



# WHAT'S COOKING IN K'S KITCHEN

## MONDAY

Greek Yogurt Marinated  
Chicken  
String Beans & Shishitos  
Farro with Cherries &  
Almonds

## WEDNESDAY

Slow Cooker Moroccan  
Chicken & Olive Tagine  
Carrots  
Speedy Frozen Rice

Note: I am using dates instead of prunes  
and dried ginger instead of fresh

## FRIDAY

Leftover Chicken over Kale  
or Spinach Salad with  
apples, walnuts & cheddar  
Quesadillas

## SUNDAY

Eat Out

## TUESDAY

Our Anniversary!  
Slow Cooker Short Ribs  
Cauliflower & Regular Gnocchi  
Asparagus and/ or  
Pick Your Veggie

## THURSDAY

Breaded or Grilled Fish  
Peas with Walnuts & Feta  
Simple Pasta

## SATURDAY

Eat Out

## BIG BATCH

Gluten Free Apple Carrot Muffins  
(ACM)

Note: This uses Almond Flour & a Gluten Free  
Blend - feel free to use your favorite flours here - I  
am using Almond & a blend of Whole Wheat &  
All Purpose

Banana Bread Pancakes (BBP)

## SHOPPING LIST

### Proteins

2.5 lbs Chicken Breasts - M  
2lbs Boneless Short Ribs - T  
1.5- 2lbs Boneless Chicken Thighs - W  
Favorite Fish - TH

### Produce

String Beans - M  
Shishitos - M  
Garlic - M & T & W  
Cherries - M  
Onion - T & W  
Asparagus - T  
Carrots - W & ACM  
Peas - TH  
Spinach - F  
Kale - F  
Apples - F & ACM  
Avocados  
Tomatoes -  
Peppers  
Cucumbers  
Strawberries  
Bananas - BBP  
Grapes

### Other

Yogurt - M  
Gnocchi - T  
Red Wine - T  
Dates - W  
Olives - W  
Feta - TH  
Pesto - M  
Shredded Cheese - F  
Cheddar - F  
Unsweetened Almond Milk - ACM & BBP  
Cheese Sticks  
Salami  
Turkey  
Babybells

### Staples:

Paprika & Cumin - M & W  
Ketchup - T  
Soy Sauce - T  
Worcestershire Sauce - T  
Brown Sugar - T  
Ginger - Fresh or Dried - W  
Chicken Broth - W  
Bread Crumbs - TH  
Walnuts - H & F  
Favorite Pasta - TH  
Tortillas - F  
Ground Flax Seed - ACM & BBP  
Almond Flour or Oat Flour - ACM  
G F or Regular All Purpose Flour - ACM & BBP  
Whole Wheat Flour - BBP  
Oats - ACM  
Maple Syrup ACM & BBP  
Oat Flour - just stocking up  
Gluten Free Bread Crumbs  
Riced Cauliflower  
Frozen Zucchini  
Canned Butternut Squash  
Sandwich Bread