

	Chopped Chickpea Salad		Lamb Barbacoa		BBQ Chickpea Burgers		Creamy Red Pepper Chicken		Peach Cobbler
	Makes 8 salads		Produce:		Produce:		Produce:		Produce:
<input type="checkbox"/>	Produce:	<input type="checkbox"/>	1 orange	<input type="checkbox"/>	Red onion	<input type="checkbox"/>	1 Red bell pepper	<input type="checkbox"/>	8 large peaches
<input type="checkbox"/>	6 celery ribs	<input type="checkbox"/>	4 garlic cloves	<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>	4-6 Garlic cloves		Grocery:
<input type="checkbox"/>	2 bell peppers	<input type="checkbox"/>	Cauliflower for rice	<input type="checkbox"/>	Sweet potatoes (optional side)	<input type="checkbox"/>	1- Onion	<input type="checkbox"/>	Flour
<input type="checkbox"/>	1 cup radishes		Meat:	<input type="checkbox"/>	Packaged salad (Optional side)	<input type="checkbox"/>	Parsley (Garnish)	<input type="checkbox"/>	Baking powder
<input type="checkbox"/>	Red onion	<input type="checkbox"/>	3 lbs Lamb shoulder	<input type="checkbox"/>	Burger toppings		Meat:	<input type="checkbox"/>	Salt
<input type="checkbox"/>	1 lemon		Grocery:		Grocery:	<input type="checkbox"/>	2- Large chicken breasts	<input type="checkbox"/>	Unsalted butter
	Grocery:	<input type="checkbox"/>	Beef broth	<input type="checkbox"/>	1 cup walnuts		Grocery:	<input type="checkbox"/>	Heavy cream
<input type="checkbox"/>	Barley	<input type="checkbox"/>	Apple cider vinegar	<input type="checkbox"/>	Oil	<input type="checkbox"/>	3.5 oz Pancetta	<input type="checkbox"/>	Bourbon (optional)
<input type="checkbox"/>	30 oz chickpeas	<input type="checkbox"/>	Hot sauce	<input type="checkbox"/>	2 cups chickpeas	<input type="checkbox"/>	4.2 oz Sun dried tomatoes	<input type="checkbox"/>	Vanila
<input type="checkbox"/>	Feta	<input type="checkbox"/>	Cumin	<input type="checkbox"/>	2 TBSP mustard	<input type="checkbox"/>	.5 cup chicken stock	<input type="checkbox"/>	Corn starch
<input type="checkbox"/>	Olive oil	<input type="checkbox"/>	Cinnamon	<input type="checkbox"/>	2 TBSP ketchup	<input type="checkbox"/>	.75 cup heavy cream	<input type="checkbox"/>	Brown sugar
<input type="checkbox"/>	White wine vinegar	<input type="checkbox"/>	Coriander	<input type="checkbox"/>	Liquid smoke/ can sub. for smoked paprika	<input type="checkbox"/>	2 TBSP tomato paste	<input type="checkbox"/>	Cinnamon
<input type="checkbox"/>	Honey	<input type="checkbox"/>	Oregano	<input type="checkbox"/>	Worcestershire sauce	<input type="checkbox"/>	1 oz Grated parmesan	<input type="checkbox"/>	Nutmeg
<input type="checkbox"/>	Dijon mustard	<input type="checkbox"/>	Chipotle powder (optional)	<input type="checkbox"/>	Smoked paprika	<input type="checkbox"/>	Olive oil	<input type="checkbox"/>	Ground ginger
		<input type="checkbox"/>	Salt	<input type="checkbox"/>	Garlic powder	<input type="checkbox"/>	Unsalted butter	<input type="checkbox"/>	Sugar
		<input type="checkbox"/>	Pepper	<input type="checkbox"/>	Salt	<input type="checkbox"/>	Salt	<input type="checkbox"/>	Whipped Cream (optional)
		<input type="checkbox"/>	Bay Leaves	<input type="checkbox"/>	Pepper	<input type="checkbox"/>	Pepper		
		<input type="checkbox"/>	Black beans(optional)	<input type="checkbox"/>	Tabasco (optional)	<input type="checkbox"/>	Oregano		
		<input type="checkbox"/>	Salsa(optional)	<input type="checkbox"/>	BBQ sauce	<input type="checkbox"/>	Thyme		
				<input type="checkbox"/>	Buns (optional)	<input type="checkbox"/>	Smoked paprika		
				<input type="checkbox"/>	Cheese (optional)	<input type="checkbox"/>	Red pepper flakes (optional)		
						<input type="checkbox"/>	Rice (I used wild rice)		
						<input type="checkbox"/>	White wine (See blog for substitution)		