

Wednesday Grocery List

Meal: Mushroom and Onion Quiche

For the Crust You'll Need:

If you choose to make the crust, please make sure you leave enough time for it to sit at least 1 hour before you make the quiche.

- ☐ Flour
- ☐ Salt
- ☐ Sugar
- ☐ 2 sticks cold butter
- ☐ Ice water
- ☐ Almond Extract

For the Quiche You'll Need:

- ☐ 1 Large Onion
- ☐ 6 eggs
- ☐ Olive Oil
- ☐ Salt and pepper
- ☐ 1/2 teaspoon nutmeg
- ☐ Cayenne pepper
- ☐ 1 cup of sliced mushrooms
- ☐ Thyme
- ☐ 2 cups half n half
- ☐ 2 cups Emmentaler cheese or cheese of choice (swiss, cheddar, etc.)

Thursday Grocery List

Meal: Roasted Chicken with Cinnamon Spiced Sweet Potatoes and Beets and Carrots

For the Roasted Chicken You'll Need:

- ☐ Aluminum Foil
- ☐ 1 whole chicken
- ☐ White wine vinegar
- ☐ Salt and pepper
- ☐ 4-5 fresh sage leaves
- ☐ 3 cloves garlic
- ☐ Chicken stock
- ☐ Olive oil
- ☐ 1/2 onion

For the Cinnamon Spiced Sweet Potatoes You'll Need:

- ☐ 1 sweet potato (if needed, use more)
- ☐ Aluminum Foil
- ☐ 3 tablespoons butter (1 tablespoon per serving)
- ☐ Cinnamon stick
- ☐ White wine vinegar
- ☐ Salt and pepper

For the Beets and Carrots You'll Need:

- ☐ 1 Carrot
- ☐ 2 Medium Sized Beets
- ☐ Aluminum Foil
- ☐ 3 tablespoons butter (1 per serving)
- ☐ Salt and pepper
- ☐ White wine vinegar
- ☐ Fresh Rosemary