

THE SHOPPING LIST

Round One

Yield: 25 full Pesto Wraps, 25 full Breakfast Burritos, and 30 jumbo Broccoli-Cheese Corndog Muffins (or 60 regular-size “half-portion” muffins, or any combination thereof that you may need, depending on lunchers’ sizes) – that’s 6-weeks-and-2-days’ worth of lunches for my family, possibly more for yours, all in one day! Plus snacks, because we’re freakin’ awesome.

Ingredients

- 50 whole wheat burrito-sized tortillas
- 8oz fresh basil*
- 1 head garlic*
- 8 oz grated parmesan cheese*
**We will be making our own nut-free pesto, which takes just over five minutes to do. However, if you prefer, or if you do not own a food processor or a strong blender, you can skip these ingredients and simply buy pre-made pesto – you’ll need about 2.5 cups for the 25 wraps*
- Olive oil
- 4 pounds boneless/skinless chicken breasts
May use frozen, but allow for extra time to thaw/cook;
-  *May substitute 3 lb of Mozzarella cheese - no need for grating!*
- 3 large red bell peppers (or jar of whole roasted bell peppers)
- 1 lb Monterrey Jack or Cheddar cheese
You can buy pre-shredded, but I hate the desiccated processed stuff, and hate paying for the good stuff that’s pre-shredded - would much rather shred myself, by hand or with the grating attachment in my food processor.
- 1 lb Cheddar cheese (in addition to above cheese)
- 29 eggs
 *May substitute with 2lb of Monterrey Jack cheese, and an extra two 15oz cans of black beans in Breakfast Burritos*
 *Use egg substitute or ground flax seed in muffins to substitute in muffins - equivalent of 5 eggs)*
- 2 x 15oz cans of black beans
 *Will need four cans, as above, if not using eggs in wraps*
- 1 jar mild salsa
I usually make my own when using spicy, but admittedly just buy premade when mild!
- 3 medium-sized apples (if you own a dehydrator and want to make apple chips)
- Ground cinnamon
- 5 cups yellow cornmeal
- 5 cups all-purpose flour
- 1 ¼ cups sugar
- ¼ cup baking powder
- ¼ tsp salt
- 30 all-beef hotdogs (*omit if desired*) 
- 5 cups buttermilk (*or I also love to use 3 cups greek yogurt and 2 cups milk instead*)
- 2 medium broccoli crowns (*approx. 3-4 cups once cooked and chopped*)
- 5 lbs tomatoes
- 2 onions
- 4.5 sticks unsalted butter
No worries about using this much butter. Remember, it gets distributed throughout almost 200 servings of food ... we’re prepping ingredients for round two, as well!