

## PROTEIN

- 1 lb. Ground Beef (96% lean)
- 5 lbs. beef Ribeye Roast boneless
- 5 lbs. whole beef Tenderloin Roast

## PRODUCE

- 1 T. chopped fresh parsley
- 2 T. chopped fresh thyme
- 3 T. finely chopped shallots
- 2 medium heads garlic

## DRY GOODS/PANTRY

- 1/4 c. seasoned dry breadcrumbs
- 3/4 t. salt
- 1 T. + 2 1/8 t. course grind black pepper
- 3/4 c. apricot preserves
- 3/4 c. barbecue sauce
- 2 T. Dijon-style mustard
- 2 t. olive oil
- 1 c. reduced-sodium beef broth
- 2 T. dry sherry
- 1/3 c. balsamic vinegar
- 1 can (16 oz.) whole berry cranberry sauce

## REFRIGERATOR

- 2 egg whites
- 1/2 c. half-and-half

## FULL RECIPES:

[Mini Meatballs with Apricot Dipping Sauce](#)

[Peppered Rib Roast with Roasted Garlic Sauce](#)

[Beef Tenderloin with Easy Cranberry Balsamic Sauce](#)