



CULTIVATING CHANGE, ONE MEAL AT A TIME

Meal Kit Week: 06/13/26 – 06/19/26

Meat & Protein

- 1-2 chicken thighs
- 1 chicken breast
- ½ lb ground turkey, chicken, or Italian sausage
- 1 lb chicken breast or thighs

Dairy & Refrigerated (or Substitutes)

- Butter or margarine
- 2 ½ cup shredded cheese (cheddar, Monterey Jack, or mozzarella—optional)
- ½ cup sour cream (or Greek yogurt)

Pantry / Dry Goods

- Oil (olive or other neutral)
- Soy sauce
- White vinegar
- Cornstarch
- Rice
- 1½ cups cooked rice or quinoa
- Lentils
- Brown sugar

Dry Herbs / Spices

- salt
- Pepper
- Thyme
- Paprika, smoked is best
- Cumin
- Oregano
- Chili powder
- ½ tsp chipotle powder or minced chipotle in adobo

Soups, Broth & Canned Goods

- 9 cups broth or equivalent bullion+water
- 1 can cream of chicken soup (optional)
- Tomato paste
- 1 can pineapple chunks

Bread / Bakery

- 8 medium flour tortillas

Frozen Veg

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