

“What’s In My Fridge?”

Shopping List

- Organic Eggs
- Chicken Sausage
- Turkey Bacon
- Coconut Milk
- Greek Yogurt
- Parmesan Cheese
- Apples
- Blueberries
- Broccoli
- Salad Dressing
- Flaxseed
- Brown Rice
- Dave’s Killer Bread

Recipe Shopping List for additional items

Health (and still yummy) Egg Salad

- 6 large organic eggs
- ½ cup low-fat mayonnaise
- 2 tablespoons whole-grain mustard
- Sea salt and freshly ground black pepper
- 2 scallions (white and green)
- 1 rib celery
- 2 radishes, chopped fine
- 1 chopped dill pickle
- 8 romaine lettuce leaves
- 1 cup chopped flat leaf parsley (optional)

My “Skinny Mint” Hot Chocolate Recipe

- 1 cup of coconut milk (I use Silk or So Delicious brand)
- 1 Tbs. unsweetened cocoa powder (I use Hershey’s or Trader Joe’s brand)
- 1 tsp. of Agave sweetener
- 3-4 drops of mint extract

Deborah’s Healthy French Toast for Finicky Teenagers!

- 2 large egg whites
- 1 large egg
- ¾ cup(s) low-fat (1%) milk or Coconut milk
- ¼ teaspoon(s) vanilla extract
- Salt
- 2 teaspoon(s) butter or coconut oil
- 8 slice(s) Dave’s Killer Bread
- Maple syrup or Agave syrup (optional)
- Fresh or defrosted and drained blackberries, raspberries, and blueberries (optional)