

- 2 cups whole wheat flour
  - 1 teaspoon baking soda
  - ½ teaspoon baking powder
  - ½ teaspoon salt
  - 1 teaspoon pumpkin pie spice
  - ⅛ teaspoon allspice \*optional
  - 1 stick unsalted butter, softened
  - 1 cup light brown sugar
  - ¼ cup granulated sugar
  - 3 large eggs
  - 1 teaspoon vanilla extract
  - 1 cup canned pumpkin
  - ½ cup chocolate chips
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- 1lb ground spicy Italian sausage (You can sub ground sweet or breakfast sausage)
  - 2 handfuls of fresh baby spinach leaves
  - 16 eggs, beaten
  - salt and pepper to taste
  - 8oz mild cheddar cheese, shredded (About 2 cups shredded)
  - 16 “burrito size” flour tortillas (The ones I bought were 8.5-9” in diameter – I bought 2 packs of 8)
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- 1lb spicy Italian sausage
  - Cottage cheese
  - Pasta sauce
  - 1 box rotini pasta
  - Mozzarella cheese
  - Red pepper flakes
  - Italian spice blend
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- 1 (10 ounce) package frozen spinach, thawed, squeeze of all excess liquid, and chopped
  - 1 1/2 cups finely chopped onion (1 large)
  - 3 tablespoons unsalted butter
  - 1 teaspoon salt
  - 1/2 teaspoon black pepper
  - 1/4 teaspoon freshly grated nutmeg
  - 8 cups cubed French or Italian bread in 1-inch cubes (1/2 lb)
  - 6 ounces coarsely grated Gruyère (2 cups)
  - 2 ounces finely grated parmesan (1 cup)
  - 2 3/4 cups milk
  - 9 large eggs
  - 2 tablespoons Dijon mustard

- 1 lb. ground beef
  - 1 package low-sodium taco seasoning (or better yet use this [Taco Seasoning!](#))
  - 4 oz. cream cheese
  - 14-16 jumbo pasta shells
  - 1.5 cup salsa
  - 1 cup taco sauce (This is a smooth, tomato based sauce found in the Mexican section)
  - 1 cup cheddar cheese
  - 1 cup monterey jack cheese
  - 3 green onions
  - Sour cream
  - frozen corn
  - 1 can black beans
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- 2-3 lb beef chuck roast
  - 2 cans (14.5 oz each) beef consomme (it is right next to the soups and beef broth)
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- chicken breasts
  - BBQ sauce
  - 1 can pineapple chunks
  - Kings Hawaiian Buns (for BBQ Chicken Sandwiches)
  - Frozen French fries
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- 3-4 boneless, skinless chicken breasts
  - 2 small cans Ro-Tel (I use the Original flavor.)
  - 1 15 oz. can Bush's Beans black beans
  - Frozen Corn
  - 2 cans chicken broth
  - 3x foil pans