all ingredients in a blender and serve.

Lunch: Squash and Bean Burrito Bowl

- 1 butternut squash, peeled and diced
- 1 can black beans, drained and rinsed
- 1 cup cooked brown rice
- 1/2 cup diced tomatoes
- 1/4 cup diced onions
- 1/4 cup chopped cilantro
- 1 avocado, diced
- Salt and pepper to taste

Preheat oven to 375°F. Spread the diced butternut squash on a baking sheet and roast for 20-25 minutes until tender. In a large bowl, combine the black beans, cooked brown rice, roasted butternut squash, tomatoes, onions, cilantro, salt, and pepper. Divide the mixture into four bowls and top with diced avocado.

Dinner: Chicken and Corn Chowder

- 1 lb boneless, skinless chicken breasts, diced
- 2 cups corn kernels
- 1 can black beans, drained and rinsed
- 1/2 cup diced onions
- 2 cloves garlic, minced
- 2 cups chicken broth
- 1 cup unsweetened almond milk
- 2 tbsp all-purpose flour
- 1/4 cup chopped cilantro
- Salt and pepper to taste

In a large pot, heat 1 tbsp of oil over medium-high heat. Add the diced chicken, onions, and garlic and cook until the chicken is browned, about 5-7 minutes. Add the corn and black beans and stir to combine. In a small bowl, whisk together the chicken broth, almond milk, flour, salt, and pepper. Pour the mixture over the chicken and corn mixture and stir to combine. Bring to a boil and then reduce the heat and simmer for 10-15 minutes until the soup has thickened. Stir in the chopped cilantro and serve hot.

Thursday:

Breakfast: Peach Mango Smoothie

- 2 cups frozen peach slices
- 1 cup frozen mango chunks
- 2 cups unsweetened almond milk
- 1 tsp honey

Blend all ingredients in a blender and serve.

Lunch: Black Bean and Butternut Squash Tacos

- 1 butternut squash, peeled and diced
- 1 can black beans, drained and rinsed
- 8 whole wheat tortillas
- 1/2 cup diced tomatoes
- 1/4 cup diced onions
- 1/4 cup chopped cilantro
- Salt and pepper to taste

Preheat oven to 375°F. Spread the diced butternut squash on a baking sheet and roast for 20-25 minutes until tender. In a large bowl, combine the black beans, roasted butternut squash, tomatoes, onions, cilantro, salt, and pepper. Warm the tortillas in the oven or microwave. Divide the butternut squash and black bean mixture among the tortillas and serve.

Dinner: Turkey Chili with Cornbread

Chili:

- 1 lb ground turkey
- 1 can black beans, drained and rinsed
- 1 can kidney beans, drained and rinsed
- 1 can diced tomatoes
- 1 cup corn kernels
- 1/2 cup diced onions
- 2 cloves garlic, minced
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- Salt and pepper to taste

In a large pot, heat 1 tbsp of oil over medium-high heat. Add the ground turkey, onions, and garlic and cook until the turkey is browned, about 5-7 minutes. Add the black beans, kidney beans, diced tomatoes, corn, chili powder, cumin, cayenne pepper, salt, and pepper. Bring to a boil and then reduce the heat and simmer for 15-20 minutes until the chili has thickened.

Cornbread:

- 1 cup cornmeal
- 1 cup all-purpose flour
- 1/4 cup sugar
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 cup unsweetened almond milk
- 1/4 cup vegetable oil
- 1 egg

Preheat oven to 400°F. In a large bowl, whisk together the cornmeal, flour, sugar, baking powder, and salt. In a small bowl, whisk together the almond milk, vegetable oil, and egg. Add the wet ingredients to the dry ingredients and stir until just combined. Pour the mixture into a greased 9x9 inch baking dish and bake for 20-25 minutes until golden brown. Serve with the turkey chili.

Friday:

Breakfast: Peanut Butter Banana Smoothie

- 2 bananas
- 2 tbsp peanut butter
- 2 cups unsweetened almond milk
- 1 tsp honey

Blend all ingredients in a blender and serve.

Lunch: Black Bean and Squash Soup

- 1 butternut squash, peeled and diced
- 1 can black beans, drained and rinsed
- 2 cups vegetable broth
- 1/2 cup diced onions
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper to taste

In a large pot, heat the olive oil over medium-high heat. Add the diced onions and garlic and cook until softened, about 3-5 minutes. Add the diced butternut squash, black beans, vegetable broth, salt, and pepper. Bring to a boil and then reduce the heat and simmer for 20-25 minutes until the squash is tender. Use an immersion blender to puree the soup until smooth. Serve hot.

Dinner: Chicken and Bean Enchilada Casserole

- 1 lb boneless, skinless chicken breasts, diced
- 1 can black beans, drained and rinsed
- 8 whole wheat tortillas
- 1 cup enchilada sauce
- 1/2 cup shredded cheddar cheese
- Salt and pepper to taste

Preheat oven to 375°F. In a large skillet, cook the diced chicken until browned, about 5-7 minutes. Add the black beans, salt, and pepper and stir to combine. Spread a small amount of enchilada sauce in the bottom of a baking dish. Cut the tortillas into strips and layer them over the sauce. Top with half of the chicken and bean mixture, more enchilada sauce, and shredded cheese. Repeat the layers and top with more cheese. Cover with foil and bake for 20-25 minutes until the cheese is melted and bubbly. Remove the foil and bake for an additional 5-7 minutes until the cheese is golden brown. Serve hot.

Saturday:

Breakfast: Mixed Berry Smoothie

- 2 cups mixed berries
- 2 cups unsweetened almond milk
- 1 tsp honey
- 1/4 tsp vanilla extract

Blend all ingredients in a blender and serve.

Lunch: Butternut Squash and Black Bean Tostadas

- 1 butternut squash, peeled and diced
- 1 can black beans, drained and rinsed
- 8 tostada shells
- 1/2 cup diced tomatoes
- 1/4 cup diced onions
- 1/4 cup chopped cilantro
- Salt and pepper to taste

Preheat oven to 375°F. Spread the diced butternut squash on a baking sheet and roast for 20-25 minutes until tender. In a large bowl, combine the black beans, roasted butternut squash, tomatoes, onions, cilantro, salt, and pepper. Warm the tostada shells in the oven or microwave. Divide the butternut squash and black bean mixture among the tostada shells and serve.

Dinner: Squash and Bean Chili

- 1 butternut squash, peeled and diced
- 1 can black beans, drained and rinsed
- 1 can kidney beans, drained and rinsed
- 1 can diced tomatoes
- 1 cup corn kernels
- 1/2 cup diced onions
- 2 cloves garlic, minced
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- Salt and pepper to taste

In a large pot, heat 1 tbsp of oil over medium-high heat. Add the diced onions and garlic and cook until softened, about 3-5 minutes. Add the diced butternut squash, black beans, kidney beans, diced tomatoes, corn, chili powder, cumin, cayenne pepper, salt, and pepper. Bring to a boil and then reduce the heat and simmer for 15-20 minutes until the chili has thickened.

Sunday:

Breakfast: Green Smoothie

- 2 cups spinach
- 1 banana
- 1 apple, cored and chopped
- 2 cups unsweetened almond milk
- 1 tsp honey

Blend all ingredients in a blender and serve.

Lunch: Black Bean and Corn Quesadilla

- 4 whole wheat tortillas
- 1 can black beans, drained and rinsed
- 1 cup corn kernels
- 1/2 cup shredded cheddar cheese
- 1/4 cup diced tomatoes
- 1/4 cup diced onions
- 1/4 cup chopped cilantro
- Salt and pepper to taste

Heat a large skillet over medium heat. Place one tortilla in the skillet and sprinkle with cheese, beans, corn, tomatoes, onions, cilantro, salt, and pepper. Top with another tortilla and cook for 2-3 minutes on each side until cheese is melted and tortillas are crispy. Repeat with remaining tortillas and filling. Cut into wedges and serve.

Dinner: Stuffed Squash

- 4 medium-sized squash
- 1 can black beans, drained and rinsed
- 1 cup cooked brown rice
- 1/2 cup diced tomatoes
- 1/4 cup diced onions
- 1/4 cup chopped cilantro
- 1/4 cup shredded cheddar cheese
- Salt and pepper to taste

Preheat oven to 375°F. Cut off the top of each squash and scoop out the seeds and flesh. In a large bowl, combine the black beans, cooked brown rice, tomatoes, onions, cilantro, salt, and pepper. Stuff the mixture into each squash and place them in a baking dish. Cover with foil and bake for 30-35 minutes until the squash is tender. Remove the foil, sprinkle with shredded cheddar cheese, and bake for an additional 5-7 minutes until the cheese is melted and bubbly. Serve hot.

Produce:

- 4 medium-sized butternut squash
- 4 bell peppers
- 1/2 cup diced tomatoes
- 1/4 cup chopped cilantro
- 4 bananas.
- 2 cups frozen peach slices
- 2 cups spinach
- 1 pineapple
- 1 avocado
- 1 lb chicken breasts
- 4 yellow squash

Canned Goods:

- 3 cans black beans (15 oz each)
- 2 cans kidney beans (15 oz each)
- 3 cans diced tomatoes (14.5 oz each)
- 2 can corn kernels (15 oz)
- 1 can vegetable broth (14.5 oz)

Dairy:

- Eggs
- Milk

Condiments:

- 1/4 tsp cayenne pepper

- Ginger
- 8 tostada shells

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Sure, I'd be happy to help you create a unique recipe for a croissant-topped chicken pot pie casserole.

Croissant-Topped Chicken Pot Pie Casserole

Ingredients:

For the filling:

- 2 tablespoons of olive oil
- 1 pound of chicken breast, cut into bite-sized pieces
- 1 medium onion, finely chopped
- 2 medium carrots, diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 1 teaspoon of fresh thyme leaves
- 1/4 cup of all-purpose flour
- 1 cup of chicken broth
- 1 cup of whole milk
- 1 cup of frozen peas
- Salt and pepper to taste

For the topping:

- 6 large croissants
- 1 egg
- 1 tablespoon of milk

Instructions:

- Preheat your oven to 375°F (190°C).
- Heat the olive oil in a large skillet over medium heat. Add the chicken and cook until it is no longer pink in the center. Remove the chicken from the skillet and set it aside.
- In the same skillet, add the onion, carrots, and celery. Cook for about 5 minutes, or until the vegetables begin to soften. Add the garlic and thyme and cook for another minute.
- Stir in the flour until the vegetables are well-coated. Gradually add the chicken broth and milk, stirring constantly to prevent lumps.
- Bring the mixture to a simmer and let it cook for about 5 minutes, or until the sauce has thickened. Add the peas and the cooked chicken to the skillet and stir to combine. Season with salt and pepper to taste.
- Transfer the filling to a casserole dish.
- Slice the croissants in half horizontally and arrange them on top of the filling, with the cut side down. You can tear or cut the croissants to fit them into the dish as necessary.

- In a small bowl, beat the egg with the milk to make an egg wash. Brush this over the tops of the croissants.
 - Bake the casserole for about 20-25 minutes, or until the croissants are golden brown and the filling is bubbling. If the croissants start to brown too quickly, you can cover the dish loosely with aluminum foil.
 - Let the casserole rest for about 10 minutes before serving. Enjoy!
- This recipe is a wonderful twist on the classic chicken pot pie, using croissants for a flaky, buttery crust. The dish should serve 6 people comfortably. Enjoy!

Chicken and Wine:

Ingredients:

- 4-8 chicken breasts
- 2 cans of condensed mushroom soup
- 2 glass jars of mushroom caps, drained
- 2 cups of sour cream
- 1 cup of Sherry wine
- Cooked white rice to serve

Instructions:

1. Begin by seasoning your chicken breasts with salt and pepper to taste. You may also add other spices like garlic powder, onion powder, or paprika according to your preference.
2. Heat a large skillet over medium-high heat. Add a touch of oil (like olive or canola), enough to lightly coat the bottom. Once the oil is heated, add the chicken breasts. Cook each side for 5-7 minutes, or until the chicken is golden brown and cooked through. Ensure the internal temperature reaches 165°F (74°C) for safety. Once done, remove the chicken from the skillet and set it aside.
3. In the same skillet, reduce the heat to medium and add the Sherry wine. Use a wooden spoon to scrape up any browned bits from the bottom of the skillet, infusing the wine with their flavor. Let the wine reduce for about 2-3 minutes.
4. Stir in the condensed mushroom soup and mushroom caps into the skillet. Mix well to combine, and let it simmer for a few minutes until the mixture slightly thickens.
5. Reduce the heat to low, and stir in the sour cream. Keep stirring until the sauce is well combined and creamy. If the sauce becomes too thick, you can add a little chicken broth or water to thin it out. Season with salt and pepper as needed.
6. Return the cooked chicken to the skillet, coating the chicken in the sauce. Allow it to simmer in the sauce for a few minutes to soak up the flavors.
7. Serve the skillet chicken over a bed of cooked white rice. Spoon over some additional sauce from the skillet, and enjoy!

Winchester KY Beer Cheese recipe:

Ingredients:

- 1 lb sharp Cheddar cheese, grated and brought to room temperature
- 1 cup flat beer (simple German lager works well)

- 2 cloves garlic, minced
- 3/4 tsp cayenne pepper
- 1/4 tsp Worcestershire sauce
- 1/2 tsp yellow mustard
- 1/2 tsp Tabasco sauce

Instructions:

- In a blender or food processor, combine the flat beer, minced garlic, cayenne pepper, Worcestershire sauce, yellow mustard, and Tabasco sauce. Blend until well combined.

- Gradually add the room temperature cheese to the blender or food processor, continuing to blend until it becomes a smooth paste. If the mixture is too thick, feel free to add a bit more beer until you achieve your desired consistency.

- Taste the mixture and adjust seasonings if needed. Remember, the flavors will intensify as the beer cheese sits.

- Transfer the beer cheese to a container with a lid and refrigerate for a few hours to allow the flavors to meld together.

- Serve your Winchester KY Beer Cheese with crackers, pretzels, or raw carrots and celery. Enjoy with an Ale8 or comparable citrus ginger ale.