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* denotes a basics recipe that can be used with a variety of seasonings or made into multiple flavors.

Batch Cooking

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Chicken

Boneless and skinless breast/thigh or chicken tenders

Apple Cranberry Chicken.....	Week 14 (vol4wk20)
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.....	Week 16 (vol4wk22)
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BBQ Chicken.....	Week 17 (vol4wk23)
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Liver

Chicken Liver Risotto.....	Week 15 (vol4wk21)
Rumaki.....	Week 17 (vol4wk23)

Pieces of your choice

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Apple and Thyme Chicken.....	Week 1 (vol4wk7)
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Chicken and Wild Rice.....	Week 27 (vol4wk33)
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Chicken Tarragon.....	Week 14 (vol4wk20)
Curried Chicken and Rice Bake.....	Week 9 (vol4wk15)
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Thighs

Braised Chicken with Pears.....	Week 20 (vol4wk26)
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Whole Chicken, cut up

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Crock-Pot

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Lamb

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Liver

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Crock-Pot Swedish Meatballs.....	Week 25 (vol4wk31)
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Hidden Veggie Spaghetti.....	Week 10 (vol4wk16)
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Mexican Tortilla Bake.....	Week 18 (vol4wk24)
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Pizza Meatloaf Cups.....	Week 20 (vol4wk26)
Quick Meatloaf.....	Week 6 (vol4wk12)
Rumaki.....	Week 17 (vol4wk23)
Shepherd's Meatloaf.....	Week 14 (vol4wk20)
Shepherd's Pie.....	Week 8 (vol4wk14)
Sloppy Joe Pot Pie.....	Week 13 (vol4wk19)
Sloppy Joes.....	Week 21 (vol4wk27)
Spaghetti Sauce.....	Week 1 (vol4wk7)
Stuffed Chard in Marinara.....	Week 24 (vol4wk30)
Sweet and Sour Meatloaf.....	Week 23 (vol4wk29)
Tacos.....	Week 12 (vol4wk18)
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Meatless Main Dish

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Greek Cauliflower.....	Week 21 (vol4wk27)
Lentil Chili.....	Week 15 (vol4wk21)
Lentil Dahl.....	Week 7 (vol4wk13)
Meatless Toastadas.....	Week 2 (vol4wk8)
Mexican Beans.....	Week 14 (vol4wk20)
Pizza Potatoes.....	Week 22 (vol4wk28)
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Quinoa and Black Beans.....	Week 26 (vol4wk32)
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Ranch Beans.....	Week 9 (vol4wk15)
Red Beans and Rice.....	Week 19 (vol4wk25)
Sweet Potato Burritos.....	Week 13 (vol4wk19)
Tomato Poached Eggs.....	Week 20 (vol4wk26)
White Bean and Broccoli Pasta.....	Week 22 (vol4wk28)

Packaged Product Replacements

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Pasta

Creamy Pesto Chicken and Pasta.....	Week 3 (vol4wk9)
White Bean and Broccoli Pasta.....	Week 22 (vol4wk28)

Pork

Bacon Latkas.....	Week 18 (vol4wk24)
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Crock-Pot Pork Curry.....	Week 16 (vol4wk22)
Eggroll in a Bowl.....	Week 25 (vol4wk31)
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Maple Sausage.....	Week 3 (vol4wk9)
.....	Week 11 (vol4wk17)
Oven Bacon.....	Week 4 (vol4wk10)
Potato Soup (ham or bacon).....	Week 20 (vol4wk26)
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Sausage Frittata.....	Week 29 (vol4wk35)
Spicy Sausage.....	Week 1 (vol4wk7)

Sauces

Aioli.....	Week 10 (vol4wk16)
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Barbeque Sauce.....	Week 6 (vol4wk12)
Cranberry Sauce.....	Week 12 (vol4wk18)
Cream of __ Soup/White Sauce.....	Week 7 (vol4wk13)
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Fruit Salsa.....	Week 3 (vol4wk9)
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Honey Mustard Dipping Sauce.....	Week 4 (vol4wk10)
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Pizza Sauce.....	Week 23 (vol4wk29)
Quick Pizza Sauce.....	Week 20 (vol4wk26)
Satay Sauce.....	Week 11 (vol4wk17)
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Spaghetti Sauce (ground beef and liver).....	Week 1 (vol4wk7)
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Soup

Apple and Butternut Soup.....	Week 1 (vol4wk7)
Asparagus Soup.....	Week 25 (vol4wk31)
Bacon, Tomato and Kale Soup.....	Week 27 (vol4wk33)
Black Bean Soup.....	Week 5 (vol4wk11)
Chicken and Dumplings.....	Week 30 (vol4wk36)
Chicken Soup.....	Week 30 (vol4wk36)
Chickpea Soup.....	Week 4 (vol4wk10)
.....	Week 18 (vol4wk24)
Chickpea and Leek Soup.....	Week 26 (vol4wk32)
Cream of Mushroom Soup.....	Week 2 (vol4wk8)
Cream of Hidden Veggie Soup.....	Week 29 (vol4wk35)
Creamy Broccoli Soup.....	Week 15 (vol4wk21)
Curried Pumpkin Soup.....	Week 12 (vol4wk18)
Eggdrop Soup	Week 23 (vol4wk29)
Enchilada Soup.....	Week 11 (vol4wk17)
Immune-Boosting Herbal Chicken Soup.....	Week 24 (vol4wk30)
Leek and Sweet Potato Soup.....	Week 10 (vol4wk16)
Mexican White Bean Soup.....	Week 7 (vol4wk13)
Peanut and Pumpkin Soup.....	Week 16 (vol4wk22)
Potato Soup	Week 2 (vol4wk8)
.....	Week 20 (vol4wk26)
Pumpkin Soup (baked in a whole pumpkin).....	Week 8 (vol4wk14)
Quick Veggie Soup.....	Week 19 (vol4wk25)
Red Lentil Soup.....	Week 3 (vol4wk9)
Roasted Cauliflower Soup.....	Week 9 (vol4wk15)
Salmon Chowder.....	Week 9 (vol4wk15)
Spinach Lentil Soup.....	Week 17 (vol4wk23)
Squash and White Bean Soup.....	Week 21 (vol4wk27)
Sweet Potato Chili Lime Soup.....	Week 8 (vol4wk14)

Sweet Potato Chowder.....	Week 13 (vol4wk19)
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Garam Marsala.....	Week 7 (vol4wk13)
Lemon Pepper Seasoning Mix.....	Week 5 (vol4wk11)
Poultry Seasoning Mix.....	Week 6 (vol4wk12)
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Barbeque Glazed Turkey Meatballs.....	Week 6 (vol4wk12)
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Hoppin' John.....	Week 17 (vol4wk23)
How to thaw a whole turkey.....	Week 12 (vol4wk18)
.....	Week 16 (vol4wk22)
Italian Dressing Mix.....	Week 7 (vol4wk13)
Maple Sausage.....	Week 3 (vol4wk9)
.....	Week 11 (vol4wk17)
Mexican Skillet.....	Week 19 (vol4wk25)
Roast Turkey.....	Week 12 (vol4wk18)
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Sausage Frittata.....	Week 29 (vol4wk35)
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Spiced Lentil Sloppy Joes	Week 29 (vol4wk35)
Spicy Sausage.....	Week 1 (vol4wk7)
Turkey Brine.....	Week 12 (vol4wk18)
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Turkey Burgers.....	Week 30 (vol4wk36)
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Baked Potatoes.....	Week 24 (vol4wk30)
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Beans in a Crock-pot.....	Week 3 (vol4wk9)
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Beans- summary of all methods.....	Week 15 (vol4wk21)
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Spiced Lentil Sloppy Joes	Week 29 (vol4wk35)
Sprouting Dry Beans.....	every issue with beans
Sweet Potato Fries.....	Week 21 (vol4wk27)
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