

# July Cooking With Kendra

27 items

## Fruits

- 1 cup Apple ●
- 1/2 Avocado ●

## Breakfast

- 1 1/4 cups All Natural Peanut Butter ■

## Seeds, Nuts & Spices

- 1/4 tsp Black Pepper ★
- 1 tsp Curry Powder ●
- 1 tsp Dried Rosemary ★
- 1 tsp Dried Thyme ★
- 1 tsp Ground Sage ★
- 3 Tbsp Pine Nuts ●
- 1 tsp Sea Salt ★
- 1/2 cup Sunflower Seeds ■  
or pumpkin seeds

## Vegetables

- 2 cups Baby Spinach ●
- 2 Carrot ★
- 2 stalks Celery ★
- 1 Yellow Onion ★

## Boxed & Canned

- 3 1/4 cups Puffed Quinoa ■

## Baking

- 1/3 cup Dark Chocolate Chips ■
- 1/2 cup Raw Honey ■
- 3/4 cup Unsweetened Shredded Coconut ■
- 1 tsp Vanilla Extract ■

## Bread, Fish, Meat & Cheese

- 1 serving Chicken Bones ★
- 3 cups Rotisserie Chicken Shredded ●
- 1 Whole Wheat Hamburger Buns ●  
(Optional for Chicken Salad Sandwich)

## Condiments & Oils

- 1 tbsp Apple Cider Vinegar ●
- 1 T Honey Mustard ●
- 1/4 cup Mayonnaise ●

## Cold

- 1/4 cup Plain Greek Yogurt ●  
or sour cream

Each item is labeled by recipe in case you only plan on making 1 or 2 options rather than all 3

- - Curried Chicken Salad
- ★ - Bone Broth
- - Chocolate Peanut Butter Dessert Bars

\*\*\* Also, the bones from the Rotisserie Chicken will be used for the bone broth. You may want to shred the chicken ahead of time in order to allow the chicken to cool.