

RAINBOW eat the rainbow! DELICIOUS

Winter Eats Meal Plan

Prosciutto and Arugula Pizza from The Kitchn

Slow Cooker Broccoli and Cheddar Soup

from Le Creme De La Crumb

Curried Lime Cauliflower Bites with Curry Mayo

from The Endless Meal

Spinach, Pear & Feta Quesadillas from The Chic Site

Cheesy Brussels Sprouts and Mushroom Lasagna from

How Sweet It Is

Produce

- arugula (a couple handfuls)
- onion (1/2)
- broccoli florets (3-4 C)
- garlic cloves (1 T) (2)
- cauliflower (1 head)
- lime (1)
- fresh baby spinach (1 bag)
- pears (2)
- brussels sprouts (1 lb)
- shallot (1)
- cremini mushrooms (12 oz)
- shitake mushrooms (12 oz)

Spices

- italian seasoning (1 t)
- curry powder (4 t)
- cumin (1/2 t)
- coriander (1/2 t)
- turmeric (1 t)
- cayenne powder (1 t)
- nutmeg (1/4 t)

Herbs

- cilantro or parsley (garnish)

Dairy

- mozzarella cheese (3/4 C)
- butter (4 T) (2 T unsalted)
- milk (3 C) (2 3/4 C)
- cream cheese (2 oz)
- shredded sharp cheddar (2 C)
- monterey jack cheese (1 1/2 C)
- feta cheese (1/2 C)
- provolone (8 oz)
- ricotta (3/4 C)
- pecorino romano cheese (1/4 C)

Pasta & Grains

- tortillas (4 large)
- no boil lasagna sheets (1 pack-
age, whole wheat)

Meat

- prosciutto (4 slices)

Bread & Tortillas

- pizza dough (1 batch)

Pantry Items

- olive oil (1 T) (2 t) (3 T)
- tomato sauce (2 T)
- flour (5 T) (2 T)
- chicken or veggie broth (3 C)
- mayonnaise (1/2 C)
- sugar (1/4 t)
- balsamic vinegar (2 T)

Extras

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