

# HEALTHY NEW YEAR MEAL PLAN + GROCERY LIST

As the end of the year approaches, we naturally start thinking about our New Year's resolutions. Moving more, eating healthier, learning a new skill and more! If eating healthier (or simpler) is on your list, we have the meal plan for you! With our '6 Ingredients or Less' Meal Plan, you can create a variety of dishes you and your family will enjoy in no time!

Each recipe includes a recommended apple or pear per the preparation method, but of course not every varietal is in season, so we recommend swapping it out with what's available at your local grocer. If you're vegetarian or vegan, simply substitute your favorite protein source for any of the meat items.

	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Cool Beet Smoothie with Sweet Apples	Brie, Ham and Pear Panini	Pear, Blue Cheese & Walnut Salad
<b>TUESDAY</b>	Pear & Bacon Breakfast Sandwich	Chicken, Monterey Jack & Apple Quesadilla	Haricot Verts & Roasted Bosc Pears with Herbed Marcona Almonds
<b>WEDNESDAY</b>	Apples with Oatmeal	Apple & Broccoli Salad	Grilled Chicken & Apple Kebabs
<b>THURSDAY</b>	Pear, Citrus and Ginger Green Juice	Apple Asparagus Radish Salad	Roasted Pear & Butternut Squash Soup
<b>FRIDAY</b>	Apple Ginger Glow Juice with Tart Apples	Simple Spiralized Apple & Blue Cheese Salad	Pear, Prosciutto & Brie Panini

Hello from Wenatchee, WA!

We are Stemilt, a family-owned company that grows fresh apples, pears, cherries and other tree fruits. Our founding family, the Mathisons, has farmed for more than 100 years and for going-on six generations. We hope that you enjoy this healthy meal plan and that you find new ways to enjoy good-for-you Stemilt apples & pears while following it!



## MONDAY



**COOL BEET SMOOTHIE WITH SWEET APPLES**

1 serving 
 00:15  
 Simple 
 00:40

### INGREDIENTS:

2 Stemilt Fresh Blenders™ Apples, cored and quartered  
 1 cup ice  
 1 large roasted beet, completely cooled and peeled  
 6 large strawberries, hulled  
 1 cup fresh baby spinach, loosely packed  
 1 orange, peeled  
 zest of one lime  
 1/4 cup water

### DIRECTIONS:

Add apple, then ice, beet, strawberries, spinach, orange, lime zest, and water to pitcher of high-speed electric blender (one suitable for crushing ice and handling firm textures). Blend on high (or use “smoothie” option, if applicable) for approximately 1 minute. (If necessary, stop machine intermittently to scrape down sides or press ingredients down to remove any air pockets that might impede blending.) Pour into glasses and serve immediately.

### NUTRITIONAL INFORMATION:

Per Serving  
 Calories: 182.3 (1.97% from fat)  
 Fat Content: 0.4g (sat 0g, poly 0.2g, mono 0.1g)  
 Protein Content: 2.7g  
 Carbohydrate Content: 45.1g  
 Fiber Content: 9.6g  
 Sugar Content: 33.8g  
 Cholesterol Content: 0.0mg  
 Sodium Content: 84.0mg

## TUESDAY



**PEAR & BACON BREAKFAST SANDWICH**

2 serving 
 00:08  
 Simple

### INGREDIENTS:

4 slices sourdough, whole wheat, or white bread  
 4 slices of Cheddar cheese  
 1 firm but ripe Bartlett, Anjou, or Bosc pear, peeled, halved lengthwise, cored and cut into 4 thick slices  
 4 slices cooked bacon  
 2 tbsp butter, softened

### DIRECTIONS:

Place 2 slices of bread on a work surface and top each slice with a piece of the cheese. Arrange 2 slices of pear on top of each piece of cheese. Add 2 slices of bacon, and then top with another piece of cheese. Place a slice of bread on top and butter the top slices of bread with half of the butter. Preheat a griddle or large skillet. Place the sandwiches buttered side down on the hot griddle or pan. Butter the topside of the sandwiches. Grill until nicely browned on one side and then flip and brown the other side. Cut each sandwich in half and serve immediately.

### NUTRITIONAL INFORMATION:

Per Serving:  
 Calories: 149  
 Fat Content: 2g (sat 0g, poly 1g, mono 0g)  
 Protein Content: 3g  
 Carbohydrate Content: 33g  
 Fiber Content: 6g  
 Sugar Content: 15g  
 Cholesterol Content: 0mg  
 Sodium Content: 157mg

## WEDNESDAY



**APPLES WITH OATMEAL**

4 serving 
 00:05  
 Simple 
 00:40

### INGREDIENTS:

4 apples  
 1 cup steel-cut oats  
 4 cups water  
 3 tbsp packed brown sugar, divided  
 1/2 tsp ground cinnamon  
 1/4 tsp salt

### DIRECTIONS:

Shred 2 apples using the large holes of a box grater, leaving the core behind. Heat a large saucepan over medium-high heat. Add oats and cook, stirring, until lightly toasted, about 2 minutes. Add water and the shredded apples; bring to a boil. Reduce heat to maintain a simmer and cook, stirring frequently, for 10 minutes. Meanwhile, chop the remaining 2 apples. After the oats have cooked for 10 minutes, stir in the chopped apples, 2 tablespoons brown sugar, cinnamon and salt; continue cooking, stirring occasionally, until the apples are tender and the oatmeal is quite thick, 15 to 20 minutes more. Divide the oatmeal among 4 bowls. Add nuts, dried fruit, etc.

### NUTRITIONAL INFORMATION:

Per Serving:  
 Calories: 149  
 Fat Content: 2g (sat 0g, poly 1g, mono 0g)  
 Protein Content: 3g  
 Carbohydrate Content: 33g  
 Fiber Content: 6g  
 Sugar Content: 15g  
 Cholesterol Content: 0mg  
 Sodium Content: 157mg

## THURSDAY



**PEAR, CITRUS, & GINGER GREEN JUICE**

2 serving 
 00:15  
 Simple

### INGREDIENTS:

2 cups of ripe Stemilt d'Anjou pears, seeded and chopped  
 1 1/2 cups water  
 2 cups spinach, rinsed  
 1 tbsp fresh lime juice  
 1/4 tsp of lime zest  
 1 1/2 tbsp of fresh lemon juice  
 1 tsp freshly grated ginger, more if you want a kick

### DIRECTIONS:

Prepare your fruits and veggies according to ingredient list. Add ingredients to your blender and puree for one minute. Enjoy your fresh juice immediately or save in the refrigerator for later.

### NUTRITIONAL INFORMATION:

Per Serving:  
 Calories: 100  
 Fat Content: 1g (sat 0g, poly 0g, mono 0g)  
 Protein Content: 2g  
 Carbohydrate Content: 26g  
 Fiber Content: 6g  
 Sugar Content: 15g  
 Cholesterol Content: 0mg  
 Sodium Content: 33mg

## FRIDAY



**APPLE GINGER GLOW JUICE WITH TART APPLES**

2 serving 
 00:10  
 Simple

### INGREDIENTS:

2 Stemilt Fresh Blenders™ Apples, quartered, seeds removed  
 4 medium carrots, tops trimmed  
 2 inch piece fresh ginger  
 1 Navel orange, peeled and quartered

### DIRECTIONS:

Place the ingredients into your juicer in the order given and process according to manufacturer's instructions.

### NUTRITIONAL INFORMATION:

Per Serving:  
 Calories: 178.5  
 Fat Content: 0.5 g (sat 0.1g, poly 0.2g, mono 0.1g)  
 Protein Content: 2.3g  
 Carbohydrate Content: 44.2g  
 Fiber Content: 9.4g  
 Sugar Content: 24.5g  
 Cholesterol Content: 0.0mg  
 Sodium Content: 86.5mg

## MONDAY


**BRIE, HAM & PEAR PANINI**

2 serving 00:05  
 Simple 00:05

**INGREDIENTS:**

4 slices sourdough, whole wheat, or white bread  
 1 tbsp Dijon mustard  
 2 ounces thinly sliced Black Forest ham  
 1 firm but ripe Bartlett or d'Anjou pear, peeled, halves lengthwise, cored, and each half cut lengthwise into 3 thick slices.  
 freshly ground pepper  
 2 ounces Brie cheese, thinly sliced  
 2 tbsp butter, softened

**DIRECTIONS:**

Preheat a panini maker, grill pan, or griddle over medium to medium-high heat. Place 2 slices of bread on a work surface and spread mustard on each slice. Divide ham between sandwiches and arrange on top. Add 3 slices of pear to each sandwich and pepper. Top pears with cheese. Place bread on top and spread half of the butter, reserving the rest for bottom slice. (If using a panini maker, butter both sides of the bread before grilling.)

Place sandwiches in panini maker and close lid. Grill until browned on both sides. For a grill or griddle, place the sandwiches buttered side down on the hot grill or griddle. Butter topside of sandwiches. Grill until browned on one side and flip and grill other side. Cut each sandwich in half and serve immediately.

**NUTRITIONAL INFORMATION:**

Per Serving  
 Calories: 379  
 Fat Content: 17g (sat 9g, poly 2g, mono 5g)  
 Protein Content: 18g  
 Carbohydrate Content: 38g  
 Fiber Content: 6g  
 Sugar Content: 11g  
 Cholesterol Content: 55mg  
 Sodium Content: 888mg

## TUESDAY


**CHICKEN, MONTEREY JACK & APPLE QUESADILLA**

4 serving 00:10  
 Simple 00:06

**INGREDIENTS:**

4 7-inch whole-wheat tortillas  
 1 cup cooked, shredded chicken  
 2 cups shredded Monterey Jack cheese  
 1 Lil Snappers® apple, very thinly sliced  
 handful of baby spinach leaves  
 4 tsp blackberry jam  
 olive oil

**DIRECTIONS:**

Heat a large skillet over medium heat. Brush one side of a tortilla with olive oil. Place the tortilla, oil-side down, in the warm skillet. Top with 1/2 cup cheese and 1/2 cup chicken. Arrange half of the apple slices on top, then layer on pieces of baby spinach and top with 1/2 cup cheese. Spread 2 teaspoons jam on a second tortilla, place jam-side-down on cheese, and brush the top of the tortilla with olive oil. Cook the quesadilla for 2-3 minutes or until browned, then carefully flip and cook for an additional 2-3 minutes. Repeat using other two tortillas. Slice into wedges and serve with crisp green salads.

**NUTRITIONAL INFORMATION:**

Per Serving  
 Calories: 354  
 Protein Content: 22g  
 Carbohydrate Content: 36g  
 Fiber Content: 5g  
 Fat Content: 14g  
 Sodium Content: 560mg  
 Sugar Content: 14g

## WEDNESDAY


**APPLE & BROCCOLI SALAD**

6 serving 00:08  
 Intermediate

**INGREDIENTS:**

2 cups cored and chopped Piñata® apples  
 4 cups chopped broccoli florets (about 1 1/2 pounds)  
 1 cup quartered, seedless red grapes  
 1/4 cup finely diced red onion  
 1/2 cup unsalted, roasted sunflower seeds  
 1/2 cup freshly squeezed orange juice  
 1 tsp apple cider vinegar  
 pinch kosher salt

**DIRECTIONS:**

Combine apple, broccoli, grapes, onion, and sunflower seeds in a large bowl. Set aside. In a small bowl, whisk together orange juice and apple cider vinegar. Add a pinch of salt, to taste. Pour dressing over apple-broccoli salad and toss to combine. Serve immediately.

**NUTRITIONAL INFORMATION:**

Per Serving  
 Calories: 379.8mg  
 Fat Content: 5.6g  
 Protein Content: 4.2g  
 Carbohydrate Content: 17.1g  
 Fiber Content: 3.9g  
 Sugar Content: 7.8g  
 Cholesterol Content: 0mg  
 Sodium Content: 29.1mg

## THURSDAY


**APPLE ASPARAGUS RADISH SALAD**

4 serving 00:20  
 Simple 00:05

**INGREDIENTS:**

1 Stemilt Golden Delicious or Granny Smith apple, cored, stemmed, sliced into thin rings  
 12 to 15 large asparagus spears, ends trimmed, peeled into ribbons  
 3 large radishes, ends trimmed, thinly sliced  
 1/8 tsp kosher salt  
 1/8 tsp ground black pepper  
 1/4 cup freshly squeezed lemon juice, divided  
 1/2 tsp honey

**DIRECTIONS:**

Place apples in shallow dish and drizzle with 2 tablespoons of lemon juice; set aside. In a small bowl, whisk remaining lemon juice with honey until honey is completely dissolved; set aside. In a large bowl, combine asparagus and radish, season with salt and pepper, add lemon-honey mixture, and gently toss to combine.

Depending on how many you will be serving, place several rings of apple on each salad plate. Top with a little tumble of the asparagus/radish salad. Layer another few apple rings atop and finish with another smaller tumble of asparagus/radish salad. Sprinkle each serving of salad with chopped pistachios. Serve immediately.

**NUTRITIONAL INFORMATION:**

Per Serving  
 Calories: 46.7  
 Fat Content: 0.1g  
 Cholesterol Content: 0.0mg  
 Sodium Content: 41.1mg  
 Carbohydrate Content: 11.7g  
 Fiber Content: 2.2g  
 Sugar Content: 7.0g  
 Protein Content: 1.8g

## FRIDAY


**SIMPLE SPIRALIZED APPLE & BLUE CHEESE SALAD**

1 serving 00:05  
 Simple

**INGREDIENTS:**

1 medium Stemilt Gala apple  
 2 cups of mixed greens (spring mix)  
 1 tbsp Blue cheese or Gorgonzola crumbles  
 1 tbsp candied pecans  
 Balsamic vinaigrette

**DIRECTIONS:**

Spiralize apples. In a salad bowl, add greens, then blue cheese, pecans and finally, apple noodles. Top with dressing or serve on the side. Enjoy!

**NUTRITIONAL INFORMATION:**

Per Serving  
 Calories: 177  
 Fat Content: 7g (sat 2g, poly 2g, mono 3g)  
 Protein Content: 4g  
 Carbohydrate Content: 26g  
 Fiber Content: 6g  
 Sugar Content: 18g  
 Cholesterol Content: 6mg  
 Sodium Content: 143mg

## MONDAY



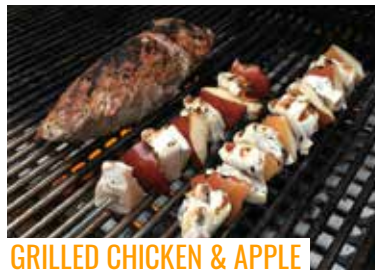
**PEAR, BLUE CHEESE & WALNUT SALAD**

## TUESDAY



**HARICOT VERTS & ROASTED BOSQ PEARS WITH HERBED MARCONA ALMONDS**

## WEDNESDAY



**GRILLED CHICKEN & APPLE KEBABS**

## THURSDAY



**ROASTED PEAR & BUTTERNUT SQUASH SOUP**

## FRIDAY



**PEAR, PROSCIUTTO & BRIE PANINI**

6 serving 
 00:10  
 Simple

### INGREDIENTS:

1 package mixed baby greens  
 1 large ripe Stemilt pear (Bartlett or d'Anjou)  
 3 oz crumbled blue cheese  
 3 oz walnuts, chopped  
 4 tbsp extra-virgin olive oil  
 2 tbsp Balsamic vinegar  
 1 tsp Dijon mustard  
 1/2 tsp sugar  
 1/4 tsp salt

### DIRECTIONS:

Divide the mixed baby greens onto six salad plates. Peel and slice the pear thinly. Top the salad greens with pear slices, dividing the slices among the 6 plates. Top each salad with 1/2 oz. of the crumbled blue cheese. Next, top the salads with 1/2 oz. of the chopped walnuts. For the dressing, combine 4 tbsp of extra-virgin olive oil with 2 tbsp of balsamic vinegar. Mix in the Dijon mustard, sugar and salt. Top each salad with the dressing and serve immediately.

### NUTRITIONAL INFORMATION:

Per Serving  
 Calories: 228  
 Fat Content: 20g (sat 5g, poly 6g, mono 9g)  
 Protein Content: 5g  
 Carbohydrate Content: 10g  
 Fiber Content: 3g  
 Sugar Content: 6g  
 Cholesterol Content: 11mg  
 Sodium Content: 232mg

4 serving 
 00:10  
 Simple 
 00:25

### INGREDIENTS:

2 to 3 Stemilt Bosc pears, peeled, cored and halved  
 1 pound haricot verts, stems trimmed  
 1/2 medium onion, diced  
 2 tbsp extra virgin olive oil  
 1 tsp kosher salt  
 1 tsp ground black pepper  
 3/4 cup marcona almonds

### DIRECTIONS:

Heat oven to 375 degrees F. Place beans and onions in center of a large baking sheet. Place halved pears in outer corners of baking sheet. Drizzle beans, onions and pears with olive oil and season with salt and pepper. Gently toss beans and onions to mix oil and seasoning through and spread out in one layer (it's okay if they overlap a bit... use a second pan if it's more than just a bit); leave halved pears to nest in the corners of the pan. Place in oven to roast for 20 to 25 minutes. Remove from oven and slice pears. Plate beans and pears to your liking and top with marcona almonds.

\* Serve on the side of your favorite protein to create an entire meal.

### NUTRITIONAL INFORMATION:

Per Serving  
 Calories: 278.8  
 Fat Content: 19.8g  
 Protein Content: 6.5g  
 Carbohydrate Content: 25.8g  
 Fiber Content: 9.6g  
 Sugar Content: 13.8g  
 Cholesterol Content: 0mg  
 Sodium Content: 665.3mg

6 serving 
 00:10  
 Simple 
 00:10

### INGREDIENTS:

3 large Stemilt apples (try mixing a red and green variety)  
 3 boneless, skinless chicken breasts  
 3 tbsp melted butter  
 3 tbsp cooking oil of choice  
 salt and pepper to taste  
 6 skewers

### DIRECTIONS:

Cut the chicken breast into cubed chunks (approximately 8 per chicken breast). Pour the cooking oil into a bowl, add the chicken pieces, salt and pepper and stir to coat. Set aside.

Wash, core and slice the apples into wedges (approximately 8 per apple) and set aside. Brush both sides of the apple slices with melted butter. Thread apple slices and chicken slices onto the skewers.

Place the skewers on a hot grill and cook until the chicken is done (approximately 6-10 minutes), turning frequently throughout. Serve hot off the grill and enjoy!

\*Add a simple mixed greens salad with vinaigrette to round out this dish.

### NUTRITIONAL INFORMATION:

Per Serving  
 Calories: 198  
 Fat Content: 14g (sat 5g, poly 1g, mono 7g)  
 Protein Content: 13g  
 Carbohydrate Content: 5g  
 Fiber Content: 1g  
 Sugar Content: 4g  
 Cholesterol Content: 57mg  
 Sodium Content: 284mg

6 serving 
 00:10  
 Intermediate 
 00:40

### INGREDIENTS:

4 cups diced, peeled and seeded butternut squash  
 3/4 cup diced red onion  
 1 1/2 tsp extra virgin olive oil  
 1 tsp kosher salt  
 1 tsp ground black pepper  
 4 Stemilt Bosc pears, skinned, roasted and halved  
 32 oz broth (chicken or vegetable)

### DIRECTIONS:

Preheat oven to 400 degrees F. Place squash and onion on a large sheet pan and drizzle with olive oil; season with salt and pepper. Toss gently to combine, then spread out into one layer on sheet pan. Roast in oven for 35 to 40 minutes.

Remove from oven to cool. Place squash-onion mixture and pear halves into food processor fitted with blade and add broth, just to cover. Process until smooth, then transfer to stock pot. Add remainder of broth and mix through; season with additional salt and pepper, to taste. Simmer soup gently for about 15 minutes and serve.

### NUTRITIONAL INFORMATION:

Per Serving  
 Calories: 112  
 Fat Content: 4g (sat 1g, poly 0g, mono 3g)  
 Protein Content: 2g  
 Carbohydrate Content: 20g  
 Fiber Content: 3g  
 Sugar Content: 8g  
 Cholesterol Content: 0mg  
 Sodium Content: 947mg

2 serving 
 00:05  
 Simple 
 00:10

### INGREDIENTS:

4 slices hearty whole grain bread  
 1 tbsp Dijon mustard  
 6 slices thinly sliced prosciutto  
 6 slices brie cheese  
 1/2 medium Bartlett pear, cored and thinly sliced  
 1 tbsp butter, softened

### DIRECTIONS:

Preheat a grill pan or panini press to medium-high heat. Assemble the sandwiches by spreading some mustard on one side of bread and layering 3 slices of prosciutto, 3 slices of brie and pear slices for each sandwich. Top with the second slice of bread. Butter the outer sides of the sandwiches.

Place the sandwiches on the heated grill pan or panini press. Continue cooking until golden brown and the cheese has melted. Serve immediately.

### NUTRITIONAL INFORMATION:

Calories: 595  
 Protein: 41g  
 Fat: 34g  
 Carbohydrates: 38g  
 Dietary Fiber: 6g  
 Sodium: 2358mg  
 Sugars: 8g

## SNACK



**APPLE NACHOS**

2 serving 
 00:10  
 Simple

### INGREDIENTS:

2 Stemilt apples  
peanut butter (or alternative nut butter)  
mini chocolate chips  
unsweetened coconut flakes

### DIRECTIONS:

Slice two apples and arrange the slices in a circular pattern on a plate. Fill a small zip-top baggie with peanut butter and snip a small hole in one corner. Squeeze the nut butter from the bag onto the apples. Sprinkle with mini chocolate chips and unsweetened coconut flakes.

### NUTRITIONAL INFORMATION:

Per Serving  
Calories: 425  
Fat Content: 25g (sat 12g, poly 3g, mono 9g)  
Protein Content: 6g  
Carbohydrate Content: 55g  
Fiber Content: 8g  
Sugar Content: 95g  
Cholesterol Content: 0mg  
Sodium Content: 43mg

## NIBBLE



**ROSEMARY ROASTED PEAR & RED GRAPE COMPOTE**

3 serving 
 00:10  
 Simple 
 00:30

### INGREDIENTS:

2 to 3 Stemilt d'Anjou pears, peeled, cored and diced into approximate 3/4" cubes  
4 cups seedless red grapes  
1 tbsp extra virgin olive oil  
1 tsp kosher salt  
1 tsp ground black pepper  
4 sprigs fresh rosemary

### DIRECTIONS:

Preheat oven to 400 degrees F. Place diced pears and whole grapes on a large baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Top with sprigs of fresh rosemary and lightly toss, using hands, to gently mix oil and seasoning through fruit. Roast for 25 to 30 minutes, until just golden. Serve immediately (or let cool to room temp), with crackers and cheese.

### NUTRITIONAL INFORMATION:

Per Serving  
Calories: 425  
Fat Content: 25g (sat 12g, poly 3g, mono 9g)  
Protein Content: 6g  
Carbohydrate Content: 55g  
Fiber Content: 8g  
Sugar Content: 95g  
Cholesterol Content: 0mg  
Sodium Content: 43mg

## INDULGE



**GRILLED APPLES & ICE CREAM**

4 serving 
 00:15  
 Simple 
 00:20

### INGREDIENTS:

2 medium Stemilt apples, cut into 1/2-inch slices  
2 tbsp butter, melted  
1 tbsp pure maple syrup  
1/2 tsp ground cinnamon  
pinch of nutmeg  
1 pint vanilla ice cream

### DIRECTIONS:

Preheat your grill or a cast iron grill pan to high heat. Brush both sides of the apple slices with the melted butter. Set the remaining butter aside in a small bowl. Place the apples on the grill and reduce the heat to medium-high. Grill until charred and a bit tender on each side. Remove from the heat. Add the maple, cinnamon and nutmeg to the remaining melted butter. Mix to combine.

To serve, place scoops of ice cream over the grilled apples and drizzle with the butter-maple mixture. Top with an additional sprinkling of cinnamon, if desired.

### NUTRITIONAL INFORMATION:

Per Serving  
Calories: 248  
Protein: 3g  
Fat: 13g  
Carbohydrates: 32g  
Dietary Fiber: 3g  
Sodium: 103mg  
Sugars: 27g

### PRODUCE:

- Stemilt apples (4 Fresh Blenders™, 6 Fuji, 1 Lil Snappers®, 2 Piñata®, 1 Granny Smith, 1 Gala, 5 Pink Lady®)
- Stemilt pears (4 Bartlett, 5 d'Anjou, 5-7 Bosc)
- 1 large beet
- Strawberries
- 1 package fresh baby spinach
- 2 packages mixed baby greens
- 3 oranges
- 2 limes
- 3 lemons
- 5 cups seedless red grapes
- 4 carrots
- Fresh ginger (1 large piece – roughly 4 inches)
- 1 bunch of asparagus
- Radishes
- 1 pound haricot verts
- 1 medium onion
- 4 cups diced, peeled and seeded butternut squash
- 1 red onion
- 1.5 lbs broccoli

### MEAT:

- 1 package of bacon
- 2 oz thinly-sliced Black Forest ham
- 1 cup cooked, shredded chicken
- 3 boneless, skinless chicken breasts
- 6 slices thinly sliced prosciutto

### DAIRY:

- 8 slices cheddar cheese
- 11 tbsp butter
- Brie cheese
- 2 cups shredded Monterey Jack cheese
- 5 oz. Blue cheese or Gorgonzola crumbles
- 1 pint vanilla ice cream

### GRAINS, LEGUMES & STARCHES:

- Loaf of whole wheat bread
- Package of 7-inch whole-wheat tortillas

### CONDIMENTS:

- Dijon mustard
- Blackberry jam
- Olive oil
- Peanut butter
- Balsamic vinaigrette
- Maple syrup
- Honey

### HERBS & SPICES:

- Pepper
- Salt
- Fresh rosemary
- Sugar
- Cinnamon
- Nutmeg

### FROZEN & OTHER:

- 1 tbsp candied pecans
- 3/4 cup marcona almonds
- 3 oz walnuts
- 1/2 cup unsalted, roasted sunflower seeds
- Steel-cut oats
- Mini chocolate chips
- Unsweetened coconut flakes
- Apple cider vinegar
- 32oz chicken or vegetable broth
- Skewers

