

WEEK 1 COOKING INGREDIENTS

MONDAY: STUFFED MANICOTTI

Manicotti Pasta
Salt/Pepper
Olive Oil
Ricotta Cheese
Parmesan
Mozzarella
Parsley & Basil
Jar Sauce or
Chef Mango's Homemade Sauce
Onion
Garlic
Canned Tomatoes
Italian Seasoning

TUESDAY: GRILLING WITH CAPTAIN AMERICA

Filet Mignon (or other grilling
meat)
Portobello Mushroom Caps
Munster Cheese
Salt & Pepper
Onion & Garlic Powder

WEDNESDAY: S'MOREDILLA

Flour Tortilla
Chocolate Chips
Banana (optional)
Peanut Butter (or another nut
butter)
Marshmallows

THURSDAY: 7 LAYER DIP

Mexican Style Shredded Cheese
Blend
Tostitos Scoops
Onion Powder
Avocado
Taco Seasoning
Garlic Salt
Cherry Tomatoes
Green Onion
Refried Beans
Sour Cream
Sliced Olives

FRIDAY: STRAWBERRY PANCAKES

Strawberries
Pancake Mix
Lemon
Orange
Sugar
Maple Syrup
Vanilla
Butter
Heavy Whipping Cream
Salt
Non-Stick Spray
Zester