

# February



## Breakfast

### Fiesta Casserole

Chop 1 red bell pepper, 1 cup of spinach, 2 cups portabella mushrooms, 1/2 yellow onion and 3 garlic cloves. Set aside. In a large skillet, chop up and brown 3/4 uncooked sausage with casing removed in 1 tbsp of oil. For vegetarian option, do this to mushrooms or eggplant. Set aside. In another skillet, heat 1 tbsp of oil. Add veggies and sprinkle with salt and pepper. Cook for about 6-7 minutes. Set aside. Grease a 9x13 baking pan and break 3-4 slices of day old sourdough bread into pieces and layer them in the pan. In a bowl, scramble 10 large eggs with salt, pepper, 1/2 cup milk and 1/2 cup shredded cheese. Pour half of this over bread, add the sausage and veggies, then top with remaining egg. Top with 1/4 cup of cheese. Cover casserole and refrigerate for at least 2 hours. When ready to bake, allow it to come to room temperature. Bake casserole at 375 for 45-50 minutes until a toothpick comes out clean. Cool and serve! Recipe makes 12 serving. Divide into number of desired prepped meals and freeze.

## Lunch

### Cajun Chicken Fajitas

Slice 1 red bell pepper, 1 green bell pepper, and 1 yellow onion. Set aside. Chop 4 skinless chicken breast. In a large skillet over medium-high heat, heat 1 tbsp of oil and the chicken. Add 1 tbsp Tony Chachere's Creole seasoning and cook until golden brown and cooked through, 8 minutes per side. Add chopped veggies and cook until soft, 4-5 minutes. Squeeze juice of half of lime over chicken and veggies. Lay 2 large tortilla in a flat dish. Divide chicken and veggies over tortillas and roll up. Cut in half. Serve with salsa and an avocado (optional). Recipe makes 4 servings. Repeat the process to create more meals. Store in freezer safe ziplock bags and freeze.

## Dinner

### Pan-Grilled Salmon from Myrecipes.com

Boil 2 1/2 cups of water. Add 1 cup brown rice, reduce heat and cook covered for 45 minutes, until most liquid is absorbed. Let sit for 5 minutes then fluff with a fork. While rice cooks, heat a grill pan over medium-high heat. Combine 2 tsp chili powder, 1 tsp ground cumin, 1/2 tsp salt, 1/2 tsp ground coriander, 1/2 tsp ground chipotle chile powder and rub evenly over 4 salmon fillets. Coat pan with cooking spray. Add fillets to pan. Cook 4 minutes on each side or until desired doneness. While fish cooks, combine 1 cup chopped red bell pepper, 1/4 cup chopped tomato, 2 tbsp chopped red onion, 1 tbsp chopped fresh cilantro, 1 1/2 tsp fresh lime juice and 1/8 tsp salt to make a salsa. Serve with the salmon on a bed of rice. Recipe makes 4 serving. Divide into number of desired prepped meals.

## Snacks

### Snack Attack

- Banana Ice Cream: Freeze organic bananas. Blend and serve with raw cacao.
- Peanut Butter, Banana, and Honey Tortilla Roll: Spread peanut butter on a tortilla. Slice 1 banana and place on tortilla. Drizzle with honey and roll it up.
- Hummus and Bell Peppers

## Grocery List

### Pantry

- Salt and Black Pepper
- Olive oil or Butter
- Tony Chachere's Creole Seasoning
- Salt and Pepper
- Large Wheat Tortillas
- Salsa (optional)
- Brown Rice
- Chili Powder
- Ground Cumin
- Ground coriander
- Ground chipotle chile powder
- Hummus (optional)
- Peanut Butter (optional)
- Honey (optional)

### Produce

- 3 Red Bell Pepper
- 1 Green Bell Pepper
- 1 Bunch of Spinach
- Portabella Mushrooms
- 2 Yellow Onion
- 1 Red Onion
- Fresh Cilantro
- 1 Lime
- 1 Large Garlic head
- 1 Tomato
- 1 Eggplant (optional)
- Ginger root
- Avocado (optional)
- Bananas

### Dairy

- 12 Large Eggs

### Meats

- Sausage of choice
- 4 Skinless Chicken Breast
- 4 Salmon Fillets

Total: <\$55. Assuming some pre-owned pantry items. Based on Harris Teeter.

\*\*\*Price varies based on regional prices, store sales and pre-stocked items. Save more on Ibotta: <https://ibotta.com/r/aoioemv>