CREAMY PUMPKIN BRUSSELS SPROUTS GNOCCHI



GROCERY LIST



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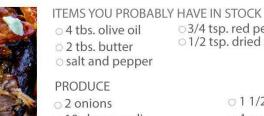
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SLOW COOKER BACON BLUE CHEESE **BRISKET**



- 2 onions
- 10 cloves garlic ○ 1 red onion
- 4 tbs. parsley
- 1 lb. brussels sprouts
- 1 1/2 tsp. rosemary
- 4 avocados
- 01 lime

○3/4 tsp. red pepper flakes

01/2 tsp. dried oregano

4 small tomatoes



DAIRY & REFRIGERATED ITEMS

- 1/2 cup grated parmesan cheese o 1 cup shredded mozzarella
- ○6 oz. blue cheese 01 oz. cream cheese
- 01/2 cup almond milk 01/2 cup Greek yogurt
- 1/2 cup almond milk 4 eggs

FROZEN FOOD ITEMS



SHRIMP ALFREDO PASTA BAKE

- MEAT, POULTRY, PORK & SEAFOOD
- 0 1 lb. medium shrimp
- 4 lbs. boneless, skinless chicken thighs
- 3.5 lbs. beef brisket

0 1 lb. thick-cut bacon

GRAINS, LEGUMES & PASTA

- 8 ounces whole wheat penne
- 1 (18-oz.) package gnocchi

CANNED & JARRED GOODS

- 1/4 cup chicken broth ○1/2 cup ketchup
- o1 (14.5-oz) can petite diced tomatoes o1/2 cup soy sauce
- 01/2 cup vegetable stock ○1 (6-oz) can evaporated milk



HONEY GARLIC CHICKEN

MISCELLANEOUS ITEMS

4 tsp. beef bouillon

○1/2 tsp. sesame seeds

- 4 slices whole wheat bread
- 1/2 cup honey
- 04 tsp. chipotle in adobo

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AVOCADO, SLICED EGG & TOMATO **TOAST**