

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


Cooking at Home

Grocery cost: \$17.33

Recipe cost: \$16.49

Cost per meal: \$2.75

*prices found at your local Wegmans store

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!

Nutrition Facts

servings per container
Serving size 1 Flatout Bread
with side salad

Amount per serving

Calories **330**

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 660mg **29%**

Total Carbohydrate 30g **11%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 20g

Vitamin D 0mcg **0%**

Calcium 301mg **25%**

Iron 2mg **10%**

Potassium 230mg **4%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.