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

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Chicken

Boneless and skinless breast/thigh or chicken tenders

Apple Cranberry Chicken.....	Week 14
Apple and Maple Chicken.....	Week 18
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Breast, with bone and skin

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BBQ Chicken Wraps.....	Week 28
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Chicken Adobo.....	Week 15
Chicken and Wild Rice.....	Week 27
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Chicken Salad Satay.....	Week 28
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Forbidden Chicken	Week 26
Quick Pan-Seared Chicken.....	Week 5

Cooked, Cubed/Shredded Meat

BBQ Chicken Wraps.....	Week 28
Chicken and Broccoli Quinoa.....	Week 21
Chicken Pot Pie.....	Week 7
Turkey Pot Pie (instructions for chicken included).....	Week 14
Chicken and Dumplings	Week 30
Chicken Soup.....	Week 30
Creamy Pesto Chicken and Pasta.....	Week 3
Crock-Pot Chicken Tortilla Soup.....	Week 14
Mexican White Bean Soup.....	Week 7

Tamale Pie.....	Week 3
White Chicken Chili.....	Week 6
Liver	
Chicken Liver Risotto.....	Week 15
Rumaki.....	Week 17
Pieces of your choice	
Apple and Maple Chicken.....	Week 10
Apple and Thyme Chicken.....	Week 1
Brined and Broiled Chicken.....	Week 11
BBQ Chicken.....	Week 17
BBQ Chicken Wraps.....	Week 28
Chicken Adobo.....	Week 15
Chicken and Wild Rice.....	Week 27
Chicken Brine.....	Week 12
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Chicken Cacciatore.....	Week 10
Chicken Tarragon.....	Week 14
Curried Chicken and Rice Bake.....	Week 9
Forbidden Chicken	Week 26
Smothered Chicken.....	Week 4
Thighs	
Braised Chicken with Pears.....	Week 20
Brined and Broiled Chicken.....	Week 11
BBQ Chicken.....	Week 17
BBQ Chicken Wraps.....	Week 28
Chicken Adobo.....	Week 15
Chicken and Wild Rice.....	Week 27
Chicken Brine.....	Week 12
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Curried Honey Mustard Chicken	Week 29
Forbidden Chicken	Week 26
Honey Mustard Chicken Thighs.....	Week 18
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BBQ Chicken Wraps.....	Week 28
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Crock-Pot Roast Chicken.....	Week 22
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Whole Roast Chicken	Week 25

Whole Chicken, cut up

Apple and Maple Chicken.....	Week 10
Apple and Thyme Chicken.....	Week 1
BBQ Chicken Wraps.....	Week 28
Chicken Cacciatore.....	Week 10
Chicken Tarragon.....	Week 14
Curried Chicken and Rice Bake.....	Week 9
Smothered Chicken.....	Week 4

Wings

Honey Garlic Chicken Wings.....	Week 23
Teriyaki Chicken Wings.....	Week 27

Condiments

Aioli.....	Week 10
Coconut Milk Yogurt.....	Week 23
Caramelized Onions.....	Week 28
Dairy Yogurt.....	Week 21
Dairy-Free Ricotta Cheese Substitute.....	Week 30
Mayonnaise.....	Week 25
Sauerkraut.....	Week 5

Crock-Pot

Baked Beef Stew (crock-pot instructions given as alternate).....	Week 8
BBQ Chicken.....	Week 17
BBQ Chicken Wraps.....	Week 28
Beef Roast*.....	Week 2
Beef Roast*.....	Week 13
Beef Stew*.....	Week 4
Black Bean Soup.....	Week 5
Chicken Cacciatore.....	Week 10
Chuck Wagon Meatballs.....	Week 19
Crock-Pot Beef Fajitas.....	Week 23
Crock-Pot Beef Stew.....	Week 12
Crock-Pot Chocolate Tapioca Pudding.....	Week 11
Crock-Pot Chicken Casserole.....	Week 29
Crock-Pot Chicken Tortilla Soup.....	Week 14
Crock-Pot Curried Chickpeas and Kale.....	Week 1
Crock-Pot Italian Beef.....	Week 7
Crock-Pot Pork Curry.....	Week 16
Crock-Pot Pumpkin Pudding.....	Week 8
Crock-Pot Roast Chicken.....	Week 22
Crock-Pot Sugared Nuts.....	Week 17
Crock-Pot Swedish Meatballs.....	Week 25
Crock-Pot Swiss Steak.....	Week 21
Crock-Pot Tapioca Pudding.....	Week 23
Cooking dry beans in a crock-pot.....	Week 3
Italian Roast.....	Week 22
Mexican White Bean Soup.....	Week 7
Pineapple Gingered Chicken.....	Week 16

Pineapple Meatballs.....	Week 17
Pizza Potatoes.....	Week 22
Potato Soup.....	Week 2
Potato Wedges.....	Week 18
Red Lentil Soup.....	Week 3
Roast Chicken*.....	Week 2
Slow Cooker Pear Oatmeal.....	Week 26
Spinach Lentil Soup.....	Week 17
Thai Beef with Carrots.....	Week 19
Veggie Heavy Chili.....	Week 4
White Chicken Chili.....	Week 6

Desserts

Apple and Pear Cobbler.....	Week 25
Apple Spice Cake.....	Week 3
Basic Custard.....	Week 2
Basic Custard (version II).....	Week 27
Black Bean Brownies.....	Week 18
Butternut Squash and Pears.....	Week 13
Chocolate Banana Clafouti.....	Week 14
Chocolate Chickpea Cake.....	Week 17
Chocolate Chip Nut Butter Impossible Pie.....	Week 4
Chocolate Euphoria.....	Week 24
Chocolate Pudding.....	Week 26
Cinnamon Rolls.....	Week 16
Coconut Milk Yogurt.....	Week 23
Crock-Pot Apple Dijon Pork Roast.....	Week 17
Crock-Pot Chocolate Tapioca Pudding.....	Week 11
Crock-Pot Pumpkin Pudding.....	Week 8
Crock-Pot Sugared Nuts.....	Week 17
Crock-Pot Tapioca Pudding.....	Week 23
Crustless Coconut Custard Pie.....	Week 30
Crustless Pumpkin Pie.....	Week 12
Dairy Yogurt.....	Week 21
Eggless Chia Chocolate Pudding.....	Week 26
Graham Crackers.....	Week 16
Grandma Coffey's Icebox Fruitcake.....	Week 16
Homemade Caramels.....	Week 16
Lemon Ginger Bean Brownies.....	Week 7
Nog Pops.....	Week 13
Nut Butter Cookies.....	Week 29
Nut Butter Cups.....	Week 9
Peanut Butter (or Other Nut Butter) Squash Blondies.....	Week 21
Peppermint Patties.....	Week 22
Pie Crust (gingersnaps).....	Week 12
Popcorn Balls.....	Week 1
Pumpkin Blondies.....	Week 19
Pumpkin Pie.....	Week 12
Rich Chocolate Pudding*.....	Week 6

Sticky Buns.....	Week 16
Sweet Potato Bread Pudding.....	Week 15
Vanilla Ice Cream*	Week 5
Vanilla Pudding.....	Week 28
Vanilla Snow Cream.....	Week 20
Whole Grain Blondie Bars.....	Week 10
Whoopie Pies (and Frosting).....	Week 24

Dips

Bean Dip.....	Week 17
Hummus.....	Week 17

Drinks

Cold Eggnog.....	Week 16
Cranberry Punch.....	Week 16
Hot Chocolate	Week 16
Mulled Cider.....	Week 12

Fish

Baked Fish Sticks.....	Week 5
Baked Fish with Mushrooms.....	Week 24
Fish Cacciatore.....	Week 28
Fish Sticks.....	Week 21
Garlic Lemon Salmon Packets.....	Week 26
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Ginger Mustard Mahi Mahi.....	Week 4
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Salmon Patties.....	Week 19
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Salmon with Fruit Salsa.....	Week 3
Teriyaki Salmon (or Tuna).....	Week 22

Grains

Asian Pilaf.....	Week 24
Basic Rice Pilaf*.....	Week 2
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Basic Quinoa*.....	Week 5
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Cranberry Quinoa Pilaf..... Week 16

Hidden Veggies

Apple Spice Cake..... Week 3
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Veggie Heavy Chili..... Week 4

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Greek Lamb Burgers..... Week 20
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Lamb Stir-Fry Week 18

Liver

Basic Taco Meat..... Week 3
Chicken Liver Risotto..... Week 15
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Mexican Tortilla Bake..... Week 18
Mexican Skillet..... Week 19
Pizza Meatloaf Cups..... Week 20
Quick Meatloaf..... Week 6
Rumaki..... Week 17
Shepherd's Meatloaf..... Week 14
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Spaghetti Sauce..... Week 1
Stuffed Chard in Marinara..... Week 24
Sweet and Sour Meatloaf..... Week 23

Tacos.....	Week 12
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Veggie Heavy Chili.....	Week 4

Meatless Main Dish

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Lentil Chili.....	Week 15
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Pork

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Hoppin' John.....	Week 17
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Oven Bacon.....	Week 4
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Red Beans and Rice.....	Week 19
Rumaki (bacon).....	Week 17
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Spicy Sausage.....	Week 1

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Spicy Sausage.....	Week 1
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Turkey Burgers.....	Week 30
Turkey Chili.....	Week 27
Turkey Meat Loaf.....	Week 5
Turkey Pot Pie.....	Week 14

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