

HONEY BREAD



Meal 1: Cheesy Chicken Sausage Pasta with Broccoli, Mozzarella, and Homemade Marinara Sauce

1/2 lb fresh humane chicken sausage
1 onion, minced
Fresh organic garlic, minced
28 oz organic crushed tomatoes
3 oz organic tomato paste
16 oz organic whole wheat penne
8 oz organic broccoli florets
California extra virgin olive oil
Salt, pepper, organic Italian herbs
8 oz part-skim mozzarella cheese
1/2 bunch organic fresh parsley



Meal 3: Hearty Chicken Stew with Carrots, Celery, and Potatoes

1 onion
1 lb carrots, sliced thin
2 stalks celery, finely chopped
Fresh organic garlic, minced
1.5 lb humane chicken thighs
2 large russet potatoes
32 oz organic vegetable broth
1/2 bunch organic fresh parsley
California extra virgin olive oil
2 tbs whole wheat flour
Salt, pepper, organic Italian herbs,
organic dried sage



Meal 2: Plant-Based Chickpea Curry with Broccoli and Quinoa

1 onion, minced
3 (15 oz) cans chickpeas
Salt, pepper, organic curry powder
Fresh organic garlic, minced
15 oz organic light coconut milk
3 oz organic tomato paste
8 oz organic broccoli florets
1/2 lb organic quinoa, cooked
California extra virgin olive oil
1 bunch fresh cilantro



+Free Loaf of Honey Bread!

100% Whole Wheat flour
Yeast
Salt
Water
Honey
Olive oil (*to brush the bread pan*)

1 of: 365 by Whole Foods Market, Sage Organic, 1.23 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$4.99
Condition: New	
0.50 lb of: Chicken Sausage Link Garlic Herb Step 1 Sold by: Whole Foods Market (seller profile) Supplied by: Other	(\$6.99/lb) \$3.50
Condition: New	
1 of: 365 by Whole Foods Market, Mozzarella Bar, 8 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$3.29
Condition: New	
1 of: 365 by Whole Foods Market, Seasoning Italian Organic, 1 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$2.79
Condition: New	
1 of: Herb Parsley Curly Bunch Organic, 1 Each Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$1.79
Condition: New	
1 of: Herb Cilantro Conventional, 1 Bunch Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$1.39
Condition: New	
1 (0.13 lb) of: Organic Garlic Sold by: Whole Foods Market (seller profile) Supplied by: Other	(\$5.99/lb) \$0.78
Condition: New	
1 of: 365 by Whole Foods Market, Organic Vegetable Broth, 32 Fl Oz Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$3.19
Condition: New	
1 of: 365 by Whole Foods Market, Small Batch California Extra Virgin Olive Oil, 16.9 Fl Oz Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$7.99
Condition: New	
1 (1.56 lb) of: 365 By Whole Foods Market, Boneless Skinless Chicken Thighs Sold by: Whole Foods Market (seller profile)	(\$5.49/lb) \$8.56
1 of: Celery Bunch Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$2.69
Condition: New	
2 (1.66 lb) of: Russet Potato Sold by: Whole Foods Market (seller profile) Supplied by: Other	(\$1.29/lb) \$2.14
Condition: New	
1 of: 365 by Whole Foods Market, Organic White Quinoa, 16 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$4.99
Condition: New	
1 of: Whole Foods Market, Organic Muchi Curry Seasoning, 2.08 oz Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$4.99
Condition: New	
3 of: 365 by Whole Foods Market, Unsalted Garbanzo Beans, 15.5 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$0.99
Condition: New	
1 of: 365 by Whole Foods Market, Organic Light Coconut Milk, 13.5 Fl Oz Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$1.99
Condition: New	
3 (1.29 lb) of: Onion Yellow Conventional, 1 Each Sold by: Whole Foods Market (seller profile) Supplied by: Other	(\$1.69/lb) \$2.18
Condition: New	
1 of: 365 by Whole Foods Market, Organic Crushed Tomatoes With Basil, 28 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$3.29
Condition: New	
1 of: 365 by Whole Foods Market, Organic Whole Wheat Penne Rigate, 16 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$2.39
Condition: New	
1 of: 365 by Whole Foods Market, Peeled Baby Carrots, 16 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$0.99
Condition: New	
1 of: 365 by Whole Foods Market, Organic Tomato Paste, 6 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$1.29
Condition: New	
1 of: 365 by Whole Foods Market, Broccoli Florets Organic, 16 Ounce Sold by: Whole Foods Market (seller profile) Supplied by: Other	\$2.39

Total cost of ingredients
(Whole Foods) = \$70.57

Adjustments for ingredients
using only partial containers
(unused ingredients can be
saved and used in the future)

- \$3.99 (using 1/6 of dried sage)
- \$1.40 (using 1/2 of Italian herbs)
- \$3.99 (using 1/2 of olive oil)
- \$2.01 (using 1/4 of celery)
- \$2.49 (using 1/2 of quinoa)
- \$3.29 (using 1/3 of curry powder)

Adjustments = - \$17.17

Total cost of ingredients
used = \$53.40

*Note: the cost of salt, pepper, and
whole wheat flour add a minimal
amount to the cost and are therefore
not included in the calculation.*