

# Meal Kit List

## Week 1: Flatbread Pizza and Side Salad

### Fruit:

- no fruits this week

### Vegetables:

- 1 crown broccoli- \$1.04 per crown
- 2 bell peppers- \$1.99 each
- 1 bag of spring mix  
\$1.50 per 5 ounce bag
- 1 tomato- \$0.46 each
- 1 cucumber- \$0.67 each

### Protein:

- Optional: Add your own shredded chicken, ground turkey or black beans

### Dairy:

- 1 bag part-skim mozzarella shredded cheese  
\$2.19 per 8 ounce bag

### Grains:

- Flatbread, Flatout Brand Wheat  
\$3.29 per bag of 6

### Herbs, Spices & More:

- Marinara Sauce  
\$0.99 per jar
- 1 garlic bulb  
\$0.42 per bulb
- Kens Simply Balsamic Vinaigrette  
\$2.79 per bottle

Grocery cost: \$17.33

Recipe cost: \$16.49

Cost per meal: \$2.75

\*prices found at your local Wegmans store

Healthy Options<sup>®</sup>

Cooking at Home

# Flatbread Pizza with a side salad

## Week 1 Recipe

### Ingredients:

- 6 Flatbread- Flatout brand- wheat
- 1 1/4 cup smooth marinara
- 1 cup part skim mozzarella
- 1/3 cup garlic, minced
- 1 bell pepper, chopped
- 1 large crown broccoli, chopped

### For the Salad:

- 1 5oz bag of spring mix
- 1 bell pepper
- 1 tomato, chopped
- 1 cucumber, chopped
- 2 Tbsp. balsamic vinaigrette per serving

### Optional Homemade Dressing:

1/4 cup olive oil, 3 Tbsp. balsamic vinegar, 3/4 tsp honey, 1 head garlic minced and 1 tsp. pepper



### Directions:

1. Preheat oven to 375F.
2. Bring 3 cups water to boil in a large pot. Add broccoli and cook for 2 minutes. Chop when cooled down.
3. Spread marinara over the flatbread.
4. Sprinkle with 1/4 cup cheese each.
5. Top with as many veggies as you want, the greener the better!
6. Bake for 10-15 minutes.
7. Wash and chop veggies for salad.
8. Place veggies in a mixing bowl and toss with salad dressing.
9. Enjoy!