

NourishedKitchen.com's Food Stamp Challenge

- 3 heads Organic Hearts of Romaine (SALE): \$2.99
- 2 ¼ lbs Local Tomatoes (SALE): \$1.58
- 2 3-lb Bags Tangerines (SALE): \$5
- 1 Organic, Local Butternut Squash (SALE): \$2.56
- 1 Organic, Local Spaghetti Squash (SALE): \$2.19
- 2 lbs Fresh Asparagus (SALE): \$3.54
- 1 Bunch Beets: \$0.99
- 4.5 lbs Bananas (SALE): \$2.23
- 3.5 lbs Bananas (SPECIAL): \$0.99
- 3 Cans Coconut Milk: \$4.17
- 1 Frying Chicken (SALE): \$3.19
- 1 Pork Shoulder Roast (SPECIAL): \$3.54
- 1 lb Long Grain Brown Rice: \$1.35
- 2 lbs Buckwheat Flour: \$6.39
- Baking Soda: \$1.15
- Cream of Tartar: \$3.23
- 2 lbs Organic Carrots (SALE): \$1.49
- 2 lbs Yellow Onions (SALE): \$1.98
- Coconut Oil: \$5.39

Still in the Pantry from the last few weeks:

- Raisins
- Peanut Butter (No good on an allergen-free week)
- Sauerkraut
- Pink Beans
- Bacon Grease
- Split Peas
- Extra Virgin Olive Oil
- Whole Wheat Flour (No good on an allergen-free week)
- Barley (No good on an allergen-free week)

NourishedKitchen.com's Food Stamp Challenge

Monday:

Sunday: Coconut Rice Pudding with Raisins

Snack: Carrot Sticks

Lunch: Leftover Ground Beef and Tomatoes over Spaghetti Squash

Snack: Raisins

Dinner: Pork Pot Roast, Sauerkraut, Tangerines

To Do: Soak Beans, Bake Banana Bread

Tuesday:

Breakfast: Buckwheat Banana Bread

Snack: Tangerine

Lunch: Shredded Roast Pork over Greens with Tangerines

Snack: Carrot Sticks

Dinner: Pink Beans with Caramelized Onions and Olive Oil, Roasted Tomatoes

Wednesday:

Breakfast: Coconut Rice Pudding with Raisins

Snack: Banana

Lunch: Pink Beans with Caramelized Onions and Olive Oil, Salad of Romaine

Snack: Carrot Sticks

Dinner: Roast Chicken, Steamed Asparagus, Fresh Tomato and Onion Salad with Olive Oil, Tangerines

To Do: Soak Peas, Prepare Broth

Thursday:

Breakfast: Buckwheat Banana Bread

Snack: Tangerine

Lunch: Chicken, Tomatoes, Carrots over Lettuce

Snack: Carrot Sticks

Dinner: Asparagus and Rice Soup, Fresh Tomato & Onion Salad, Bananas Sauteed in Coconut Oil

Friday:

Breakfast: Coconut Rice Pudding with Raisins

Snack: Banana

Lunch: Asparagus and Rice Soup, Tangerine

Snack: Carrot Sticks

Dinner: Coconut-fried Chicken, Roasted Beets with Tangerine Syrup, Roasted Spaghetti Squash, Lettuce

Saturday:

Breakfast: Coconut Rice Pudding with Raisins

NourishedKitchen.com's Food Stamp Challenge

Snack: Banana

Lunch: OUT (Volunteer Meeting)

Snack: Tangerine

Dinner: TBD

To Do: Go Shopping