

Soprepared... "Sweetest thing"

<u>Staple/ Pantry Items:</u>	<u>Produce:</u>	<u>Shelf Stable:</u>
Garlic Salt	8 oz pkg Baby Kale	Creamy Caesar Dressing (Newman's)
Kosher Salt	8 oz Baby Bella Mushrooms	Fennel Seed (and a grinder)
Pepper	(2) lg head Cauliflower	1/3 cup Frank's Hot Sauce
Butter	2 cups Baby Arugula	1 cup Tomato Sauce (Rao's is low carb)
Olive Oil	2 Scallions	
Cooking Spray (coconut oil preferred)	1/3 cup minced Celery	
4 eggs	1/3 cup minced Carrot	
1 cup Mayonnaise	1 head iceberg Lettuce	
3/4 tsp Worcestershire Sauce	4-6 med Summer Squash (to spiralize)	
1 tsp Red Pepper Flakes	Parsley	<u>Meat/Dairy:</u>
4 tsp Oregano	3 lemons	2 lb Boneless Skinless Chicken
1/2 tsp Thyme	9 cloves Garlic	1 lb Bacon
Garlic Powder		(4) 6-8 oz Boneless Pork Chops 1" thick
		1 1/2 lb Ground Chicken
		1 lb large Shrimp, peeled & deveined
		6 oz Pepperoni
		2 lb Ground Beef
<u>Vino Pairing:</u>		
Rosé - Le Charmel or Whispering Angel		6-8 oz Parmesan Cheese
Pinot Noir - Erath		1-2 cup Blue Cheese
Sauvignon Blanc - Oyster Bay		3/4 cup Full Fat Greek Yogurt (Fage)
Chardonnay - La Crema		Unsweetened Coconut Milk (SoDelicious)
Meritage Red Blend - Trentadue		3 cups shredded Mozzarella (Kraft)
		2 cups Italian Cheese Blend (Kraft)