

PROTEIN

- 30 oz. cooked beef Pot Roast

PRODUCE

- 1 Tbsp. chopped fresh parsley
- Chopped fresh basil (garnish)
- 2 tsp. minced garlic
- 5 oz. fresh spinach, chopped
- Celery
- Carrots
- Green onions (thin strips)
- Cucumber (thin strips)
- Avocado (thin strips)

DRY GOODS/PANTRY

- 20 uncooked jumbo pasta shells (about 8 oz.)
- 1 jar (24 oz.) pasta sauce
- 2 cups cooked white rice
- 4 sheets nori (dried seaweed) (about 8-inch squares)
- ¼ cup Asian-style dressing
- Soy sauce (optional dipping sauce)
- Wasabi paste (optional topping)
- Pickled ginger (optional topping)
- 1 (12 oz.) can artichoke hearts, drained
- 1 tsp. freshly ground black pepper
- 2 tsp. granulated garlic

REFRIGERATOR

- 1 cup low-fat cottage cheese
- 8 oz. cream cheese
- ¾ cup grated Parmesan cheese
- ½ cup shredded Parmesan cheese
- 1 cup mozzarella cheese
- ¾ cup sour cream
- 1 large egg, slightly beaten

FULL RECIPES

[Beefy Italian Stuffed Shells](#)

[Sushi-Style Beef Roll](#)

[Cheesy Beef Artichoke Dip](#)