



## PRODUCE

Carrots, Kale, Rutabaga, Parsnips, Lettuce

## PANTRY

Chickpeas, Red Lentils, Buckwheat Flour  
Bulgur, Steel Cut Oats, Barley



## BREAKFAST

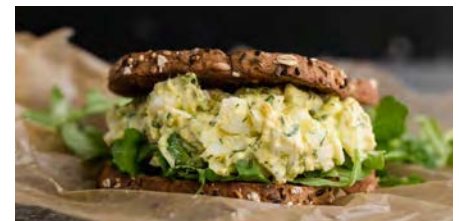
I love this set of breakfast recipes because they can easily be adapted based on what you have on hand/leftover from other recipes. The egg bake is great for roasted vegetables while the pancakes are a solid base for fresh fruit or curd.

Savory Oatmeal with Garlicky Kale  
Simple Vegetable Egg Bake  
Buttermilk Buckwheat Pancakes

## LUNCH

During the cooler months, carrots are one of my favorite go-to lunch options. They are easy to prepare, flavorful, and are fairly cheap compared to other produce. I also use dinner leftovers as denoted below.

Carrot Salad with Miso-Lemon Dressing  
Curried Carrot Soup  
Egg Salad Sandwich



## DINNER

Use the chili and pasta recipe as leftovers for the lunch. Also, the garlicky greens are part of breakfast too!

Garlicky Kale Pizza  
Bulgur Vegetarian Chili  
Roasted Rutabaga Pasta  
Buffalo Chickpea Salad  
Baked Barley Risotto with Carrots