

#EARHUSTLECHALLENGE

Prison is a culture of constraint.

You're told what and when to eat, what to wear, when to shower, when you can talk to loved ones, what you can keep in your cell ... the list goes on and on.

While we obviously can't replicate what it feels like to be inside, we invite you to explore the experience of constraint with us as we attempt to eat, work out, dress, and shower following the routines of our colleagues inside San Quentin for 30 days.

A MESSAGE FROM NIGEL POOR

For many years, I have been beguiled by the performance artist [Tehching Hseih](#), who in the 1970s and 80s created an intense series of durational performance art pieces that investigated and challenged how we engage with freedom of choice, constraint, and time. Over the course of five year-long pieces, Hseih voluntarily withdrew from what most people would consider a normal interactive life. For his first project, "Cage Piece," which lasted from September 30, 1978 to September 29, 1979, Hseih locked himself in a cage he built in his studio, furnished with only a wash basin, light, pail, and a single bed. He did not allow himself to talk, read, write, or listen to a radio or TV. Once a day, his food was brought to him and his waste was removed. The next year, he engaged in a project called "The Time Clock Piece," where he was held not in space, but by time: bound to a time clock he had to punch every hour, on the hour, for 365 days. These unusual works investigate repetition, time, waiting, patience, anticipation, and free thinking.

When I started going into San Quentin in 2011, I thought a lot about Hseih's work, as it seemed to touch on some of what is encountered when you enter the prison system. To be very clear, I am not equating performance art with incarceration. What I am saying is that incarceration forces some of the same issues Hseih was so interested in. For me, Hseih's primary question is: What makes a life? It is a question I am constantly asking myself, and for me it is a primary directive when working on our stories. Ear Hustle is a project that looks at the everyday experience of life inside and life post-incarceration; we are dedicated to telling stories about making a life where you are. I don't believe that life is ever on hold. We always have the possibility of moving forward, even in situations that require us to live in deprivation. It isn't easy, but it is possible, to find meaning and have meaning.

Life inside prison is many things, not easily defined, but one universal aspect is the experience of losing the freedoms we take for granted on the street. This removal of freedom of choice affects every aspect of how time is spent in prison: you are told what and when to eat, what to wear, when to shower, when you can make calls, who you can spend time with, the list goes on and on. These rules and constraints affect the mind, body, and spirit in ways that are clearly detrimental, but they can also push people to dig deep into themselves and find determination and resources that are powerful and life altering.

Pondering this inspired me to come up with our own Ear Hustle challenge. For 30 days, starting October 3, 2021, we are embarking on an experiment to explore the effects of constraint.

Members of the outside Ear Hustle team will attempt to eat, work out, dress, and shower following the routines of our colleagues inside San Quentin. We'll be keeping audio diaries about the experience, noting how our health, well-being, and sense of time are affected. This is also Ear Hustle's first truly interactive episode. All month, we'll be sharing recipes, workout videos, routines, and updates, and inviting listeners to join us in this exploration through voicemails and social media. We'll be including some of these listener contributions in a December 2021 episode.

We are not trying to re-create the work of Tehching Hsieh, nor are we trying to say we can re-create on the outside what is experienced inside prison. What we are doing is simply taking away some of the freedoms we enjoy out here and replacing them with some of the constraints imposed inside. Through that process, we want to track what is lost and what we let go of, and spend time thinking about how values and insights change when you take away the ability to freely control some of life's daily choices.

Thank you again for joining us in this exploration of constraint.

#EARHUSTLECHALLENGE

DAILY ROUTINE

Wake up: 5:30 am

Breakfast: 6:15-6:45 am

Work out (New York works out 6:30-7:45 am or 6:00-8:30 pm; no shower allowed after 9:00 pm)

Shower: 5-7 minutes (no baths)

Lunch: anytime

Dinner: 5:15-5:45 pm

Work out (New York works out 6:30-7:45 am or 6:00-8:30 pm; no shower allowed after 9:00 pm)

CLOTHES FOR THE MONTH

3 sets of underwear/bras

5 pairs of socks

3 pairs of pants

3 shirts

3 t-shirts

1 pair of shoes

2 workout outfits, including one pair of athletic shoes

MENU CALORIC INTAKE

The menus provided ensure 2,300 calories per day.

California prisons typically ensure 2,500-2,600 calories per day; you can reach this calorie count by adding one serving of milk per meal.

ALTERNATIVE PROTEIN OPTIONS

For folks who don't eat meat (or beef), here are the substitutions that San Quentin shared:

Beans

Vegetarian Chili with Beans

Garden Burger

Scrambled Eggs with Cheese, Hard Cooked Egg, or Hard Boiled Egg

PB & Jelly Sandwich

Grilled Cheese Sandwich

Turkey Hot Dogs

#EARHUSTLECHALLENGE

DAILY WORKOUT

By Rahsaan “New York” Thomas and Antwan Williams

We have suggested the number of sets and repetitions within each set.

Start with what works for you and build up from there!

Monday Exercises

[Watch Antwan's Video Tutorial](#)

- **Push-ups (Lock & Load):** three to five sets of 8-10
 - **Tricep kickouts:** three to five sets of 8-10
 - **Crunches:** five sets of 25
-

Tuesday Exercises

[Watch Antwan's Video Tutorial](#)

- **Push-ups (Diamond):** three to five sets of 8-10
 - **Lunges:** five sets of 20
 - **Jumping Jacks:** 30 seconds for three to five reps, or five sets of 25
 - **Planks:** start with 30 seconds and build up from there
-

Wednesday Exercises

[Watch Antwan's Video Tutorial](#)

- **Pull-ups:** three to five sets of 8-10
 - **Burpees:** the goal is 100! Start with sets of 20 and build up
 - **Harbor steps:** three to five sets of 8-10
-

Thursday Exercises

[Watch Antwan's Video Tutorial](#)

- **Push-ups 21:** three to five sets of 8-10
 - **Squats:** three to five sets of 8-10
 - **Jumping Jacks:** 30 seconds for three to five reps, or three to five sets of 25
 - **Crunches:** five sets of 25
-

Friday Exercises

[Watch Antwan's Video Tutorial](#)

- **Curls:** three to five sets of 8-10
- **Dips:** three to five sets of 8-10
- **Lunges:** three to five sets of 8-10
- **Decline push-ups:** three to five sets of 8-10

#EARHUSTLECHALLENGE

SHOPPING LIST

Week 1

BAKERY

	Frozen Waffles
	Dinner Roll
	Hamburger Buns

BEVERAGES

	100% Apple Juice
	Coffee
	Vitamin fortified Drink Mix, powdered or liquid

DAIRY

	Sour Cream
	Eggs, Medium
	Liquid Eggs
	1% Milk
	Margarine
	Sliced American Yellow Cheese
	Shredded Cheddar Cheese
	Shredded Mozzarella Cheese

FROZEN FRUITS and VEGETABLES

	Carrots
	Broccoli Cuts
	Celery
	Onions
	Peas
	Corn
	Whole Strawberries
	Bell Peppers
	Green Beans

GROCERY

	Worcestershire Sauce
	6" Flour Tortillas
	Par Boiled Rice
	Pinto Beans, dried
	Navy Beans, dried
	Ketchup
	Mustard
	Mayonnaise
	Italian Low-Cal Dressing
	Jelly
	Peanut Butter
	Pancake Syrup
	Beef Base Bouillon
	Chicken Base Bouillon
	Cornstarch
	Crushed Tomatoes
	Dried Potato Slices
	Unsweetened Apple Sauce or Canned Fruit
	Seedless Raisins
	Tomato Paste
	Sugar
	Light Brown Sugar
	Powdered Sugar
	Distilled White Vinegar
	Cayenne Pepper
	Quick Oatmeal
	Assorted individual snacks, 2 per day. Examples: granola bar, cookies, chips, crackers

#EARHUSTLECHALLENGE

SHOPPING LIST

Week 1

GROCERY	
	Chili Powder
	Cinnamon
	Ground Cumin
	Garlic Powder
	Ground Mustard
	Paprika
	Thyme
	Oregano
	Sweet Basil
	Sage
	Salt, Iodized
	Black Pepper
	Vegetable Oil
	Vanilla Extract (Imitation)
	Cheese Sauce Mix - powdered
	All Purpose Flour
	Vanilla Frosting
	Vegetable Shortening
	Pancakes, frozen or mix
	White Cake Mix
	Buttermilk Biscuit Mix
	Fudge Brownie Mix
	Sugar Cookie Mix
	Cornbread Mix
	Rotini
	Spaghetti

GROCERY	
	Apple Cider Vinegar
	Vegetable Oil
	Mild Salsa
	Flavored Gelatin
	Pudding, mix or prepared

MEAT	
	Ground Beef
	Ground Chicken
	Lunchmeat: Turkey Bologna, Turkey, Turkey Ham. 2 oz per day.
	Bacon or Turkey Bacon
	Diced Precooked Chicken
	Sausage Patties
	Plain Chicken Breast
	Ground Beef Patty – 4 oz raw

PRODUCE	
	Green Cabbage
	Yellow Onion
	Apple, Banana, Orange – each day at lunch
	Mushrooms
	Iceberg Lettuce
	Fresh Parsley
	Carrots
	White Potatoes
	Cucumber
	Watermelon

TRAY DIAGRAM

WEEK 1 | MONDAY



BREAKFAST

- Waffles & Syrup 2 each, 1 oz
- Hot Cereal 6 oz
- Peanut Butter 2 oz
- Applesauce 4 oz
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Bologna Sandwich
 - Turkey Bologna 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Italian Meat Sauce 6 oz
- Creamy Cucumber & Onion Salad 4 oz
- Pinto Beans 4 oz
- Carrots 6 oz
- Sweet Cornbread 2 each
- Margarine, pc 2 each
- Pudding 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 1 | MONDAY

OATMEAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.



The menu at San Quentin states “Hot Cereal”, so its unknown if they also add butter or margarine, milk, sugar, salt, etc. Hot Cereal could also be farina or grits, but oatmeal is most common. Oatmeal is a great source of fiber.

#EARHUSTLECHALLENGE

WEEK 1 | MONDAY

WAFFLES

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Waffles	2 each	

ASSEMBLY INSTRUCTIONS

Preheat convection oven to 350 F.

On sheet pan(s), place frozen waffles in single layer . bake until internal temperature reaches 140 F, 4 to 6 minutes.

At home, you can use a toaster.

#EARHUSTLECHALLENGE

WEEK 1 | MONDAY

CREAMY CUCUMBER & ONION SALAD

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
VEGETABLES		
Vegetable Fresh Cucumber	2 1/2 ozw	Peeled and Trimmed, Sliced – Thin
Vegetable Fresh Onion Yellow/White	1/4 ozw	Peeled, Sliced -Thin
DRESSING		Combine ingredients to form a thin dressing, blend well.
Sour Cream	1 tbl + 1 1/4 tsp	
Mayonnaise	1 tbl + 1 1/4 tsp	
Apple Cider Vinegar	1 1/8 tsp	
Sugar Powdered (Confectioners)	1/4 tsp	
Black Pepper, Ground	1/8 tsp	
Salt	1 pinch	

ASSEMBLY INSTRUCTIONS

Pour dressing mixture over cucumbers and onions. Mix lightly.

Chill for service.

#EARHUSTLECHALLENGE

WEEK 1 | MONDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto Water - Cold Ground Black Pepper	1 1/2 ozw 1/2 cup + 2 tbl 1 pinch	Rinsed, Drained

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.



Pinto beans are an inexpensive source of fiber and protein

#EARHUSTLECHALLENGE

WEEK 1 | MONDAY

CARROTS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Carrots	4 1/4 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Add margarine.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into pan(s). Add water and margarine to each pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.



Recipes are adapted based on the type of equipment available in correctional institutions. For home cooking the small portion, you can steam or boil.

#EARHUSTLECHALLENGE

WEEK 1 | MONDAY

CORNBREAD

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable	1 ozw	Grease each full-size sheet pan (26"x18") with 1 ozw shortening/margarine.
Cornbread Mix Water - Cold Water - Cold	5 lb 3 1/4 cup 3 1/4 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

Pour first amount of water into mixing bowl. Add cornbread mix. Blend using the paddle attachment on low speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 more minutes.

Pour 8 lb + 4 ozw of cornbread batter into each greased pan. Spread batter evenly in pan.

Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through.

Cool completely before cutting.

Cut each pan 6x9 (1/54 cut).

Alternative Method:

For single portion, follow instructions on your cornbread mix package, and cut into 3" square



Cakes, Brownies, and Cornbread are often produced in large quantities. The serving size of 1/54 means that a full sheet pan is cut into 54 portions. For cooking at home, cut into 3" squares.

#EARHUSTLECHALLENGE

WEEK 1 | MONDAY

PUDDING

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Milk Pudding Mix Vanilla	1/2 cup 1 ozw	

ASSEMBLY INSTRUCTIONS

Follow instructions on pudding mix package

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 1 | TUESDAY



BREAKFAST

- Veggie Omelet 1 each
- Hash Brown Potatoes 4 oz
- Hot Cereal 6 oz
- Buttermilk Biscuit 2 each
- Raisins 1 oz
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Peanut Butter & Jelly Sandwich
 - Peanut Butter 2 oz
 - Jelly 2 oz
 - Wheat Bread 2 slices
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Herb Baked Boneless Chicken Breast 3 oz
- Au Gratin Potatoes 4 oz
- Broccoli 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Wheat Bread 2 slices
- Fudge Brownie 1 each
- Fruit Drink with Vitamin C 8 oz

WEEK 1 | TUESDAY

VEGGIE OMELET

Number of Servings: 1

Serving Size: 1 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Onion Yellow/White Vegetable Fresh Pepper Green Vegetable Fresh Mushrooms Cheddar Cheese, Shredded Egg Scrambled Mix Vegetable Oil	1/4 ozw 1/4 ozw 1/4 ozw 1/2 ozw 2 3/4 ozw 1/4 tsp	Peeled And Trimmed, Diced Cored, Seeded, Diced Trimmed, Sliced

ASSEMBLY INSTRUCTIONS

In sauté pan over medium heat, heat ¼ tsp oil

Add the following:

- Onion
- Green Pepper
- Mushroom

Sauté until tender-crisp, 2-3 minutes.

Add Egg. Cook, stirring occasionally, until eggs are set but still soft.

#EARHUSTLECHALLENGE

WEEK 1 | TUESDAY

HASH BROWN POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Potato Slices	3/4 ozw	
Vegetable Oil	1 1/2 tsp	
Black Pepper	1 pinch	
Paprika	1 pinch	

ASSEMBLY INSTRUCTIONS

Cover Potatoes with water.

Cook until tender. Drain Well. Pan for service.

Combine oil, pepper & Paprika.

Pour oil mixture over potatoes.

#EARHUSTLECHALLENGE

WEEK 1 | TUESDAY

BUTTERMILK BISCUIT

Number of Servings: 1

Serving Size: 1 Biscuit

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Biscuit Mix	1 package	Follow instructions on package

ASSEMBLY INSTRUCTIONS

Follow biscuit mix instructions and cut into 3" square

#EARHUSTLECHALLENGE

WEEK 1 | TUESDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Cal Italian Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

Combine ingredients.

Cover & chill. Combine with Dressing to serve.

#EARHUSTLECHALLENGE

WEEK 1 | TUESDAY

HERB BAKED BONELESS CHICKEN BREAST

Number of Servings: 1

Serving Size: 3 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Chicken Breast Bnls Skls 4 Oz Raw	4 ozw	
Paprika	2 pinch	
Black Ground Pepper	1 pinch	
Garlic Powder	1 pinch	

ASSEMBLY INSTRUCTIONS

Rinse, drain, and place on a greased sheet pan.

Sprinkle with seasonings.

Bake at 325 for 20-25 minutes. Check internal temperature.

Hold in covered steam table pan with a little water added. Keep hot.

#EARHUSTLECHALLENGE

WEEK 1 | TUESDAY

AUGRATIN POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Potato Slices	1/2 ozw	
Water	3 tsp	
Sauce Mix Cheese	1/4 ozw	
Water	2 tbl + 1 3/4 tsp	
Unsalted Margarine	1/8 ozw	
Black Ground Pepper	1 pinch	
Cayenne Pepper	1 pinch	

Assembly instructions

POTATOES:

Cover potatoes with water.

Cook until tender.

Let stand in water at least 10 more minutes.

Drain well.

CHEESE SAUCE:

In second pan, combine very cold water w/ mix.

Stir until completely mixed.

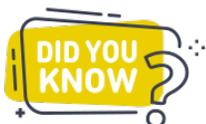
Add more water and margarine.

Bring to a boil.

Let simmer stirring constantly until thickened.

Add seasoning & potatoes. Heat to 200 F.

Pan, cover, keep hot.



An alternative to purchasing dehydrated potatoes + powdered cheese sauce mix would be to purchase a generic augratin potato mix

#EARHUSTLECHALLENGE

WEEK 1 | TUESDAY

BROCCOLI

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Broccoli Cuts	5 ozw	
Unsalted Margarine	1/4 ozw	
Black Ground Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into an oven safe pan. Add water and margarine to the pan. Cover with foil. Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 1 | TUESDAY

FUDGE BROWNIE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable	1 ozw	Grease each full-size sheet pan (26"x18") with 1 ozw shortening/margarine.
Brownie Mix Water	5 lb 1 qt + 3 cup	

ASSEMBLY INSTRUCTIONS

Recipe makes 54 servings.

Preheat standard oven to 350 F; convection oven to 300 F.

Pour warm water into mixing bowl. Add brownie mix. Blend using the paddle attachment on low speed* for 1 minute. Stop the mixer. Scrape down the sides of mixing bowl and paddle, then continue mixing on low speed* for 1 more minute. Do not overmix!

Pour 7 lb of batter into each greased pan. Spread batter evenly in pan.

Bake in standard oven 20-25 minutes**, convection oven 15-20** minutes, or until cooked through. Cool completely before cutting.

Cut each pan 6x9 (1/54 cut).

Alternative Method:

To make one serving, use brownie mix instructions on box. Cut into 3" square.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 1 | WEDNESDAY



BREAKFAST

- Hard Cooked Egg 2 each
- Cinnamon Biscuit 1 each
- Hot Cereal 6 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Sandwich
 - Sliced Deli Turkey 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Jambalaya 6 oz
- Pinto Beans 4 oz
- Corn 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Garlic Dinner Roll 2 oz
- Margarine, pc 2 each
- Frosted Cake 1 each
- Fruit Drink with Vitamin C 8 oz

WEEK 1 | WEDNESDAY

CINNAMON BISCUIT

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable	1 ozw	Grease each full-size sheet pan (26"x18") with 1 ozw shortening/margarine.
TOPPING Sugar White Granulated Spice Cinnamon Ground	1/2 cup 1 tsp	In a separate bowl, combine cinnamon and sugar. Stir until well blended. Cover. Set aside for later use.
Biscuit Mix Buttermilk Water	5 lb 1 qt + 3 cup	

ASSEMBLY INSTRUCTIONS

Recipe makes 54 servings.

Preheat standard oven to 400 F; convection oven to 350 F.

Add the water into mixing bowl. Add biscuit mix. Blend using the paddle attachment on low speed* for 30 seconds. Stop the mixer. Scrape down the sides of mixing bowl and paddle. Blend on low speed* for 30 more seconds. Stop the mixer. Do not overmix.

Pour 8 lb + 8 ozw of biscuit batter into each greased pan. Spread batter evenly in pan.

Evenly sprinkle ½ cup of cinnamon and sugar mixture over the top of each pan of biscuits.

Bake in standard oven 25-30 minutes**, convection oven 15-20** minutes, or until cooked through.

Cool completely before cutting.

Cut each pan 6x9 (1/54 cut)

Alternative Method:

To make one serving, follow directions on biscuit mix box, cut into 3" square, and sprinkle cinnamon and sugar on top.

#EARHUSTLECHALLENGE

WEEK 1 | WEDNESDAY

HARD COOKED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	2 1/2 cup + 1 tbl	
Shell Egg - Medium	2 each	

ASSEMBLY INSTRUCTIONS

Place eggs carefully in pan and slowly add cold water to cover.

Bring to a slow simmer.

Cook eggs about 10 minutes.

Rinse eggs in cold water or ice & cold water to bring temperature down quickly.

#EARHUSTLECHALLENGE

WEEK 1 | WEDNESDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Italian Low Cal Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

Combine ingredients.

Cover & chill. Combine with Dressing to serve.

#EARHUSTLECHALLENGE

WEEK 1 | WEDNESDAY

CHICKEN JAMBALAYA

Number of Servings: 1

Serving Size: 6 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Onion Diced	3/4 ozw	
Frozen Pepper Cut	1/2 ozw	
Frozen Celery Diced	3/4 ozw	
Worcestershire	1/8 tsp	
Dried Thyme Ground	0.28 gm	
Paprika	0.14 gm	
Garlic Granulated	0.14 gm	
Pepper Black Ground	0.14 gm	
Base Bouillon	1.13 gm	
Chicken Bouillon	1.13 gm	
Water	1/2 cup	
Diced Precooked Chicken	3 1/4 ozw	
Canned Tomato Paste	1 tsp	
Vegetable Oil	1/2 tsp	

ASSEMBLY INSTRUCTIONS

Sauté vegetables in oil, stirring occasionally, until firm but tender; about 8 to 10 minutes.

Add all remaining ingredients, EXCEPT chicken pieces Stir well to combine.

NOTE: The water and paste can be mixed separately and then added; this tends to make a more sauce-like product and makes combining easier.

Allow to come to a boil. Reduce heat and allow to simmer for at least 30 minutes, stirring occasionally.

Add chicken pieces to sauce; stir well to combine. Cover and allow to simmer for about 10 minutes.

Remove cover and stir.

Test with thermometer to ensure a temperature of at least 165°F has been achieved.

Pan up, cover, and place in hot holding for service.



Time to cook will be less for a single portion. Timing listed in the recipes is meant for 100 gallon kettle cooking.

#EARHUSTLECHALLENGE

WEEK 1 | WEDNESDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto - Rinsed, Drained	1 1/2 ozw	
Water - Cold	1/2 cup + 2 tbl	
Black Ground Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 1 | WEDNESDAY

CORN

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Corn Cut	4 1/2 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place 4 gallons of vegetables into pan(s). Add water and margarine to each pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover.

#EARHUSTLECHALLENGE

WEEK 1 | WEDNESDAY

GARLIC DINNER ROLL

Number of Servings: 1

Serving Size: 2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dinner Roll	1 each	
Garlic Powder	1 pinch	
Margarine Unsalted	3.05 gm	

ASSEMBLY INSTRUCTIONS

Melt margarine, add garlic to margarine and spread over thawed or baked dinner roll

WEEK 1 | WEDNESDAY

FROSTED CAKE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable Flour All Purpose	1 ozw 3/4 ozw	Grease and flour each full-size sheet pan (26"x18") with 1 ozw shortening/margarine and 3/4 ozw flour.
TOPPING Buttercream Frosting	3 cup	
Cake Mix White Water – Cold	5 lb 2 1/2 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

To Make 54 servings (1 pan):

Pour first amount of water into mixing bowl. Add cake mix. Blend using the paddle attachment on medium speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 minutes.

Pour 7 lb + 8 ozw of cake batter into each greased and floured pan. Spread batter evenly in pan. Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through. Cool completely before frosting or cutting.

Evenly spread 3 cups frosting onto each cooled pan of cake.

Cut each pan 6x9 (1/54 cut).

Alternative Method:

For single portion, suggest purchasing generic cake mix and cut into 3" square + add frosting

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 1 | THURSDAY



BREAKFAST

- Fried Egg 2 each
- Beef Hash 4 oz
- Buttermilk Biscuit 1 each
- Corn Flakes 10 oz
- 100% Juice 4 oz
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Bologna Sandwich
 - Turkey Bologna 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Chicken Tetrazzini 4 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Rice 4 oz
- Peas 6 oz
- White Dinner Roll 1 each
- Fresh Baked Cookie 2 oz
- Fruit Drink with Vitamin C 8 oz

BEEF HASH

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
MEAT Ground Beef Water Fresh Onion Yellow/White – Peeled and Trimmed, Diced - 1/4" Frozen Celery Diced Frozen Carrots Diced	2 ozw 3 tbl + 1 1/2 tsp 2.51 gm 1.48 gm 1.48 gm	In stockpot over medium-high heat, cook all ingredients
POTATOES Fresh Potato White/Yellow Chef - Peeled, Diced - 1/2" Margarine Unsalted Salt Parsley	2 1/8 ozw 3.25 gm 3.25 gm 0.30 gm	Preheat steamer. In 2" perforated steam table pan(s), steam potatoes until fork-tender, 4-6 minutes. Drain. Toss with remaining ingredients. Cover. Keep hot for service or use as directed in recipe.
Vegetable Oil Fresh Onion Yellow/White – Peeled and Trimmed, Diced - 1/4" Salt Table Spice Pepper Black Ground Pure	1/2 tsp 1 1/8 ozw 2 pinch 1 pinch	Combine sauce ingredients. Blend well. Set aside.
Vegetable Fresh Onion Yellow/White - Peeled and Trimmed, Diced - 1/2" Mozzarella Shredded	8 ozw 2 lb + 4 ozw	

ASSEMBLY INSTRUCTIONS

- In sauté pan over medium-high heat, heat oil. Add onion. Sauté until onion is translucent, 3 to 5 minutes.
- Add steamed potatoes. Cook until potatoes are browned, 4 to 5 minutes.
- Add beef, salt, and pepper. Heat through.
- Top with mozzarella cheese.



Ingredients are often measured in dry weight, which is why the recipe is to the gram and ounce weight (ozw) on the recipe. It provides a more precise and consistent product when cooking in large quantities.

#EARHUSTLECHALLENGE

WEEK 1 | THURSDAY

FRIED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Oil	1/2 tsp	
Shell Egg	2 each	

ASSEMBLY INSTRUCTIONS

Spread oil on medium heated griddle.

Keep eggs 1" apart from each other. Break yolks fry 1 min on each side.

Place in greased 4" steam table pan. 100 eggs / pan.



Making sure each pan has the same number of portions helps when producing a large quantity to feed a whole prison. If you have 10 pans of 100 portions, its easy to know you have 1000 portions.

#EARHUSTLECHALLENGE

WEEK 1 | THURSDAY

BUTTERMILK BISCUIT

Number of Servings: 1

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Biscuit Mix Buttermilk	1 package	

ASSEMBLY INSTRUCTIONS

Follow biscuit mix instructions and cut into 3" square

#EARHUSTLECHALLENGE

WEEK 1 | THURSDAY

GARDENSALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Calorie Italian Salad Dressing	2 tablespoons	

ASSEMBLY INSTRUCTIONS

Combine ingredients.

Pan.

Cover & chill. Combine with dressing to serve.

#EARHUSTLECHALLENGE

WEEK 1 | THURSDAY

CHICKEN TETRAZZINI

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Pasta Dry Spaghetti	3/4 ozw	
Unsalted Margarine	1/8 ozw	
Frozen Onion Diced	1/8 ozw	
Flour All Purpose	2.55 gm	
Dairy Blend	1/8 ozw	
Water	2 tbl + 2 1/2 tsp	
Chicken Bouillon	1.28 gm	
Black Ground Pepper	1 pinch	
Garlic Powder	1 pinch	
Ground Chicken	1 1/4 ozw	
Water	3/4 tsp	
Frozen Carrots Diced	2.27 gm	
Frozen Peas Green	2.27 gm	

ASSEMBLY INSTRUCTIONS

Break pasta in half. Cook pasta in boiling water until almost tender. Rinse in cold water and hold.

Sauté onions in melted margarine. Slowly add flour. Cook 5 minutes.

Combine cold water and dry milk. Add milk and seasoning slowly to flour mixture.

Brown chicken in last amount of water.

Cook vegetables separately.

Add meat, vegetables, and noodles to sauce mixture. Simmer.

Simmer. Pan. Cover. Keep hot.

#EARHUSTLECHALLENGE

RICE

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	1/4 cup + 1 tsp	
Unsalted Margarine	1/8 ozw	
Rice White Long Grain Parboiled	3/4 ozw	

ASSEMBLY INSTRUCTIONS

Follow your rice package instructions. Add margarine.

ALTERNATE INSTRUCTIONS:

FOR OVEN PREP:

In each 6" steam table pan, place 7 lbs rice + 2 gal & 1 quart boiling water + 1 1/2 lbs margarine.

Cover tightly with a lid or foil

Place in a 375 F conventional oven or 350 F convection oven.

Bake for 45 minutes to 1 hour. Test for doneness. Continue cooking, if needed.

Fluff rice by stirring with a spoon.

Each 6" pan should make approx 64 cups of cooked rice.



6 inch pan refers to a hotel pan size that is 6 inches deep. This is a common way to prepare and hold food for serving in a trayline environment.

#EARHUSTLECHALLENGE

WEEK 1 | THURSDAY

PEAS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Peas Green	4 1/2 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Add margarine.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into pan(s). Add water and margarine to pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 1 | THURSDAY

FRESH BAKED COOKIE

Number of Servings: 1

Serving Size: 2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Cookie Mix Sugar	2 ozw	
Water	1 3/4 tsp	

ASSEMBLY INSTRUCTIONS

Follow package instructions.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 1 | FRIDAY



BREAKFAST

- Egg, Cheese & Sausage Breakfast Taco 1 each
- Refried Pinto Beans 4 oz
- Salsa 1 oz
- Hot Cereal 6 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Cheese Sandwich
 - American Cheese 3 slices
 - Wheat Bread 2 slices
 - Mayonnaise Packet 1 oz
 - Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Cheeseburger
 - 100% Beef Patty 1 patty
 - American Cheese 1 slice
 - Hamburger Bun 1 each
 - Ketchup Packet 1 oz
 - Mustard Packet 1 oz
- Pasta Salad 4 oz
- Baked Beans 4 oz
- Green Beans 6 oz
- Gelatin Dessert 4 oz
- Fruit Drink with Vitamin C 8 oz

#EARHUSTLECHALLENGE

All beverages are to be served off the tray, on the side.

WEEK 1 | FRIDAY

EGG, CHEESE & SAUSAGE BREAKFAST TACO

Number of Servings: 1

Serving Size: 1 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
FILLING Vegetable Oil Egg Scrambled Mix FZ - Thawed Retail: Sausage Pork Brk Patty 1.5 Z Ckd FZ #3501 - Thawed, Diced	2 tsp 1 1/2 ozw 1/2 ozw	1. Preheat flat-top griddle to 350 F. 2. Spread oil on hot griddle. 3. Add sausage and cook until browned 4. Add egg. Cook, stirring occasionally until egg is set but still soft.
Tortilla Flour 6" Retail: Cheese Cheddar AP Shreds #03040 Salsa Mild Thick & Chunky	1 each 1/2 ozw 1/2 ozw	Combine ingredients to form a thin dressing, blend well.

ASSEMBLY INSTRUCTIONS

For 1 Taco:

Layer the following across center of 1 tortilla:

4-oz spoodle filling (2 5/8 ozw)

Cheese (1/2 ozw) Salsa (1/2 ozw)

Serve immediately.

#EARHUSTLECHALLENGE

WEEK 1 | FRIDAY

REFRIED PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto - Rinsed, Drained	1 3/4 ozw	
Water	1 1/4 cup	
Chicken Bouillon	0.57 gm	
Garlic Powder	1 pinch	
Spice Pepper Red Ground (Cayenne)	1 pinch	
Black Ground Pepper	1 pinch	
Spice Chili Powder	1 pinch	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Add base and bring to boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

When fully cooked: mash/use a blender to about 1/2 of the beans and add back to the mixture.

Add margarine and the rest of the ingredients to the mixture. Simmer until thickened.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 1 | FRIDAY

PASTA SALAD

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Pasta Dry Rotini	3/4 ozw	
Water - Hot	1/2 cup + 2 tbl	
Frozen Broccoli Cuts - Thawed	1/4 ozw	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	3.40 gm	
Frozen Celery Diced - Thawed	3.40 gm	
Frozen Carrots Diced - Thawed	1/8 ozw	
Black Ground Pepper	1 pinch	
Vinegar White	1 tsp	
Vegetable Oil	1 1/2 tsp	
Garlic Powder	1 pinch	
Dried Oregano	1 pinch	
Sugar White Granulated	1 drop	
Frozen Cut Peppers, Thawed	1/8 ozw	

ASSEMBLY INSTRUCTIONS

Combine pasta (cooked and chilled 1 day in advance) with remaining vegetables.

Combine salt, pepper, vinegar, oil, garlic powder, oregano, and sugar; blend well.

Add dressing mixture to pasta/vegetable mixture and blend to coat evenly.

Chill mixture thoroughly prior to service.

**When fresh or canned vegetables are unavailable, thaw frozen vegetables prior to use.

#EARHUSTLECHALLENGE

WEEK 1 | FRIDAY

100% BEEF PATTY

Number of Servings: 1

Serving Size: 1 patty

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Beef Patty	1 patty, 4 oz	

ASSEMBLY INSTRUCTIONS

Place thawed patties on sheet pans. Bake to 165 F (about 20 to 30 min).

#EARHUSTLECHALLENGE

WEEK 1 | FRIDAY

BAKED BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Bean Navy - Rinsed, Drained	1 1/4 ozw	
Water	1/2 cup + 2 tbl	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1/4 ozw	
Tomato Paste	3/4 tsp	
Ketchup Bulk	1 tsp	
Sugar Brown	1/4 ozw	
Spice Mustard Dry Ground	1 pinch	
Vinegar White	1/2 tsp	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring beans/water to boil.

Skim off foam.

Simmer for 1 hour.

Add remaining ingredients and cook until tender.

Drain any excess liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 1 | FRIDAY

GREEN BEANS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable FZ Bean Green Cut	4 1/8 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated hotel pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Transfer vegetables into pan. Add margarine to pan. Cover. Stir to combine before service.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into each pan. Add water and margarine to each pan. Cover with foil. Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 1 | FRIDAY

GELATIN DESSERT

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Cherry Gelatin	1/4 ozw	
Water - Hot	2 tbl + 2 tsp	
Water - Cold	1/4 cup + 1 tbl	

ASSEMBLY INSTRUCTIONS

Add boiling water to gelatin. Whisk until gelatin is completely dissolved, 1-2 minutes. Allow mixture to cool slightly.
Add cold water. Whisk until well blended.
Pour mixture into dish. Refrigerate until set, 4 hours or overnight.
Cover. Cut into 1" cubes. Keep chilled for service.

For best results, follow package instructions for gelatin.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 1 | SATURDAY



BREAKFAST

- Pancakes 2 each
- Glazed Strawberry Topping 2 oz
- Hot Cereal 6 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Peanut Butter 2 oz
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Peanut Butter & Jelly Sandwich
 - Peanut Butter 2 oz
 - Jelly 2 oz
 - Wheat Bread 2 slices
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Beef & Cheese Pizza 1 slice
- Noodles with Tomato Sauce 4 oz
- Creamy Coleslaw 4 oz
- Carrots 6 oz
- Watermelon 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 1 | SATURDAY

PANCAKES

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Pancakes	2 each	

ASSEMBLY INSTRUCTIONS

Preheat convection oven to 350 F.

On parchment-lined sheet pan(s), place frozen pancakes in single layer.

Bake 2 minutes. Turn over pancakes. Bake until internal temperature reaches 140 F, 1 to 3 minutes more.

May also use pancake mix and prepare following instructions provided.

#EARHUSTLECHALLENGE

WEEK 1 | SATURDAY

GLAZED STRAWBERRY TOPPING

Number of Servings: 1

Serving Size: 1/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Cornstarch	3/4 tsp	
Sugar White Granulated	1 1/2 ozw	
Water	3/4 tsp	
Frozen Strawberries - Thawed	2 1/4 ozw	

ASSEMBLY INSTRUCTIONS

Combine strawberries and sugar. Cook over medium heat until sugar is dissolved. Remove from heat and set aside.

In another pan, combine cornstarch and water, stirring to combine. Add cornstarch mixture to strawberry mixture. Return to stovetop and cook over medium heat, stirring frequently, until thickened and clear. Cover and refrigerate for 1 hour before using.

#EARHUSTLECHALLENGE

WEEK 1 | SATURDAY

CREAMY COLESLAW

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Mayonnaise	1 tbl + 3/4 tsp	
Vinegar White	1 1/8 tsp	
Sugar White Granulated	1.98 gm	
Black Ground Pepper	1 pinch	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	3 1/4 ozw	

ASSEMBLY INSTRUCTIONS

Combine salad dressing, vinegar, sugar, and pepper. Whisk until well combined.
Pour salad dressing mixture over cabbage. Stir to combine and evenly distribute.
Cover. Chill for at least 5 hours before service.

#EARHUSTLECHALLENGE

WEEK 1 | SATURDAY

BEEF & CHEESE PIZZA (2 OZ GROUND BEEF / 2 OZ CHEESE)

Number of Servings: 18

Serving Size: 1/18 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PASTRY CRUST Biscuit Mix Buttermilk Water	1 lb + 1 1/4 ozw 1 1/2 cup	Add first amount of water to mix in a bowl. Mix with paddle on low speed only until blended. Do not over mix. Place dough on lightly greased paper-lined sheet pan. Roll out 1/4" thick evenly over all of sheet pan (IMPORTANT).
MEAT Ground Beef Water	2 lb + 8 ozw 1/2 cup	Brown meat in kettle with water. Sauté until cooked through. Set aside.
SAUCE Water Tomato Paste Beef Bouillon Dried Sage Worcestershire Sauce Dried Oregano Spice Chili Powder Ground Cumin Garlic Powder Sugar White Granulated Black Ground Pepper Ground Thyme	2 cup 1 cup 1/2 ozw 2 tsp 1 1/2 tsp 1 tbl 1 tbl 1/2 tsp 1/2 tsp 1/2 tsp 1/4 tsp 1/4 tsp	Combine sauce ingredients. Blend well. Set aside.
Vegetable Fresh Onion Yellow/White - Peeled and Trimmed, Diced - 1/2" Mozzarella Shredded Cheese	8 ozw 2 lb + 4 ozw	

ASSEMBLY INSTRUCTIONS

This recipe makes 18 servings.

Onto dough covered sheet pan, evenly spread sauce.

Sprinkle onions across pan.

Top crust evenly with cooked meat.

Evenly sprinkle cheese over each pan.

Bake in preheated oven at 450 F for 10-15 minutes.

Cut pizza into 3 x 6 (18 pcs. per pan).

Serve 1 pc per serving.



The 2 oz beef and 2 oz cheese at the top of the recipe indicates that is how much beef and cheese each person receives if recipe is followed.

WEEK 1 | SATURDAY

NOODLES W/ TOMATO SAUCE

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1.13 gm	
Frozen Celery Diced	1.13 gm	
Unsalted Margarine	1.13 gm	
Garlic Powder	1 pinch	
Flour All Purpose	1.13 gm	
Tomato Paste	1 1/8 tsp	
Beef Bouillon	0.71 gm	
Black Ground Pepper	1 pinch	
Sugar White Granulated	0.28 gm	
Vegetable Oil	1/8 tsp	
Water - Hot	3/4 cup + 2 tsp	
Pasta Dry Rotini	3/4 ozw	

ASSEMBLY INSTRUCTIONS

- Dice onions and celery. Cook in margarine with garlic.
- Add flour to margarine and vegetable mixture. Blend well.
- Add paste, water and seasoning. Simmer.
- Cook rotini in boiling water with oil added.
- Drain. Rinse pasta with cold water.
- Add to sauce.



Adding a little oil to the cooking water will help the pasta not stick together.

#EARHUSTLECHALLENGE

WEEK 1 | SATURDAY

CARROTS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Carrots Diced	4 1/4 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan.

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Transfer vegetables into non-perforated pan. Add hot water and margarine to pan. Cover. Stir to combine before service.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into each pan(s). Add water and margarine to each pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service. .



Carrots are a great source of Vitamin A, and an inexpensive vegetable

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 1 | SUNDAY



BREAKFAST

- Scrambled Eggs & Bacon 3 oz, 1/2 slice
- Hash Brown Potatoes 4 oz
- Corn Flakes 10 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Wheat Bread 2 slices
- Margarine, pc 2 each
- Ketchup Packet 1 oz
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Sandwich
 - Sliced Deli Turkey 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Chicken Pot Pie 6 oz
- Pinto Beans 4 oz
- Cabbage 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Pudding 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 1 | SUNDAY

SCRAMBLED EGGS with BACON

Number of Servings: 1

Serving Size: 3 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Egg Scrambled Mix	3 ozw	
Unsalted Margarine	0.50 gm	
Flour All Purpose	0.43 gm	
Milk	1.28 gm	
Water - Warm	2 1/2 tsp	
Black Ground Pepper	1 pinch	
Chicken Bouillon	0.28 gm	
Bacon	1/2 slice	

ASSEMBLY INSTRUCTIONS

BACON: Preheat conv oven to 325 F or std oven to 375 F. On sheet pan(s), place bacon layouts, paper-side down, in single layer. Bake until golden brown, 12-15 minutes. Chop and add to eggs once cooked.

EGGS: Cook eggs in small pan, stir as needed. (Make sauce while cooking.)

SAUCE: cook blended flour and margarine, stirring constantly. Continue to stir constantly and add milk, water, bouillon and pepper.



You can use turkey bacon instead. Many corrections locations do not serve pork on their menus.

#EARHUSTLECHALLENGE

WEEK 1 | SUNDAY

HASH BROWN POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Potato Slices	3/4 ozw	
Vegetable Oil	1 1/2 tsp	
Black Ground Pepper	1 pinch	
Paprika	1 pinch	

ASSEMBLY INSTRUCTIONS

Cover Potatoes with water.

Cook until tender.

Drain Well. Pan for service.

Combine oil, pepper & Paprika.

Pour oil mixture into pan

#EARHUSTLECHALLENGE

WEEK 1 | SUNDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Calorie Italian Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

Combine ingredients.

Pan.

Cover & chill. Combine with dressing to serve.

#EARHUSTLECHALLENGE

WEEK 1 | SUNDAY

CHICKEN POT PIE (2 OZ DICED CHICKEN)

Number of Servings: 1

Serving Size: 6 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PASTRY CRUST Flour All Purpose Salt Table Water - Cold	1/4 ozw 1 pinch 1 tsp	Mix flour and salt in bowl until well blended. Add shortening. Blend lightly with hands until mixture resembles coarse crumbs. Add water in about 3 batches. Mix lightly in dough until flour is moistened. Do not over mix. Roll about 1/8" thick using lightly floured board and rolling pan. Cut into 3" squares. Lay out on sheet pan and bake at 425 F for about 15 minutes or until lightly browned.
Margarine Unsalted Flour All Purpose Water - Hot Ketchup Chicken Bouillon Black Ground Pepper Garlic Powder Ground Thyme Diced Cooked Chicken Frozen Carrots Diced Frozen Celery Diced Vegetable Fresh Onion Yellow/White – Peeled And Trimmed, Diced	1/4 ozw 1/8 ozw 3 tbl + 2 1/2 tsp 1/2 tsp 0.85 gm 1 pinch 1 pinch 1 pinch 2 ozw 1 1/4 ozw 1 1/8 ozw 1 1/8 ozw	

ASSEMBLY INSTRUCTIONS

In a pan, melt margarine. Slowly add flour, stirring constantly. Cook 5 minutes. Do not brown.

In a separate container, combine ketchup, base and seasonings with hot water. Stir until blended well.

Slowly add liquid to flour mixture, stirring constantly. Bring to a boil, then reduce heat to a simmer. Cook until thickened and smooth, stirring frequently.

Add meat and vegetables. Stir to combine. Return to a simmer, continue cooking until internal temperature reaches 165 F and mixture is heated through.

For service, place one pastry square on each serving.

#EARHUSTLECHALLENGE

WEEK 1 | SUNDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto - Rinsed, Drained	1 1/2 ozw	
Water - Cold	1/2 cup + 2 tbl	
Black Ground Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 1 | SUNDAY

CABBAGE

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Cabbage Green Heads	7 1/4 ozw	Cored, Diced
Water	1/2 cup	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Add cabbage to boiling water. Simmer until almost tender. Drain off approximately 3/4's of the liquid.
Add margarine. Pan. Cover. Keep hot.



Cabbage is often cut using a dough cutter, because knives are not always allowed in prison kitchens. If they are allowed, they are either tethered to the table and monitored.

#EARHUSTLECHALLENGE

WEEK 1 | SUNDAY

PUDDING

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Cold	1/2 cup	
Milk	1/2 ozw	
Pudding Mix Vanilla	1 ozw	

ASSEMBLY INSTRUCTIONS

Follow instructions on pudding mix package

#EARHUSTLECHALLENGE

#EARHUSTLECHALLENGE

SHOPPING LIST

Week 2

BAKERY

	Frozen Waffles
	6" Sub roll
	Dinner Roll
	Sliced Wheat Bread
	Sliced White Bread
	Hamburger Bun

BEVERAGES

	Lime Juice
	Lemon Juice
	100% Apple Juice
	Vitamin C Drink Mix
	Coffee

DAIRY

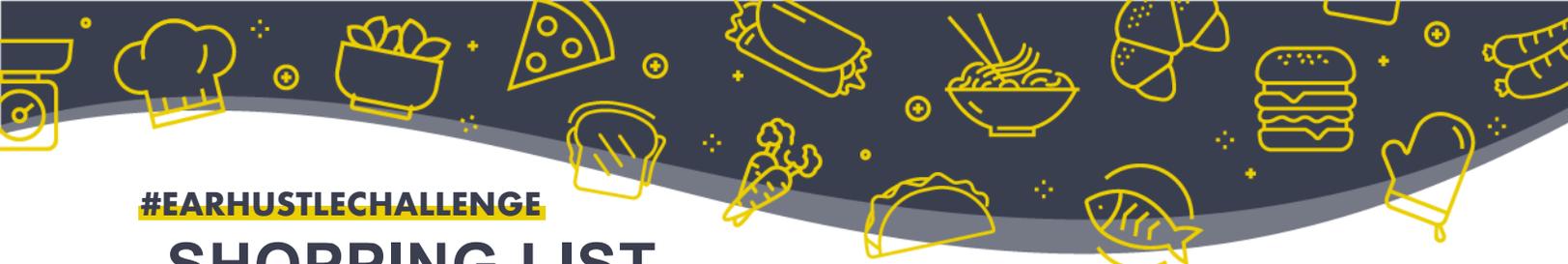
	Sour Cream
	Eggs, Medium
	Liquid Scrambled Egg Mix
	Unsalted Margarine
	1% Milk
	Shredded Cheddar Cheese

GROCERY

	Assorted individual snacks, 2 per day. Examples: granola bar, cookies, chips, crackers
	Vegetable Oil
	Mild Salsa
	Cherry Gelatin
	All Purpose Flour

GROCERY

	6" Corn Tortilla
	6" Flour Tortilla
	Pinto Beans, dried
	Navy Beans, dried
	Parboiled Rice
	Unsweetened Apple Sauce or Canned Fruit
	Tomato Paste
	Crushed Tomatoes
	Dehydrated Sliced Potatoes
	BBQ Sauce
	Yellow Mustard
	Ketchup
	Mayonnaise
	Italian Low-Cal Dressing
	Jelly
	Peanut Butter
	Beef Bouillon
	Chicken Bouillon
	Cornstarch
	Sugar
	Light Brown Sugar
	Powdered Sugar
	Distilled White Vinegar
	Black Pepper
	Corn Flakes
	Quick Oats
	Rotini



#EARHUSTLECHALLENGE

SHOPPING LIST

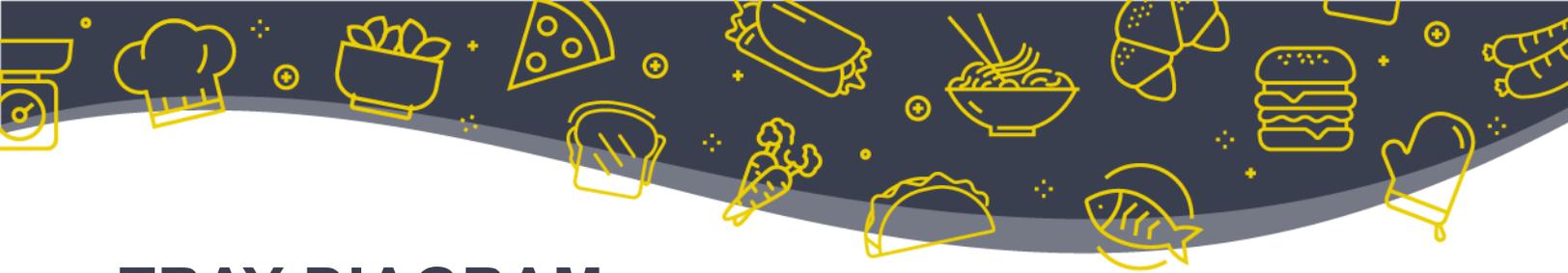
Week 2

GROCERY , Cont.	
	Cayenne Pepper
	Chili Powder
	Cinnamon
	Ground Cumin
	Garlic Powder
	Ground Mustard
	Paprika
	Thyme
	Oregano
	Salt
	Seedless Raisins
	Worcestershire Sauce
	Apple Cider Vinegar
	Sweet Relish
	Vegetable Shortening
	Pudding, mix or prepared
	White Cake Mix
	Coffee Cake Mix
	Buttermilk Biscuit Mix
	Sugar Cookie Mix

PRODUCE & SALADS	
	Green Cabbage
	Yellow Onion
	Red Apple
	Iceberg Lettuce
	Tomato
	Cilantro
	Parsley
	Carrots
	Cucumber
	White Potatoes
	Garlic

FROZEN VEGETABLES & FRUIT	
	Whole Strawberries
	French Fries
	Sliced Apples (could use fresh, cut)
	Carrots
	Broccoli Cuts
	Celery
	Bell Peppers
	Corn
	Peas
	Green Beans

MEAT, SEAFOOD & PREPARED ENTREES	
	Ground Beef Patty 4 oz
	Cheese Ravioli Jumbo
	Ground Beef
	Ground Chicken
	Lunchmeat: Turkey Bologna, Turkey, Turkey Ham. 2 oz per day.
	Turkey Bacon
	Polish Link Sausage
	Breaded Fish Sticks or Patty (4 oz total)
	Chicken Breast, boneless skinless



TRAY DIAGRAM

WEEK 2 | MONDAY



BREAKFAST

- Waffles 2 each
- Turkey Bacon 2 slices
- Glazed Strawberry Topping 2 oz
- Hot Cereal 6 oz
- Applesauce 4 oz
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Bologna Sandwich
 - Turkey Bologna 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Jumbo Cheese Ravioli 3 each
- Creamy Cucumber & Onion Salad 4 oz
- Broccoli 6 oz
- White Dinner Roll 1 each
- Margarine, pc 2 each
- Fresh Baked Cookie 2 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 2 | MONDAY

OATMEAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 2 | MONDAY

WAFFLES

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Waffles	2 each	

ASSEMBLY INSTRUCTIONS

Preheat convection oven to 350 F.

On sheet pan(s), place frozen waffles in single layer . bake until internal temperature reaches 140 F, 4 to 6 minutes.

At home, you can use a toaster

#EARHUSTLECHALLENGE

WEEK 2 | MONDAY

TURKEY BACON

Number of Servings: 1

Serving Size: 2 slice

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Turkey Bacon	2 slice	

ASSEMBLY INSTRUCTIONS

Preheat conv oven to 325 F or std oven to 375 F.
On rack(s) in full sheet pan(s), place bacon slices in single layer.
Bake until browned, 5 to 6 minutes. Drain.

#EARHUSTLECHALLENGE

WEEK 2 | MONDAY

GLAZED STRAWBERRY TOPPING

Number of Servings: 1

Serving Size: 1/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Cornstarch	3/4 tsp	
Granulated Sugar	1 1/2 ozw	
Water	3/4 tsp	
Frozen Strawberries	2 1/4 ozw	

ASSEMBLY INSTRUCTIONS

Combine strawberries and sugar. Cook over medium heat until sugar is dissolved. Remove from heat and set aside.

In another pan, combine cornstarch and water, stirring to combine. Add cornstarch mixture to strawberry mixture. Return to stovetop and cook over medium heat, stirring frequently, until thickened and clear. Cover and refrigerate for 1 hour before using.

#EARHUSTLECHALLENGE

WEEK 2 | MONDAY

CREAMY CUCUMBER & ONION SALAD

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
VEGETABLES Vegetable Fresh Cucumber - Peeled, Sliced -Thin Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Sliced - Thin	2 1/2 ozw 1/4 ozw	
Sour Cream Mayonnaise Apple Cider Vinegar Sugar Powdered (Confectioners) Ground Black Pepper Salt	1 tbl + 1 1/4 tsp 1 tbl + 1 1/4 tsp 1 1/8 tsp 1/4 tsp 1/8 tsp 1 pinch	Combine ingredients to form a thin dressing, blend well.

ASSEMBLY INSTRUCTIONS

Pour dressing mixture over cucumbers and onions. Mix lightly.
Chill for service.

#EARHUSTLECHALLENGE

WEEK 2 | MONDAY

JUMBO CHEESE RAVIOLI

Number of Servings: 1

Serving Size: 3 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	2 1/4 cup	
Frozen or Dried Cheese Ravioli, 1 oz each	3 each	

ASSEMBLY INSTRUCTIONS

In stockpot over high heat, bring water to a boil. Add pasta. Stir. Return to a boil.
Follow package instructions

#EARHUSTLECHALLENGE

WEEK 2 | MONDAY

BROCCOLI

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Broccoli Cuts	5 ozw	
Margarine	1/4 ozw	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into an oven safe pan. Add water and margarine to the pan. Cover with foil. Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 2 | MONDAY

WHITE DINNER ROLL

Number of Servings: 1

Serving Size: 1 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Dinner Roll	1 roll	

ASSEMBLY INSTRUCTIONS

Follow instructions on package.



It is common for rolls and baked goods to be made from scratch because it would be less expensive than purchasing something premade.

#EARHUSTLECHALLENGE

WEEK 2 | MONDAY

FRESH BAKED COOKIE

Number of Servings: 1

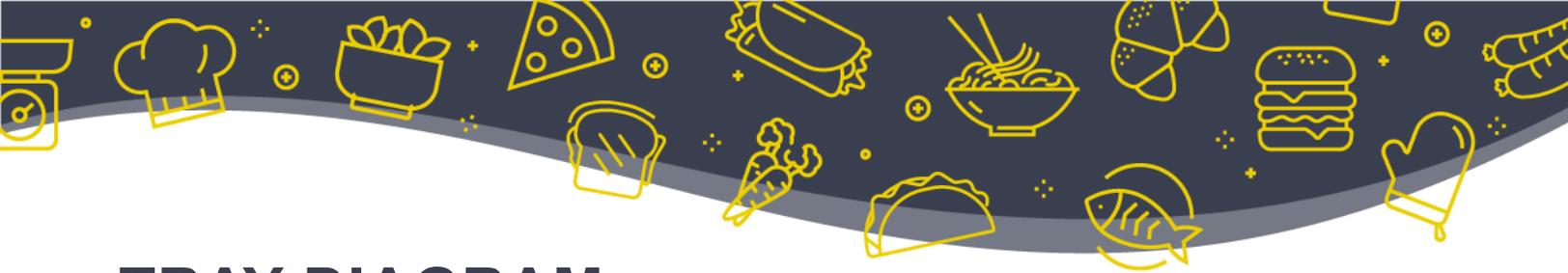
Serving Size: 2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Cookie Mix Sugar	2 ozw	
Water	1 3/4 tsp	

ASSEMBLY INSTRUCTIONS

Follow package instructions.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 2 | TUESDAY



BREAKFAST

- Scrambled Eggs with Cheese & Peppers 4 oz
- Wheat Bread 2 slices
- Hot Cereal 6 oz
- Raisins 1 oz
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Peanut Butter & Jelly Sandwich
 - Peanut Butter 2 oz
 - Jelly 2 oz
 - Wheat Bread 2 slices
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Chicken Chili 1 slice
- Mexican Pinto Beans 4 oz
- Shredded Cheddar Cheese 4 oz
- Corn Tortilla 6" 2 each
- Pico de Gallo 2 oz
- Corn 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Cake 1 each
- Fruit Drink with Vitamin C 8 oz

#EARHUSTLECHALLENGE

All beverages are to be served off the tray, on the side.

WEEK 2 | TUESDAY

OATMEAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 2 | TUESDAY

SCRAMBLED EGGS W/ CHEESE & PEPPERS

Number of Servings: 1

Serving Size: 4 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Scrambled Egg Mix (or shell eggs)	2 3/4 ozw	
Margarine	0.76 gm	
Flour All Purpose	0.57 gm	
Milk	1.61 gm	
Water	1 tbl + 1/4 tsp	
Ground Black Pepper	1 pinch	
Chicken Bouillon	0.38 gm	
Cheddar Cheese Shredded	1 ozw	
Frozen Diced Bell Peppers	1/8 ozw	

ASSEMBLY INSTRUCTIONS

EGGS: Cook eggs in small pan, stir as needed. (Make sauce while cooking.)

SAUCE: Cook blended flour and margarine for 5 minutes.

While stirring constantly, add dry milk and water.

Stir until smooth and thickened. Add peppers and cheese.

#EARHUSTLECHALLENGE

WEEK 2 | TUESDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Calorie Italian Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

Combine ingredients.
Pan.
Cover & chill. Combine.

VARY INGREDIENTS WITH MARKET

#EARHUSTLECHALLENGE

WEEK 2 | TUESDAY

SHREDDED CHEDDAR CHEESE

Number of Servings: 1

Serving Size: 1 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Retail: Cheese Cheddar AP Shreds #03040	1 ozw	

ASSEMBLY INSTRUCTIONS

Portion correct amount of cheese and place on tray with appropriate utensil.

#EARHUSTLECHALLENGE

WEEK 2 | TUESDAY

CHICKEN CHILI

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Bean Pinto - Rinsed, Drained	1 1/4 ozw	
Ground Chicken	2 1/4 ozw	
Chili Powder	3/4 tsp	
Spice Cumin Ground	1 pinch	
Paprika	0.43 gm	
Garlic Powder	2 pinch	
Water	1 tbl + 2 3/4 tsp	
Water	1 tbl + 2 3/4 tsp	
Crushed Tomatoes	1 3/4 tsp	
Tomato Paste	1 1/4 tsp	
Vegetable Fresh Onion Yellow/White - Peeled and Trimmed, Diced	1/4 ozw	
Water	1 tsp	
Shredded Cheddar Cheese	1 ozw	

ASSEMBLY INSTRUCTIONS

Wash beans thoroughly. Cover with water; boil 2 minutes, turn off heat. Cover; let soak 1 hour. Bring beans to a boil; Cover; simmer 1-1/2 hours or until tender. If necessary, add more water to keep beans covered. Drain beans; reserve beans for use

Place ground chicken in separate pan; cook until it loses its pink color, stirring to break apart. Drain or skim off excess fat.

Combine chili powder, cumin, paprika, and garlic powder. Stir into cooked meat.

Combine bean liquid with hot water

Add beans, tomatoes, tomato paste, and onions to cooked beef; stir well. Add reserved bean liquid and hot water to the meat mixture; stir. Bring to a boil; cover; reduce heat; simmer 1 hour. DO NOT BOIL. Stir occasionally.

Add beans. Simmer.

If too thin, combine cornstarch and cold water for thickening. Simmer.

Add cheese on top.

#EARHUSTLECHALLENGE

WEEK 2 | TUESDAY

MEXICAN PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto - Rinsed, Drained	1 1/4 ozw	
Water	1/2 cup + 2 tsp	
Chili Powder	1/8 tsp	
Vegetable Fresh Onion Yellow/White - Peeled and Trimmed, Diced	1/4 ozw	
Tomato Paste	1/8 ozw	
Water	1 1/2 tsp	
Beef Bouillon	0.57 gm	

ASSEMBLY INSTRUCTIONS

Wash beans.

Combine beans and first amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Add base and bring to boil.

Skim off foam.

Add onions.

Reduce heat and simmer for 1.5 - 2 hours or until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid. Add second amount of water and the rest of the ingredients to the mixture. Let simmer for 30 minutes.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

CORN

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Cut Corn	4 1/2 ozw	
Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Add water and margarine to each pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover.

#EARHUSTLECHALLENGE

CAKE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable Flour All Purpose	1 ozw 3/4 ozw	Grease and flour each full-size sheet pan (26"x18") with 1 ozw shortening/margarine and 3/4 ozw flour.
Cake Mix White Water - Cold Water - Cold	5 lb 2 1/2 cup 2 1/2 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

To Make 54 servings (1 pan):

Pour first amount of water into mixing bowl. Add cake mix. Blend using the paddle attachment on medium speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 minutes.

Pour 7 lb + 8 ozw of cake batter into each greased and floured pan. Spread batter evenly in pan. Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through. Cool completely before frosting or cutting.

Evenly spread 3 cups frosting onto each cooled pan of cake.

Cut each pan 6x9 (1/54 cut).

For single portion, suggest purchasing generic cake mix and cut into 3" square

#EARHUSTLECHALLENGE

WEEK 2 | TUESDAY

PICO DE GALLO

Number of Servings: 1

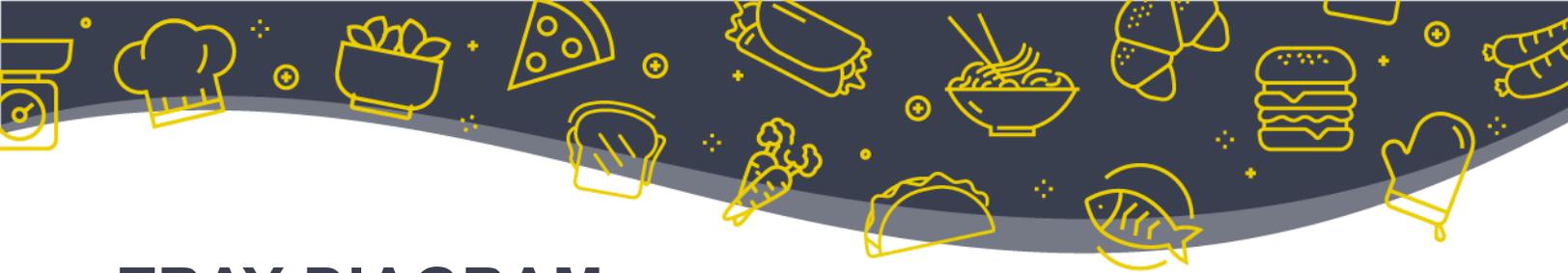
Serving Size: 2 fl oz

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Tomato - Cored, Diced - 1/4"	1 1/2 ozw	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced - 1/4"	1/4 ozw	
Vegetable Canned Pepper Jalapeno Sliced Jar - Drained, Diced - 1/4"	1/8 ozw	
Lime Juice	1/2 tsp	
Fresh Cilantro	1/4 tsp	
Chopped Garlic	¼ pinch	
Salt	¼ pinch	

ASSEMBLY INSTRUCTIONS

Combine all ingredients.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 2 | WEDNESDAY



BREAKFAST

- Scrambled Eggs 4 oz
- Coffeecake 1 each
- Hot Cereal 6 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Sandwich
 - Sliced Deli Turkey 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar) 1 each
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Boneless Chicken Breast Sandwich
 - Herb Baked Chicken Breast 3 oz
 - Sautéed Onions 2 oz
 - Hamburger Bun 1 each
 - Ketchup Packet 1 oz
 - Mustard Packet 1 oz
- Pasta Salad 4 oz
- French Fries 4 oz
- Green Beans 6 oz
- Pudding 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 2 | WEDNESDAY

OATMEAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 2 | WEDNESDAY

SCRAMBLED EGGS

Number of Servings: 1

Serving Size: 4 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Scrambled Egg Mix	3 3/4 ozw	
Margarine	0.66 gm	
Flour All Purpose	0.57 gm	
Milk	1.70 gm	
Water - Warm	1 tbl	
Ground Black Pepper	1 pinch + 1/4 tsp	
Chicken Bouillon	0.38 gm	

ASSEMBLY INSTRUCTIONS

EGGS: Cook eggs in small pan, stir as needed. (Make sauce while cooking.)

SAUCE: cook blended flour and margarine, stirring constantly. Continue to stir constantly and add milk, water, bouillon and pepper.

#EARHUSTLECHALLENGE

COFFEECAKE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable Flour All Purpose	1 ozw 3/4 ozw	Grease and flour each full-size sheet pan (26"x18") with 1 ozw shortening/margarine and 3/4 ozw flour.
Cake Mix Coffeecake Water - Cold Water - Cold	5 lb 2 3/4 cup 2 3/4 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

Pour first amount of water into mixing bowl. Add cake mix. Blend using the paddle attachment on low speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 minutes.

Pour 7 lb +12 ozw of batter into each greased and floured pan. Spread batter evenly in pan.

Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through.

Cool completely before cutting.

Cut each pan 6x9 (1/54 cut).

For single portion cut into 3" square. May be easier to purchase premade coffeecake or genetic mix.

#EARHUSTLECHALLENGE

PASTA SALAD

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Pasta Dry Rotini	3/4 ozw	
Water - Hot	1/2 cup + 2 tbl	
Frozen Broccoli Cuts - Thawed	1/4 ozw	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	3.40 gm	
Diced Frozen Celery, Thawed	3.40 gm	
Frozen Carrots Diced - Thawed	1/8 ozw	
Ground Black Pepper	1 pinch	
White Vinegar	1 tsp	
Vegetable Oil	1 1/2 tsp	
Garlic Powder	1 pinch	
Dried Oregano	1 pinch	
Granulated Sugar	1 drop	
Frozen Diced Bell Peppers - Thawed	1/8 ozw	

ASSEMBLY INSTRUCTIONS

- Combine pasta (cooked and chilled 1 day in advance) with remaining vegetables.
- Combine salt, pepper, vinegar, oil, garlic powder, oregano, and sugar; blend well.
- Add dressing mixture to pasta/vegetable mixture and blend to coat evenly.
- Chill mixture thoroughly prior to service.

#EARHUSTLECHALLENGE

WEEK 2 | WEDNESDAY

HERB BAKED BONELESS CHICKEN BREAST

Number of Servings: 1

Serving Size: 3 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Raw Boneless Skinless Chicken Breast	4 ozw	
Paprika	2 pinch	
Ground Black Pepper	1 pinch	
Garlic Powder	1 pinch	

ASSEMBLY INSTRUCTIONS

Rinse, drain, and pan on a greased sheet pan.

Sprinkle with seasonings.

Bake at 325 for 20-25 minutes. Check internal temperature.

#EARHUSTLECHALLENGE

WEEK 2 | WEDNESDAY

SAUTÉED ONIONS

Number of Servings: 1

Serving Size: 2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Sliced - Horizontally In Half, Sliced 1/2"	2 3/4 ozw	
Margarine	1/8 ozw	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Sauté onions in margarine until onions are tender.
Add pepper.

#EARHUSTLECHALLENGE

WEEK 2 | WEDNESDAY

FRENCH FRIES

Number of Servings: 1

Serving Size: 4 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
French Fries, frozen	4 ozw	

ASSEMBLY INSTRUCTIONS

Follow package instructions for baking french fries.

#EARHUSTLECHALLENGE

GREEN BEANS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Cut Green Beans	4 1/8 ozw	
Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated hotel pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Transfer vegetables into pan. Add margarine to pan. Cover. Stir to combine before service.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into each pan. Add water and margarine to each pan. Cover with foil. Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 2 | WEDNESDAY

PUDDING

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Cold	1/2 cup	
Milk	1/2 ozw	
Pudding Mix Vanilla	1 ozw	

ASSEMBLY INSTRUCTIONS

Follow instructions on pudding mix package

#EARHUSTLECHALLENGE

TRAY DIAGRAM

WEEK 2 | THURSDAY



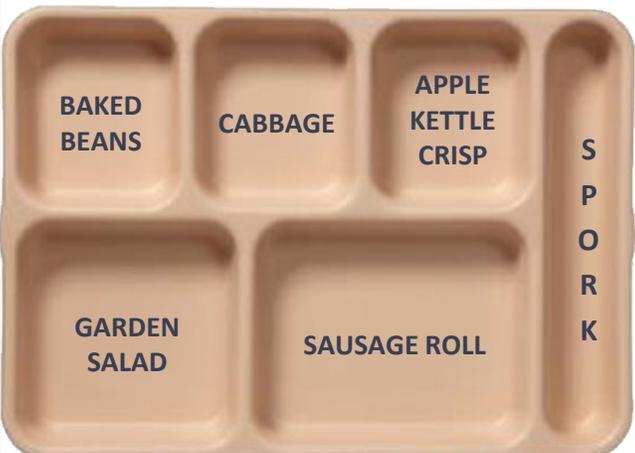
BREAKFAST

- Fried Egg 2 each
- Beef Hash 4 oz
- Buttermilk Biscuit 1 each
- Hot Cereal 6 oz
- Orange Juice 4 oz
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Bologna Sandwich
 - Turkey Bologna 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Hot Link Sandwich
 - Polish Sausage 1 each
 - Sub Roll 1 each
 - BBQ Sauce 2 oz
- Baked Beans 4 oz
- Cabbage 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Apple Kettle Crisp 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 2 | THURSDAY

OATMEAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 2 | THURSDAY

BEEF HASH

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
MEAT Ground Beef Water Fresh Onion Yellow/White – Peeled and Trimmed, Diced - 1/4" Frozen Celery Diced Frozen Carrots Diced	2 ozw 3 tbl + 1 1/2 tsp 2.51 gm 1.48 gm 1.48 gm	In stockpot over medium-high heat, cook all ingredients
POTATOES Fresh Potato White/Yellow Chef - Peeled, Diced - 1/2" Margarine Unsalted Salt Parsley	2 1/8 ozw 3.25 gm 3.25 gm 0.30 gm	Preheat steamer. In 2" perforated steam table pan(s), steam potatoes until fork-tender, 4-6 minutes. Drain. Toss with remaining ingredients. Cover. Keep hot for service or use as directed in recipe.
Vegetable Oil Fresh Onion Yellow/White – Peeled and Trimmed, Diced - 1/4" Salt Table Spice Pepper Black Ground Pure	1/2 tsp 1 1/8 ozw 2 pinch 1 pinch	Combine sauce ingredients. Blend well. Set aside.
Vegetable Fresh Onion Yellow/White - Peeled and Trimmed, Diced - 1/2" Mozzarella Shredded	8 ozw 2 lb + 4 ozw	

ASSEMBLY INSTRUCTIONS

In sauté pan over medium-high heat, heat oil. Add onion. Sauté until onion is translucent, 3 to 5 minutes.

Add steamed potatoes. Cook until potatoes are browned, 4 to 5 minutes.

Add beef, salt, and pepper. Heat through.

Top with mozzarella cheese.

#EARHUSTLECHALLENGE

FRIED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Oil Medium Shell Eggs	1/2 tsp 2 each	

ASSEMBLY INSTRUCTIONS

Spread oil on medium heated griddle.
Keep eggs 1" apart from each other. Break yolks fry 1 min on each side.

#EARHUSTLECHALLENGE

BUTTERMILK BISCUIT

Number of Servings: 1

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable	1 ozw	Grease each full-size sheet pan (26"x18") with 1 ozw shortening/margarine.
Biscuit Mix Buttermilk Water	5 lb 1 qt + 3 cup	

ASSEMBLY INSTRUCTIONS

Follow biscuit mix instructions and cut into 3" square

#EARHUSTLECHALLENGE

WEEK 2 | THURSDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Calorie Italian Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

Combine ingredients.
Pan.
Cover & chill. Combine.

VARY INGREDIENTS WITH MARKET

#EARHUSTLECHALLENGE

WEEK 2 | THURSDAY

POLISH SAUSAGE

Number of Servings: 1

Serving Size: 1 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Polish Sausage / Hot Link	3 oz	

ASSEMBLY INSTRUCTIONS

Follow instructions on package.

#EARHUSTLECHALLENGE

BAKED BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Bean Navy - Rinsed, Drained	1 1/4 ozw	
Water	1/2 cup + 2 tbl	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1/4 ozw	
Tomato Paste	3/4 tsp	
Ketchup	1 tsp	
Brown Sugar	1/4 ozw	
Spice Mustard Dry Ground	1 pinch	
Vinegar White	1/2 tsp	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring beans/water to boil.

Skim off foam.

Simmer for 1 hour.

Add remaining ingredients and cook until tender.

Drain any excess liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 2 | THURSDAY

CABBAGE

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Cabbage Green Heads - Cored, Diced	7 1/4 ozw	
Water	1/2 cup	
Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Add cabbage to boiling water. Simmer until almost tender. Drain off approximately 3/4's of the liquid.
Add margarine. Pan. Cover. Keep hot.

#EARHUSTLECHALLENGE

WEEK 2 | THURSDAY

APPLE KETTLE CRISP

Number of Servings: 1

Serving Size: 1/2 cup

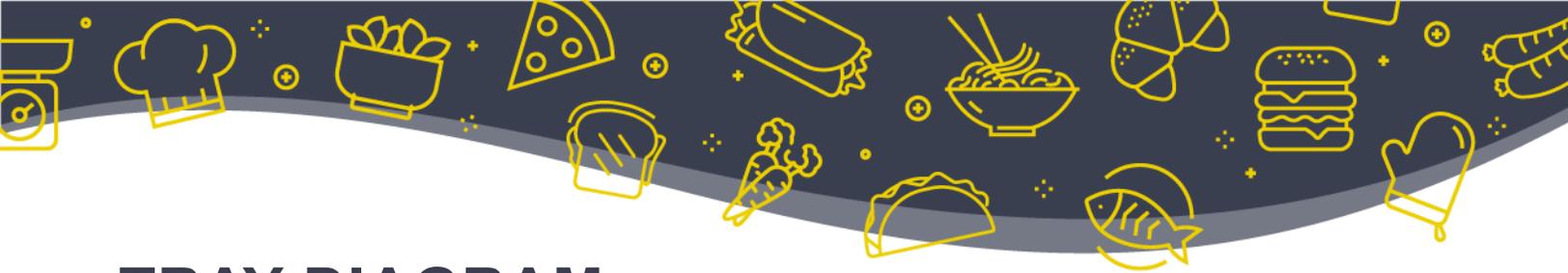
INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Apples, cut	1 1/2 ozw	
Granulated Sugar	1/4 ozw	
Margarine	1/2 ozw	
Lemon Juice	1/8 tsp	
Sugar Brown	1/8 ozw	
Ground Cinnamon	1 pinch	
Flour All Purpose	3.40 gm	
Water	1 tbl + 1 3/4 tsp	
Cereal Oats Quick	1/4 ozw	
Water	1 tbl + 1 1/2 tsp	

ASSEMBLY INSTRUCTIONS

Combine all ingredients in kettle except oatmeal and water. Heat until margarine melts and apples are heated. Stir to blend.

Add oatmeal and water. Simmer only 3 minutes. Mixture will be thin. It will thicken on the serving line.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 2 | FRIDAY



BREAKFAST

- Scrambled Eggs with Spiced Chorizo 3 oz, 1/2 oz
- Refried Pinto Beans 4 oz
- Flour Tortilla 6" 1 each
- Salsa 1 oz
- Corn Flakes 10 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Egg Salad Sandwich
 - Hard Cooked Egg 2 each
 - Wheat Bread 2 slices
 - Mayonnaise Packet 1 oz
 - Mustard Packet 1 oz
 - Relish Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Oven Fried Breaded Fish Patty 1 patty
- Rice Pilaf 4 oz
- Carrots 6 oz
- Creamy Coleslaw 4 oz
- Ketchup Packet 1 oz
- Cake 1 each
- Fruit Drink with Vitamin C 8 oz

WEEK 2 | FRIDAY

SCRAMBLED EGGS

Number of Servings: 1

Serving Size: 3 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Scrambled Egg Mix	3 ozw	
Margarine	0.50 gm	
Flour All Purpose	0.43 gm	
Milk	1.28 gm	
Water - Warm	2 1/2 tsp	
Ground Black Pepper	1 pinch	
Chicken Bouillon	0.28 gm	

ASSEMBLY INSTRUCTIONS

EGGS: Cook eggs in small pan, stir as needed. (Make sauce while cooking.)

SAUCE: cook blended flour and margarine, stirring constantly. Continue to stir constantly and add milk, water, bouillon and pepper.

#EARHUSTLECHALLENGE

WEEK 2 | FRIDAY

SPICED CHORIZO

Number of Servings: 1

Serving Size: 1/2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vinegar White	4 drops	
Salt	1 pinch	
Ground Chicken	3/4 ozw	
Water		
Paprika	1/4 tsp	
Cayenne Pepper	1/8 tsp	
Garlic Powder	2 pinch	
Dried Oregano	2 pinch	
Ground Black Pepper	1/8 tsp	
Water	1 pinch	
	4 drops	

ASSEMBLY INSTRUCTIONS

Blend all ingredients until well combined.

Bake in 350 oven or grill.

Can be sauteed for crumbled sausage.

#EARHUSTLECHALLENGE

WEEK 2 | FRIDAY

REFRIED PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto - Rinsed, Drained	1 3/4 ozw	
Water	1 1/4 cup	
Chicken Bouillon	0.57 gm	
Garlic Powder	1 pinch	
Cayenne Pepper	1 pinch	
Ground Black Pepper	1 pinch	
Chili Powder	1 pinch	
Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Add base and bring to boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

When fully cooked: mash/use a blender to about 1/2 of the beans and add back to the mixture.

Add margarine and the rest of the ingredients to the mixture. Simmer until thickened.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 2 | FRIDAY

HARD COOKED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	2 1/2 cup + 1 tbl	
Medium Shell Egg	2 each	

ASSEMBLY INSTRUCTIONS

Place eggs carefully in pan and slowly add cold water to cover.

Bring to a slow simmer.

Cook eggs about 10 minutes.

Rinse eggs in cold water or ice & cold water to bring temperature down quickly.

#EARHUSTLECHALLENGE

WEEK 2 | FRIDAY

CREAMY COLESLAW

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Mayonnaise	1 tbl + 3/4 tsp	
Vinegar White	1 1/8 tsp	
Granulated Sugar	1.98 gm	
Ground Black Pepper	1 pinch	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	3 1/4 ozw	

ASSEMBLY INSTRUCTIONS

Combine mayonnaise, vinegar, sugar, and pepper. Whisk until well combined.

Pour salad dressing mixture over cabbage. Stir to combine and evenly distribute.

Cover. Chill for at least 5 hours before service.

#EARHUSTLECHALLENGE

WEEK 2 | FRIDAY

OVEN FRIED BREADED FISH PATTY (4 OZW)

Number of Servings: 1

Serving Size: 1 patty

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Breaded Fish Patty	4 oz weight	

ASSEMBLY INSTRUCTIONS

Place on sheet pan. Cook in 350 oven for 15 minutes or as instructions state on the package.

#EARHUSTLECHALLENGE

WEEK 2 | FRIDAY

RICE PILAF

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	1/4 cup + 1 tsp	
Margarine	1/8 ozw	
Rice White Long Grain Parboiled	3/4 ozw	
Ground Black Pepper	1 pinch	
Chicken Bouillon	0.28 gm	
Frozen Diced Bell Peppers	2.27 gm	

ASSEMBLY INSTRUCTIONS

Add rice & all ingredients to boiling water.

Stir. Cover. Simmer as stated on rice package.

#EARHUSTLECHALLENGE

WEEK 2 | FRIDAY

CARROTS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Carrots Diced	4 1/4 ozw	
Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Add margarine.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into pan(s). Add water and margarine to each pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

CAKE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable Flour All Purpose	1 ozw 3/4 ozw	Grease and flour each full-size sheet pan (26"x18") with 1 ozw shortening/margarine and 3/4 ozw flour.
Cake Mix White Water - Cold Water - Cold	5 lb 2 1/2 cup 2 1/2 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

To Make 54 servings (1 pan):

Pour first amount of water into mixing bowl. Add cake mix. Blend using the paddle attachment on medium speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 minutes.

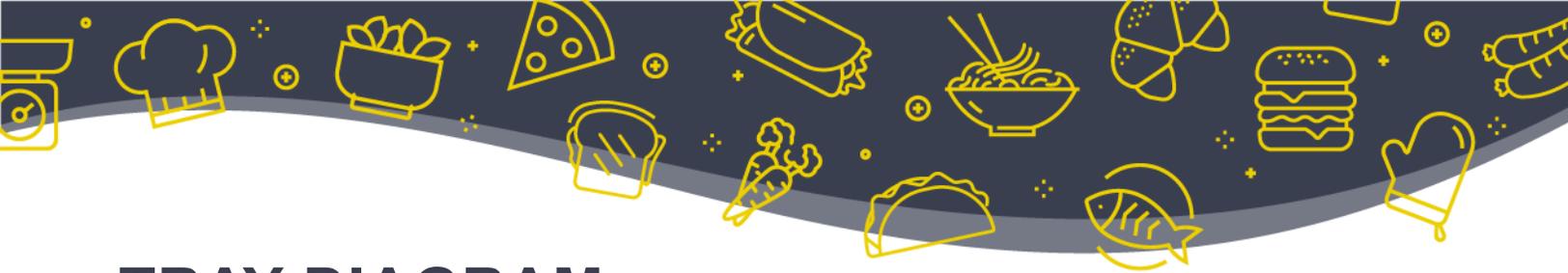
Pour 7 lb + 8 ozw of cake batter into each greased and floured pan. Spread batter evenly in pan. Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through. Cool completely before frosting or cutting.

Evenly spread 3 cups frosting onto each cooled pan of cake.

Cut each pan 6x9 (1/54 cut).

For single portion, suggest purchasing generic cake mix and cut into 3" square

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 2 | SATURDAY



BREAKFAST

- French Toast 2 slices
- Hard Cooked Egg 2 each
- Hot Cereal 6 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Peanut Butter & Jelly Sandwich
 - Peanut Butter 2 oz
 - Jelly 2 oz
 - Wheat Bread 2 slices
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Chicken Texas Hash 6 oz
- Rice 4 oz
- Peas 6 oz
- Potato Salad 4 oz
- Wheat Bread 2 slices
- Pudding 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 2 | SATURDAY

OATMEAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 2 | SATURDAY

FRENCH TOAST

Number of Servings: 1

Serving Size: 2 slice

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Scrambled Egg Mix	1 1/2 ozw	
Granulated Sugar	1/8 ozw	
Water	3 tbl	
Milk	1/4 ozw + 2 1/2 tsp	
White Sliced Bread	2 slice	
Ground Cinnamon	1 pinch	

ASSEMBLY INSTRUCTIONS

Add milk to water. Blend, stirring constantly. Add remaining ingredients.
Dip bread. Grill.

#EARHUSTLECHALLENGE

WEEK 2 | SATURDAY

HARD COOKED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water Shell Egg - Medium	2 1/2 cup + 1 tbl 2 each	

ASSEMBLY INSTRUCTIONS

Place eggs carefully in pan and slowly add cold water to cover.

Bring to a slow simmer.

Cook eggs about 10 minutes.

Rinse eggs in cold water or ice & cold water to bring temperature down quickly.

#EARHUSTLECHALLENGE

WEEK 2 | SATURDAY

POTATO SALAD

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Slices	3/4 ozw	
Frozen Diced Bell Peppers - Thawed	2.83 gm	
Diced Frozen Celery, Thawed	1/2 ozw	
Vinegar White	1 tsp	
Mayonnaise	1/2 ozw	
Granulated Sugar	2.27 gm	
Cayenne Pepper	1 pinch	
Mustard	0.57 gm	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced - 1/4"	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Combine potatoes (cooked and chilled 1 day in advance) with remaining vegetables.

Combine vinegar, dressing, sugar, cayenne, and mustard; blend well.

Add dressing mixture to potato/vegetable mixture and blend well.

Chill mixture thoroughly prior to service.

#EARHUSTLECHALLENGE

WEEK 2 | SATURDAY

CHICKEN TEXAS HASH

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Rice White Long Grain Parboiled	1 1/8 ozw	
Water	1 3/4 tsp	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1/4 ozw	
Garlic Powder	1 pinch	
Crushed Tomatoes	2 tbl + 1/4 tsp	
Tomato Paste	1 1/4 tsp	
Frozen Diced Bell Peppers	1/4 ozw	
Chili Powder	1 pinch	
Ground Black Pepper	1 pinch	
Granulated Sugar	1.59 gm	
Worcestershire Sauce	1/4 tsp	
Beef Bouillon	2.13 gm	
Water	2 tbl + 3/4 tsp	
Ground Thyme	1 pinch	
Dried Oregano	1 pinch	
Ground Chicken	2 1/4 ozw	

ASSEMBLY INSTRUCTIONS

Cook rice in first amount of water until firm but cooked HOLD HOT.

In separate pan, sauté meat, chopped onions & garlic powder. Drain off excess fat.

Add remaining ingredients to meat mixture. Mix well Simmer

Stir in cooked rice. blend well. Simmer 5-10 min to heat through.

#EARHUSTLECHALLENGE

WEEK 2 | SATURDAY

RICE

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	1/4 cup + 1 tsp	
Margarine	1/8 ozw	
Rice White Long Grain Parboiled	3/4 ozw	

ASSEMBLY INSTRUCTIONS

Follow your rice package instructions. Add margarine.

#EARHUSTLECHALLENGE

PEAS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Green Peas	4 1/2 ozw	
Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Add margarine.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into pan(s). Add water and margarine to pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 2 | SATURDAY

PUDDING

Number of Servings: 1

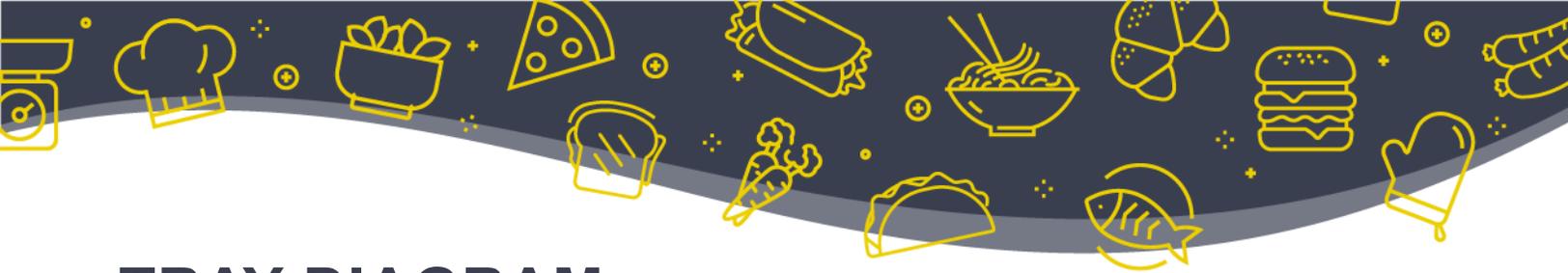
Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Cold	1/2 cup	
Milk	1/2 ozw	
Pudding Mix Vanilla	1 ozw	

ASSEMBLY INSTRUCTIONS

Follow instructions on pudding mix package

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 2 | SUNDAY



BREAKFAST

- Fried Egg 2 each
- Hash Brown Potatoes 4 oz
- Corn Flakes 10 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Wheat Bread 2 slices
- Margarine, pc 2 each
- Ketchup Packet 1 oz
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Sandwich
 - Sliced Deli Turkey 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- 100% Beef Patty 1 patty
- Mashed Potato 4 oz
- Gravy 4 oz
- Pinto Beans 4 oz
- Green Beans 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Gelatin Dessert 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 2 | SUNDAY

FRIED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Oil Shell Egg - Medium	1/2 tsp 2 each	

ASSEMBLY INSTRUCTIONS

Spread oil on medium heated griddle.

Keep eggs 1" apart from each other. Break yolks fry 1 min on each side.

#EARHUSTLECHALLENGE

WEEK 2 | SUNDAY

HASH BROWN POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Slices	3/4 ozw	
Vegetable Oil	1 1/2 tsp	
Ground Black Pepper	1 pinch	
Paprika	1 pinch	

ASSEMBLY INSTRUCTIONS

Cover Potatoes with water.

Cook until tender. Drain Well. Pan for service.

Combine oil, pepper & Paprika.

Pour oil mixture over potatoes.

#EARHUSTLECHALLENGE

WEEK 2 | SUNDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Calorie Italian Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

Combine ingredients.
Pan.
Cover & chill. Combine.

VARY INGREDIENTS WITH MARKET

#EARHUSTLECHALLENGE

WEEK 2 | SUNDAY

100% BEEF PATTY (4 OZ RAW)

Number of Servings: 1

Serving Size: 1 patty

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Ground Beef Patty	4 oz	

ASSEMBLY INSTRUCTIONS

Place thawed patties on sheet pans. Bake to 165 F (about 20 to 30 min).

#EARHUSTLECHALLENGE

WEEK 2 | SUNDAY

GRAVY

Number of Servings: 1

Serving Size: 4 fl oz

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Margarine	1/2 ozw	
Flour All Purpose	1/4 ozw	
Water - Hot	1/2 cup	
Beef Bouillon	1/8 ozw	
Ground Black Pepper	1 pinch	
Garlic Powder	1 pinch	
Ground Thyme	1 pinch	
Ketchup Bulk	1 tsp	

ASSEMBLY INSTRUCTIONS

Combine flour and margarine. Cook. Do not brown.

Add beef bouillon to hot water and blend well

Add remaining ingredients to the water and blend well

Simmer, stir constantly until thick and smooth.

#EARHUSTLECHALLENGE

WEEK 2 | SUNDAY

MASHED POTATO

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Flakes	3/4 ozw	
Milk	1.52 gm	
Water	1/3 cup	
Margarine	2.27 gm + 1 tbl	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Blend potatoes and Milk together.

Blend water, butter or margarine, salt and pepper in mixer bowl.

At low speed, using wire whip, rapidly add potato and milk mixture to liquid; mix 1/2 minute. Stop mixer; scrape down sides and bottom of bowl.

Whip at high speed about 2 minutes or until light and fluffy. DO NOT OVERWHIP.

Can also use fresh peeled potatoes, if preferred.

#EARHUSTLECHALLENGE

WEEK 2 | SUNDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto - Rinsed, Drained	1 1/2 ozw	
Water - Cold	1/2 cup + 2 tbl	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 2 | SUNDAY

GREEN BEANS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Cut Green Beans	4 1/8 ozw	
Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated hotel pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Transfer vegetables into pan. Add margarine to pan. Cover. Stir to combine before service.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into each pan. Add water and margarine to each pan. Cover with foil. Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 2 | SUNDAY

GELATIN DESSERT

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Gelatin Mix	1/4 ozw	
Water - Hot	2 tbl + 2 tsp	
Water - Cold	1/4 cup + 1 tbl	

ASSEMBLY INSTRUCTIONS

Add boiling water to gelatin. Whisk until gelatin is completely dissolved, 1-2 minutes. Allow mixture to cool slightly.

Add cold water. Whisk until well blended.

Pour mixture into dish. Refrigerate until set, 4 hours or overnight.

Cover. Cut into 1" cubes. Keep chilled for service.

For best results, follow package instructions for gelatin.

#EARHUSTLECHALLENGE

#EARHUSTLECHALLENGE

SHOPPING LIST

Week 3

BAKERY

	Frozen Waffles
	Sliced Wheat Bread
	Hamburger Buns

BEVERAGES

	Lemon Juice Concentrate
	Vitamin C Drink Mix
	Ground Coffee

DAIRY

	Shredded Parmesan Cheese
	Eggs, Medium
	Liquid Eggs
	1% Milk
	Margarine
	Sliced American Yellow Cheese
	Shredded Cheddar Cheese
	Shredded Mozzarella Cheese

GROCERY

	Pinto Beans
	Tomato Paste
	Sage
	Corn Flakes
	Quick Oats
	Assorted individual snacks, 2 per day. Examples: granola bar, cookies, chips, crackers
	#EARHUSTLECHALLENGE
	Vegetable Oil

GROCERY

	Crushed Tomatoes
	Unsweetened Apple Sauce or Canned Fruit
	Sliced Potatoes, dehydrated
	Pancake Syrup
	Ketchup
	Mustard
	Mayonnaise
	Italian Low-Cal Dressing
	Grape Jelly
	Peanut Butter
	Beef Bouillon
	Chicken Bouillon
	Light Brown Sugar
	Powdered Sugar
	Distilled White Vinegar
	Black Pepper
	Cayenne Pepper
	Chili Powder
	Cinnamon
	Ground Cumin
	Garlic Powder
	Ground Mustard
	Paprika
	Thyme
	Oregano
	Salt

#EARHUSTLECHALLENGE

SHOPPING LIST

Week 3

GROCERY	
	Raisins, Seedless
	Light Red Kidney Beans - Canned
	Worcestershire Sauce
	Canned Fruit
	Vegetable Shortening
	Canned Wax Beans
	Canned Green Beans
	6" Yellow Corn Tortilla
	Pancakes, frozen or mix
	Cheese Sauce Mix
	Vanilla Extract Imitation
	All Purpose Flour
	White Cake Mix
	Coffee Cake Mix
	Sugar Cookie Mix
	Buttermilk Biscuit Mix
	Rotini
	Dried Basil
PRODUCE & SALADS	
	Green Pepper
	Banana
	Green Cabbage
	Yellow Onion
	Red Apple
	Mushroom
	Jalapeno Pepper
	Iceberg Lettuce
	Carrots
	White Potatoes

MEAT and PROTEIN	
	Orange Gelatin
	Sliced Ham
	Ground Beef
	Ground Chicken
	Lunchmeat: Turkey Bologna, Turkey, Turkey Ham. 2 oz per day.
	Sausage Patty, low sodium
	Breaded Fish Sticks or Patty (4 oz total)
	Diced Precooked Chicken
	Chicken Breast, Raw
	Breaded Chicken Patty 4 oz
FROZEN	
	French Fries
	Bell Peppers
	Apple, Banana or Oranges – each day at lunch
	Green Beans
	Corn
	Peas
	Carrots
	Broccoli Cuts
	Mixed Vegetables
	Celery

#EARHUSTLECHALLENGE

WEEK 3 | MONDAY

OATMEAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Quick Oats	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 3 | MONDAY

ITALIAN TOMATO SAUCE (4OZ GD BEEF)

Number of Servings: 1

Serving Size: 6 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Ground Beef	3 3/4 ozw	
Vegetable Oil	1/8 ozw	
Yellow Onion, Peeled & Diced 1/2"	1/4 ozw	
Diced Frozen Celery	2.69 gm	
Frozen Peppers	0.71 gm	
Garlic Powder	0.71 gm	
Tomato Paste - Canned	1/4 cup + 1 tsp	
Water	1 tbl + 2 3/4 tsp	
Canned Crushed Tomatoes	3 tsp	
Beef Bouillon	1.35 gm	
Dried Ground Oregano	1 pinch	
Worcestershire Sauce	4 drop	
Black Ground Pepper	1 pinch	
Dried Basil Leaf	1 pinch	
Granulated White Sugar	0.85 gm	

ASSEMBLY INSTRUCTIONS

Brown meat. Stir to break up meat. Drain fat and hold.

Cook vegetables in oil for about 10 minutes, stirring frequently. Add garlic powder. Cook about 2 minutes longer.

Add the remaining ingredients (except sugar and meat) to the vegetable mixture. Simmer for 2 hours, stirring occasionally.

Add sugar and meat to mixture, blend well. Simmer 10-15 minutes to heat through. If needed add seasoning.

#EARHUSTLECHALLENGE

WEEK 3 | MONDAY

KIDNEY BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Kidney Beans	1 1/4 ozw	
Water	1/2 cup + 2 tbl	
Chicken Bouillon	0.57 gm	
Diced Yellow Onion	1/8 ozw	
Ground Black Pepper	1 pinch	
Unsalted Margarine	1/8 ozw	

ASSEMBLY INSTRUCTIONS

Wash beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Add base and bring to boil.

Skim off foam.

Add onions.

Reduce heat and simmer for 1.5 - 2 hours or until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid. Add margarine and pepper; stir to combine.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 3 | MONDAY

MIXED VEGETABLES

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Vegetable Mix – Carrots, Corn, Green Beans, Peas	4 1/2 ozw	
Water	1/2 cup	
Unsalted Margarine	1/4 ozw	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Add vegetables to boiling water. Simmer until almost tender. Drain off approximately 3/4's of the liquid.
Add margarine. Pan. Cover. Keep hot.



If on a medical diet, such as cardiac or diabetic, usually the margarine will be omitted from vegetables. Other modifications would be made to the overall menu.

#EARHUSTLECHALLENGE

WEEK 3 | MONDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Shredded Iceberg Lettuce	1 3/4 ozw	
Shredded Green Cabbage	1/4 ozw	
Shredded Fresh Carrots	1/4 ozw	
Low Calorie Italian Dressing	2 tbsp	

ASSEMBLY INSTRUCTIONS

Combine ingredients.

Pan.

Cover & chill. Combine.

#EARHUSTLECHALLENGE

WEEK 3 | MONDAY

CAKE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Vegetable Shortening All Purpose Flour	1 ozw 3/4 ozw	Grease and flour each full-size sheet pan (26"x18") with 1 ozw shortening/margarine and 3/4 ozw flour.
Cake Mix White Water - Cold Water - Cold	5 lb 2 1/2 cup 2 1/2 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

Pour first amount of water into mixing bowl. Add cake mix. Blend using the paddle attachment on medium speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 minutes.

Pour 7 lb + 8 ozw of cake batter into each greased and floured pan. Spread batter evenly in pan.

Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through.

Cool completely before cutting.

Cut each pan 6x9 (1/54 cut).

For single portion, suggest purchasing generic cake mix and cut into 3" square

#EARHUSTLECHALLENGE

TRAY DIAGRAM

WEEK 3 | TUESDAY



BREAKFAST

- Veggie Omelet 1 each
- Hash Brown Potatoes 4 oz
- Hot Cereal 6 oz
- Bread 2 slices
- Raisins 1 oz
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Sandwich
 - Sliced Deli Turkey 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Chicken Parmesan 1 serving
- Noodles 4 oz
- Green Beans 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Wheat Garlic Bread 1 slice
- Fresh Fruit Choice (Apple, Banana, Orange) 1 each
- Fruit Drink with Vitamin C 8 oz

WEEK 3 | TUESDAY

VEGGIE OMLET

Number of Servings: 1

Serving Size: 1 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Diced Yellow Onion	1/4 ozw	
Diced Green Pepper	1/4 ozw	
Fresh Mushrooms, Trimmed & Sliced	1/4 ozw	
Shredded Cheddar Cheese	1/2 ozw	
Scrambled Egg Mix	2 3/4 ozw	
Vegetable Oil	1/4 tsp	

ASSEMBLY INSTRUCTIONS

In sauté pan over medium heat, heat ¼ tsp oil

Add the following:

- Onion
- Green Pepper
- Mushroom

Sauté until tender-crisp, 2-3 minutes.

Add Egg. Cook, stirring occasionally, until eggs are set but still soft.

#EARHUSTLECHALLENGE

WEEK 3 | TUESDAY

HASH BROWN POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Slices	3/4 ozw	
Vegetable Oil	1 1/2 tsp	
Ground Black Pepper	1 pinch	
Paprika	1 pinch	

ASSEMBLY INSTRUCTIONS

Cover Potatoes with water.

Cook until tender. Drain Well. Pan for service.

Combine oil, pepper & Paprika.

Pour oil mixture over potatoes.

#EARHUSTLECHALLENGE

WEEK 3 | TUESDAY

HOT CEREAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Quick Oats	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 3 | TUESDAY

CHICKEN PARMESAN

Number of Servings: 1

Serving Size: 1 serving

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen, Breaded Chicken Patty	4 ozw	
Marinara Sauce	2 oz	
Shredded Mozzarella Cheese	1 pinch	
Shredded Parmesan Cheese	1 pinch	

ASSEMBLY INSTRUCTIONS

Heat sauce to 140 F.

Preheat conv oven to 375 F or std oven to 425 F.

On wire rack(s) in sheet pan(s), place frozen chicken in single layer.

Bake until internal temperature reaches 165 F, 12 to 14 minutes.

Top each patty with the following:

2-oz spoodle sauce

1 pinch of mozzarella and parmesan cheese

Bake until cheese is melted, 3 to 5 minutes.

Cover. Keep hot for service or use as directed in recipe.

#EARHUSTLECHALLENGE

WEEK 3 | TUESDAY

NOODLES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	3/4 cup + 2 tsp	
Vegetable Oil	1/8 tsp	
Rotini Pasta	1 ozw	
Ground Black Pepper	1 pinch	
Water	1/2 tsp	
Unsalted Margarine	1/8 ozw	

ASSEMBLY INSTRUCTIONS

Bring water to boil. Add noodles and oil. Stir. Follow directions on package for cooking time. Drain. Rinse with cold and then hot water.

#EARHUSTLECHALLENGE

WEEK 3 | TUESDAY

GREEN BEANS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Green Beans	4 1/8 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated hotel pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Transfer vegetables into pan. Add margarine to pan. Cover. Stir to combine before service.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into each pan. Add water and margarine to each pan. Cover with foil. Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 3 | TUESDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Shredded Iceberg Lettuce	1 3/4 ozw	
Shredded Green Cabbage	1/4 ozw	
Shredded Fresh Carrots	1/4 ozw	
Low Calorie Italian Dressing	2 tbsp	

ASSEMBLY INSTRUCTIONS

Combine ingredients.

Pan.

Cover & chill. Combine with dressing.

#EARHUSTLECHALLENGE

WEEK 3 | TUESDAY

WHEAT GARLIC BREAD

Number of Servings: 1

Serving Size: 1 slice

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Unsalted Margarine	1/8 ozw	
Spice Garlic Powder	1 pinch	
Sliced Wheat Bread	1 slice	

ASSEMBLY INSTRUCTIONS

Place bread upright in steam table pan. Melt margarine. Add garlic powder.

Drizzle margarine/garlic mixture over bread while fanning slices.

Heat in 350 oven 5-10 min cover w/ foil. Punch holes in foil to let steam escape.



When mass producing garlic bread, you can see the assembly instructions are different than how you'd normally make this at home. At home, would recommend just toasting quickly in the oven with margarine and garlic powder.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 3 | WEDNESDAY



BREAKFAST

- Hard Cooked Egg 2 each
- Coffeecake 1 each
- Hot Cereal 6 oz
- Banana 1 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Peanut Butter & Jelly Sandwich
 - Peanut Butter 2 oz
 - Jelly 2 oz
 - Wheat Bread 2 slices
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Broccoli, Pasta & Cheese Sauce 4 oz
- Pinto Beans 4 oz
- Carrots 6 oz
- Three Bean Salad 4 oz
- Bread 2 slices
- Frosted Cake 1 each
- Fruit Drink with Vitamin C 8 oz

WEEK 3 | WEDNESDAY

HOT CEREAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Quick Oats	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 3 | WEDNESDAY

HARD COOKED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	2 1/2 cup + 1 tbl	
Eggs, Medium AA	2 each	

ASSEMBLY INSTRUCTIONS

Place eggs carefully in pan and slowly add cold water to cover.

Bring to a slow simmer.

Cook eggs about 10 minutes.

Rinse eggs in cold water or ice & cold water to bring temperature down quickly.

#EARHUSTLECHALLENGE

COFFEECAKE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Vegetable Shortening All Purpose Flour	1 ozw 3/4 ozw	Grease and flour each full-size sheet pan (26"x18") with 1 ozw shortening/margarine and 3/4 ozw flour.
Coffeecake Cake Mix Water - Cold Water - Cold	5 lb 2 3/4 cup 2 3/4 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

Pour first amount of water into mixing bowl. Add cake mix. Blend using the paddle attachment on low speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 minutes.

Pour 7 lb +12 ozw of batter into each greased and floured pan. Spread batter evenly in pan.

Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through.

Cool completely before cutting.

Cut each pan 6x9 (1/54 cut).

For single portion cut into 3" square. May be easier to purchase premade coffeecake or genetic mix.

#EARHUSTLECHALLENGE

WEEK 3 | WEDNESDAY

THREE BEAN SALAD

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Canned Kidney Beans, Rinsed & Drained	1 ozw	
Canned Green Beans, Drained	3/4 ozw	
Canned Wax Beans, Drained	1 1/4 ozw	
Diced Yellow Onion	1/2 ozw	
White Granulated Sugar	1/4 ozw	
Vegetable Oil	1 1/8 tsp	
White Vinegar	3/4 tsp	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Combine all ingredients. Lightly toss to blend.

#EARHUSTLECHALLENGE

WEEK 3 | WEDNESDAY

BROCCOLI, NOODLES & CHEESE SAUCE

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Rotini Pasta	½ ozw	
Frozen Broccoli	2 ozw	
Vegetable Oil	3 drops	
Water - Cold	3 tbl + 2 1/2 tsp	
Cheese Sauce	1/2 ozw	
Unsalted Margarine	1.13 gm	
Ground Black Pepper	2 pinch	
Ground Cayenne Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Bring water to boil. Add noodles and oil. Stir. Simmer until tender. Drain. Rinse with cold and then hot water. Add pepper.

Separately add broccoli to boiling water. Simmer until almost tender. Drain.

Add to broccoli with margarine, cheese sauce, and seasonings.

#EARHUSTLECHALLENGE

WEEK 3 | WEDNESDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Pinto Beans, Rinsed & Drained	1 1/4 ozw	
Water	1/2 cup + 2 tbl	
Chicken Bouillon	0.14 gm	
Ground Black Pepper	1 pinch	
Unsalted Margarine	1/8 ozw	
Diced Frozen Celery	2.83 gm	
Diced Yellow Onion	1.70 gm	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 3 | WEDNESDAY

CARROTS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Diced Frozen Carrots	4 1/4 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Add margarine.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into pan(s). Add water and margarine to each pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

FROSTED CAKE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Vegetable Shortening All Purpose Flour	1 ozw 3/4 ozw	Grease and flour each full-size sheet pan (26"x18") with 1 ozw shortening/margarine and 3/4 ozw flour.
TOPPING Vanilla Buttercream Icing	3 cup	Prepare sub-assembly recipe(s).
Cake Mix White Water – Cold Water - Cold	5 lb 2 1/2 cup 2 1/2 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

Pour first amount of water into mixing bowl. Add cake mix. Blend using the paddle attachment on medium speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 minutes.

Pour 7 lb + 8 ozw of cake batter into each greased and floured pan. Spread batter evenly in pan. Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through. Cool completely before frosting or cutting.

Evenly spread 3 cups frosting onto each cooled pan of cake.

Cut each pan 6x9 (1/54 cut).

For a single portion, bake generic cake mix, top with frosting and cut into 3" square.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 3 | THURSDAY



BREAKFAST

- Creamed Chicken 6 oz
- Hash Browns 4 oz
- Buttermilk Biscuit 1 each
- Corn Flakes 10 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Bologna Sandwich
 - Turkey Bologna 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Beef & Cheese Pizza 1 slice
- Wedge French Fries 4 oz
- Pinto Beans 4 oz
- Broccoli 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Fresh Baked Cookie 2 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 3 | THURSDAY

CREAMED CHICKEN (2 OZ DICED MEAT)

Number of Servings: 1

Serving Size: 6 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Unsalted Margarine	1/2 ozw	
Diced Yellow Onion	1/4 ozw	
All Purpose Flour	1/4 ozw	
Water	1/2 cup + 2 tsp	
Chicken Bouillon	1.13 gm	
Milk	1/2 ozw	
Frozen Cooked Diced Chicken	2 ozw	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Brown onions.

Add flour.

Combine milk with cold water. Add to flour mixture with base. Simmer. Add chicken and pepper. Simmer. Pan. Hold hot.

#EARHUSTLECHALLENGE

WEEK 3 | THURSDAY

HASH BROWNS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Slices	1 ozw	
Vegetable Oil	2 tsp	
Ground Black Pepper	1 pinch	
Paprika	1 pinch	

ASSEMBLY INSTRUCTIONS

Cover Potatoes with water.

Cook until tender. Drain Well. Pan for service.

Combine oil, pepper & Paprika.

Pour oil mixture over potatoes.

#EARHUSTLECHALLENGE

WEEK 3 | THURSDAY

BUTTERMILK BISCUIT

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Vegetable Shortening	1 ozw	Grease each full-size sheet pan (26"x18") with 1 ozw shortening/margarine.
Buttermilk Biscuit Mix Water	5 lb 1 qt + 3 cup	

ASSEMBLY INSTRUCTIONS

Follow biscuit mix instructions and cut into 3" square

#EARHUSTLECHALLENGE

WEEK 3 | THURSDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Shredded Iceberg Lettuce	1 3/4 ozw	
Shredded Green Cabbage	1/4 ozw	
Shredded Fresh Carrots	1/4 ozw	
Low Calorie Italian Dressing	2 tbsp	

ASSEMBLY INSTRUCTIONS

Combine ingredients.

Pan.

Cover & chill. Combine.

#EARHUSTLECHALLENGE

BEEF & CHEESE PIZZA (2 OZ GD BEEF / 2 OZ CHEESE)

Number of Servings: 18

Serving Size: 1/18 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PASTRY CRUST Biscuit Mix Buttermilk Water	1 lb + 1 1/4 ozw 1 1/2 cup	Add first amount of water to mix in a bowl. Mix with paddle on low speed only until blended. Do not over mix. Place dough on lightly greased paper-lined sheet pan. Roll out 1/4" thick evenly over all of sheet pan (IMPORTANT).
MEAT Ground Beef Water	2 lb + 8 ozw 1/2 cup	Brown meat in kettle with water. Sauté until cooked through. Set aside.
SAUCE Water Tomato Paste Beef Bouillon Dried Sage Worcestershire Sauce Dried Oregano Spice Chili Powder Ground Cumin Garlic Powder Sugar White Granulated Black Ground Pepper Ground Thyme	2 cup 1 cup 1/2 ozw 2 tsp 1 1/2 tsp 1 tbl 1 tbl 1/2 tsp 1/2 tsp 1/2 tsp 1/4 tsp 1/4 tsp	Combine sauce ingredients. Blend well. Set aside.
Vegetable Fresh Onion Yellow/White - Peeled and Trimmed, Diced - 1/2" Mozzarella Shredded Cheese	8 ozw 2 lb + 4 ozw	

ASSEMBLY INSTRUCTIONS

This recipe makes 18 servings.

Onto dough covered sheet pan, evenly spread sauce.

Sprinkle onions across pan.

Top crust evenly with cooked meat.

Evenly sprinkle cheese over each pan.

Bake in preheated oven at 450 F for 10-15 minutes.

Cut pizza into 3 x 6 (18 pcs. per pan).

Serve 1 pc per serving.

WEEK 3 | THURSDAY

WEDGE FRENCH FRIES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Fresh Potatoes Cut Into 1/4" Strips	4 3/4 ozw	
Vegetable Oil	1/2 tsp	
Paprika	1 pinch	
Garlic Powder	1 pinch	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

COVER potatoes WITH COLD WATER. Just before baking drain and dry.

Coat sheet pans with oil.

Drizzle potato strips with remaining oil.

Sprinkle with paprika, pepper and garlic powder

Bake at 375 for 45 minutes or until potatoes are tender.

#EARHUSTLECHALLENGE

WEEK 3 | THURSDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Pinto Beans, Rinsed & Drained	1 1/2 ozw	
Water - Cold	1/2 cup + 2 tbl	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 3 | THURSDAY

BROCCOLI

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Broccoli	5 ozw	
Unsalted Margarine	1/4 ozw	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into an oven safe pan. Add water and margarine to the pan. Cover with foil. Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 3 | THURSDAY

FRESH BAKED COOKIE

Number of Servings: 1

Serving Size: 2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Cookie Mix Sugar	2 ozw	
Water	1 3/4 tsp	

ASSEMBLY INSTRUCTIONS

Follow package instructions.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 3 | FRIDAY



BREAKFAST

- Scrambled Eggs with Spiced Chorizo 3 oz, 1/2 oz
- Pinto Beans 4 oz
- Fresh Jalapeno Pepper 1 oz
- Corn Tortilla 6" 2 each
- Hot Cereal 6 oz
- Banana 1 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Cheese Sandwich
 - American Cheese 3 slices
 - Wheat Bread 2 slices
 - Mayonnaise Packet 1 oz
 - Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Oven Fried Breaded Fish Patty 1 patty
- Au Gratin Potatoes 4 oz
- Pinto Beans 4 oz
- Cabbage 6 oz
- Creamy Coleslaw 4 oz
- Apple Kettle Crisp 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 3 | FRIDAY

HOT CEREAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Quick Oats	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 3 | FRIDAY

SCRAMBLED EGGS

Number of Servings: 1

Serving Size: 3 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Liquid Egg Mixture	3 ozw	
Unsalted Margarine	0.50 gm	
All Purpose Flour	0.43 gm	
Dairy Blend	1.28 gm	
Water - Warm	2 1/2 tsp	
Ground Black Pepper	1 pinch	
Chicken Bouillon	0.28 gm	

ASSEMBLY INSTRUCTIONS

EGGS: Cook eggs in small pan, stir as needed. (Make sauce while cooking.)

SAUCE: cook blended flour and margarine, stirring constantly. Continue to stir constantly and add milk, water, bouillon and pepper.

#EARHUSTLECHALLENGE

WEEK 3 | FRIDAY

SPICED CHORIZO (SCRATCH POULTRY)

Number of Servings: 1

Serving Size: 1/2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vinegar White	4 drops	
Salt	1 pinch	
Ground Chicken	3/4 ozw	
Water		
Paprika	1/4 tsp	
Cayenne Pepper	1/8 tsp	
Garlic Powder	2 pinch	
Dried Oregano	2 pinch	
Ground Black Pepper	1/8 tsp	
Water	1 pinch	
	4 drops	

ASSEMBLY INSTRUCTIONS

Blend all ingredients until well combined.

Bake in 350 oven or grill.

Can be sauteed for crumbled sausage.

#EARHUSTLECHALLENGE

WEEK 3 | FRIDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Pinto Beans, Rinsed & Drained	1 1/2 ozw	
Water - Cold	1/2 cup + 2 tbl	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 3 | FRIDAY

CREAMY COLESLAW

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Mayo	1 tbl + 3/4 tsp	
White Vinegar	1 1/8 tsp	
Granulated White Sugar	1.98 gm	
Ground Black Pepper	1 pinch	
Shredded Green Cabbage	3 1/4 ozw	

ASSEMBLY INSTRUCTIONS

Combine mayonnaise, vinegar, sugar, and pepper. Whisk until well combined.

Pour salad dressing mixture over cabbage. Stir to combine and evenly distribute.

Cover. Chill for at least 5 hours before service.

#EARHUSTLECHALLENGE

WEEK 3 | FRIDAY

OVEN FRIED BREADED FISH PATTY (4 OZW)

Number of Servings: 1

Serving Size: 1 patty

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Breaded Fish Patty	4 oz weight	

ASSEMBLY INSTRUCTIONS

Place on sheet pan. Cook in 350 oven for 15 minutes or as instructions state on the package.

#EARHUSTLECHALLENGE

WEEK 3 | FRIDAY

AUGRATIN POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Slices	1/2 ozw	
Water	3 tsp	
Sauce Mix Cheese	1/4 ozw	
Water	2 tbl + 1 3/4 tsp	
Unsalted Margarine	1/8 ozw	
Ground Black Pepper	1 pinch	
Cayenne Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

POTATOES:

Cover potatoes with water.

Cook until tender.

Let stand in water at least 10 more minutes.

Drain well.

CHEESE SAUCE:

In second pan, combine very cold water w/ mix.

Stir until completely mixed.

Add more water and margarine.

Bring to a boil.

Let simmer stirring constantly until thickened.

Add seasoning & potatoes. Heat to 200 F.

Pan, cover, keep hot.



An alternative to purchasing dehydrated potatoes + powdered cheese sauce mix would be to purchase a generic augratin potato mix

#EARHUSTLECHALLENGE

WEEK 3 | FRIDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Pinto Beans, Rinsed & Drained	1 1/2 ozw	
Water - Cold	1/2 cup + 2 tbl	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 3 | FRIDAY

CABBAGE

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Diced Green Cabbage	7 1/4 ozw	
Water	1/2 cup	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Add vegetables to boiling water. Simmer until almost tender. Drain off approximately 3/4's of the liquid.
Add margarine. Pan. Cover. Keep hot.

#EARHUSTLECHALLENGE

WEEK 3 | FRIDAY

APPLE KETTLE CRISP

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Diced Apples	1 1/2 ozw	
Granulated White Sugar	1/4 ozw	
Unsalted Margarine	1/2 ozw	
Lemon Juice	1/8 tsp	
Brown Sugar	1/8 ozw	
Cinnamon	1 pinch	
All Purpose Flour	3.40 gm	
Water	1 tbl + 1 3/4 tsp	
Quick Oats	1/4 ozw	
Water	1 tbl + 1 1/2 tsp	

ASSEMBLY INSTRUCTIONS

Combine all ingredients in kettle except oatmeal and water. Heat until margarine melts and apples are heated. Stir to blend.

Add oatmeal and water. Simmer only 3 minutes. Mixture will be thin. It will thicken on the serving line.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 3 | SATURDAY



BREAKFAST

- Pancakes & Syrup 2 each, 1 oz
- Hot Cereal 6 oz
- Banana 1 each
- Peanut Butter 2 oz
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Peanut Butter & Jelly Sandwich
 - Peanut Butter 2 oz
 - Jelly 2 oz
 - Wheat Bread 2 slices
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Pork Ham 4 oz
- Garlic Mashed Potatoes 4 oz
- Peas 6 oz
- Potato Salad 4 oz
- Bread 2 slices
- Gelatin with Mixed Fruit 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 3 | SATURDAY

HOT CEREAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Quick Oats	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 3 | SATURDAY

POTATO SALAD

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Slices	3/4 ozw	
Frozen Cut Peppers	2.83 gm	
Frozen Diced Celery	1/2 ozw	
White Vinegar	1 tsp	
Mayo	1/2 ozw	
Granulated White Sugar	2.27 gm	
Cayenne Pepper	1 pinch	
Mustard	0.57 gm	
Diced Yellow Onion - 1/4"	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Combine potatoes (cooked and chilled 1 day in advance) with remaining vegetables.

Combine vinegar, dressing, sugar, cayenne, and mustard; blend well.

Add dressing mixture to potato/vegetable mixture and blend well.

Chill mixture thoroughly prior to service.

#EARHUSTLECHALLENGE

WEEK 3 | SATURDAY

HAM

Number of Servings: 1

Serving Size: 4 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	1 tbl	
Sliced Deli Ham	4 ozw	

ASSEMBLY INSTRUCTIONS

Place in roasting pan with a small amount of water. Cover.

Heat in 350 oven until middle of meat reaches 200. Serve from roasting pans.

#EARHUSTLECHALLENGE

WEEK 3 | SATURDAY

GARLIC MASHED POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Flakes	1/2 ozw	
Milk	2.69 gm	
Water - Hot	1/2 cup	
Unsalted Margarine	1/8 ozw	
Garlic Powder	2 pinch	

ASSEMBLY INSTRUCTIONS

Place boiling water in mixer bowl.

Using whip, beat on low speed, while gradually adding potatoes, garlic, and milk.

Stop mixer and scrape bowl down.

Add margarine and seasoning as desired.

Beat 1 minute on medium speed until light and fluffy. Pan.

#EARHUSTLECHALLENGE

WEEK 3 | SATURDAY

PEAS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Green Peas	4 1/2 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Add margarine.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into pan(s). Add water and margarine to pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 3 | SATURDAY

GELATIN W/ MIXED FRUIT

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Canned Fruit Mix Water - Cold	2 1/4 ozw 2 tbl + 1 1/4 tsp	Drain fruit. Reserve can liquid. DO NOT DISCARD. Add enough cold water to can liquid to achieve total cold water volume indicated.
Orange Gelatin Mix Water - Hot	1/8 ozw 1 tbl + 1 tsp	

ASSEMBLY INSTRUCTIONS

Place gelatin mix into appropriate container.

Add boiling water to gelatin. Whisk until gelatin is completely dissolved, 1-2 minutes.

Allow mixture to cool slightly.

Add can liquid/cold water mixture. Whisk until well blended.

Into each pan, place drained fruit. Pour gelatin mixture over fruit.

Gently stir to distribute evenly. Refrigerate until set, 4 hours or overnight.

Cut into 1" cubes.

Cover. Keep chilled for service.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 3 | SUNDAY



BREAKFAST

- Fried Egg 2 each
- Breakfast Sausage 1 patty
- Hash Brown Potatoes 8 oz
- Corn Flakes 10 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Bread 2 slices
- Grape Jelly Packet 1 oz
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Sandwich
 - Sliced Deli Turkey 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Sloppy Joe
 - Sloppy Joe Filling 4 oz
 - Hamburger Bun 1 each
 - American Cheese 1 slice
- French Fries 4 oz
- Corn 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Ketchup Packet 1 oz
- Canned Fruit 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 3 | SUNDAY

FRIED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Oil	1/2 tsp	
Eggs, Medium	2 each	

ASSEMBLY INSTRUCTIONS

Spread oil on medium heated griddle.

Keep eggs 1" apart from each other. Break yolks fry 1 min on each side.

Place in greased 4" steam table pan. 100 eggs / pan.

#EARHUSTLECHALLENGE

WEEK 3 | SUNDAY

BREAKFAST SAUSAGE (1 OZW EACH)

Number of Servings: 54

Serving Size: 1 patty

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Sausage Patty	1 ozw	

ASSEMBLY INSTRUCTIONS

Preheat conv oven to 350 F or std oven to 400 F.

Bake until patties are browned and internal temperature reaches 165 F, conv oven 5-8 minutes or std oven 8-12 minutes.

#EARHUSTLECHALLENGE

WEEK 3 | SUNDAY

HASH BROWN POTATOES

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Slices	1 1/2 ozw	
Vegetable Oil	3 tsp	
Ground Black Pepper	1 pinch	
Paprika	1/8 tsp	

ASSEMBLY INSTRUCTIONS

Cover Potatoes with water.

Cook until tender.

Drain Well. Pan for service.

Combine oil, pepper & Paprika.

Pour oil mixture into pan

#EARHUSTLECHALLENGE

WEEK 3 | SUNDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Shredded Iceberg Lettuce	1 3/4 ozw	
Shredded Green Cabbage	1/4 ozw	
Shredded Fresh Carrots	1/4 ozw	
Low Calorie Italian Dressing	2 tbsp	

ASSEMBLY INSTRUCTIONS

Combine ingredients.

Pan.

Cover & chill. Combine.

#EARHUSTLECHALLENGE

WEEK 3 | SUNDAY

SLOPPY JOE FILLING (3 OZ GD BEEF)

Number of Servings: 1

Serving Size: 4 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Ground Beef 75/25	3 3/4 ozw	
Diced Yellow Onion	2.83 gm	
Frozen Diced Celery	2.55 gm	
Frozen Cut Peppers	2.55 gm	
Garlic Powder	1 pinch	
Ketchup	3/4 tsp	
Canned Tomato Paste	1/8 ozw	
Water	2 1/2 tsp	
Beef Bullion	1.70 gm	
White Vinegar	3 drop	
Brown Sugar	1.42 gm	
Ground Mustard	1 pinch	
Chili Powder	2 pinch	
Dried Ground Oregano	1 pinch	
Ground Black Pepper	1 pinch	
Worcestershire Sauce	1 drop	
Cornstarch	0.85 gm	
Water	1/2 tsp	

ASSEMBLY INSTRUCTIONS

Brown meat. Stir occasionally to break up meat. Add onions, celery & peppers to meat. Blend. Cook until meat is done. Stir occasionally. Drain off fat. Combine remaining ingredients except cornstarch & water to meat mixture. Bring to boil, lower heat. Simmer. Stir occasionally.

Dissolve cornstarch & water to make paste. If meat mixture is too thin, add paste and simmer until thick. Should be thick enough to serve with a scoop.

#EARHUSTLECHALLENGE

WEEK 3 | SUNDAY

FRENCH FRIES

Number of Servings: 1

Serving Size: 4 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Crinkle Cut French Fries	3 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Follow package instructions for baking french fries.

#EARHUSTLECHALLENGE

WEEK 3 | SUNDAY

CORN

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Corn	4 1/2 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Add water and margarine to each pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover.

#EARHUSTLECHALLENGE

#EARHUSTLECHALLENGE

SHOPPING LIST

Week 4

BAKERY	
	Frozen Waffles
	Dinner Roll
	Hamburger Bun

BEVERAGES	
	Lemon Juice Concentrate
	Vitamin C Drink Mix
	100% Apple Juice
	Ground Coffee

DAIRY	
	Sour Cream
	Eggs, Medium
	Liquid Eggs
	1% Milk
	Margarine
	Sliced American Yellow Cheese
	Shredded Cheddar Cheese
	Shredded Mozzarella Cheese

GROCERY	
	Tomato Paste
	Crushed Tomatoes
	Diced Tomatoes
	Unsweetened Apple Sauce
	Potatoes, Sliced
	Syrup
	Mustard
	Worcestershire Sauce
	Ketchup
	Salad Dressing
	Italian Low-Cal Dressing
	Apple Jelly
	No Salt Peanut Butter
	Beef Bouillon
	Chicken Bouillon
	Cornstarch
	Sugar
	Light Brown Sugar
	Powdered Sugar
	Distilled White Vinegar

#EARHUSTLECHALLENGE

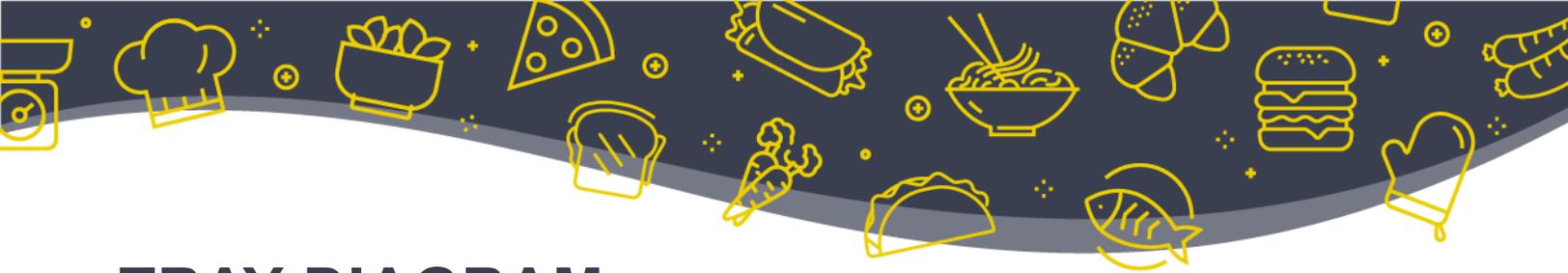
SHOPPING LIST

Week 4

GROCERY	
	Black Pepper
	Cayenne Pepper
	Chili Powder
	Cinnamon
	Ground Cumin
	Garlic Powder
	Ground Mustard
	Paprika
	Thyme
	Oregano
	Salt
	Seedless Raisins
	Cheese Sauce Mix
	Apple Cider Vinegar
	Sweet Green Relish
	Canned Fruit
	Vegetable Shortening
	Soy Sauce
	All Purpose Flour
	Pancakes
	White Cake Mix
	Fudge Brownie Mix
	Buttermilk Biscuit Mix
	Sugar Cookie Mix
	Bread & Roll Mix

GROCERY	
	Cornbread Mix
	Rotini
	Sage
	Corn Flakes
	Vanilla Extract Imitation
	Quick Oats
	Assorted individual snacks, 2 per day. Examples: granola bar, cookies, chips, crackers
	Vegetable Oil
	Hot Sauce
	Salsa, Thick & Chunky Mild
	6" Yellow Corn Tortilla
	Fruit flavored Gelatin Mix
	Dill Pickles
	Par boiled Rice
	Pinto Beans
	Navy Beans
MEAT, SEAFOOD & PREPARED ENTREES	
	Ground Beef Patty 4 oz
	Ground Beef
	Sliced Ham
	Ground Chicken
	Turkey Bologna
	Turkey Roll Combo
	Breaded Fish Sticks
	Chicken Breast Filet

PRODUCE	
	Red Apple
	Mushrooms
	Jalapeno Pepper
	Iceberg Lettuce
	Carrot
	Cucumber
	White Potatoes
	Green Cabbage
	Yellow Onion
	Green Pepper
FROZEN	
	Sliced Apples, or fresh
	Onions, diced
	Peas
	Carrots, diced
	Bell Peppers
	Broccoli Cuts
	Celery, diced
	Green Beans
	Corn



TRAY DIAGRAM

WEEK 4 | MONDAY



BREAKFAST

- Waffles & Syrup 2 each, 1 oz
- Hot Cereal 6 oz
- Canned Applesauce 4 oz
- Peanut Butter 2 oz
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Bologna Sandwich
 - Turkey Bologna 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C 1 packet



DINNER

- Chili Mac 6 oz
- Pinto Beans 4 oz
- Cabbage 6 oz
- Creamy Cucumber & Onion Salad 4 oz
- Sweet Cornbread 2 each
- Margarine, pc 2 each
- Cake 1 each
- Fruit Drink with Vitamin C 8 oz

WEEK 4 | MONDAY

HOT CEREAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 4 | MONDAY

WAFFLES

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Waffles	2 each	

ASSEMBLY INSTRUCTIONS

Preheat convection oven to 350 F.

On sheet pan(s), place frozen waffles in single layer . bake until internal temperature reaches 140 F, 4 to 6 minutes.

At home, you can use a toaster.

#EARHUSTLECHALLENGE

WEEK 4 | MONDAY

CREAMY CUCUMBER & ONION SALAD

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
VEGETABLES		
Vegetable Fresh Cucumber	2 1/2 ozw	Peeled and Trimmed, Sliced – Thin
Vegetable Fresh Onion Yellow/White	1/4 ozw	Peeled, Sliced -Thin
DRESSING		Combine ingredients to form a thin dressing, blend well.
Sour Cream Bulk	1 tbl + 1 1/4 tsp	
Mayonnaise	1 tbl + 1 1/4 tsp	
Apple Cider Vinegar	1 1/8 tsp	
Sugar Powdered (Confectioners)	1/4 tsp	
Black Pepper, Ground	1/8 tsp	
Salt	1 pinch	

ASSEMBLY INSTRUCTIONS

Pour dressing mixture over cucumbers and onions. Mix lightly.

Chill for service.

#EARHUSTLECHALLENGE

WEEK 4 | MONDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Bean Pinto Water - Cold Ground Black Pepper	1 1/2 ozw 1/2 cup + 2 tbl 1 pinch	Rinsed, Drained

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer for 1.5 - 2 hours or until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service

#EARHUSTLECHALLENGE

WEEK 4 | MONDAY

CABBAGE

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Cabbage Green Heads	7 1/4 ozw	Cored, Diced
Water	1/2 cup	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Add cabbage to boiling water. Simmer until almost tender. Drain off approximately 3/4's of the liquid.
Add margarine. Pan. Cover. Keep hot.

#EARHUSTLECHALLENGE

WEEK 4 | MONDAY

CHILI MAC

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Ground Beef	3 1/4 ozw	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1/4 ozw 1/4 ozw	
Vegetable Fresh Pepper Green – Cored, Seeded, Diced	0 cn#10	
Tomato Diced In Juice	2.55 gm	
Chili Powder	1.42 gm	
Salt		

ASSEMBLY INSTRUCTIONS

Brown meat with onions. Drain excess fat.
Cook to internal temperature of 155 F.

Add vegetables and seasonings to beef mixture. Cover and simmer until vegetables are tender.

Combine meat sauce and cooked macaroni. Stir gently but thoroughly.

Pour an equal quantity into each pan. Bake

#EARHUSTLECHALLENGE

CORNBREAD

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable	1 ozw	Grease each full-size sheet pan (26"x18") with 1 ozw shortening/margarine.
Cornbread Mix Water - Cold Water - Cold	5 lb 3 1/4 cup 3 1/4 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

Pour first amount of water into mixing bowl. Add cornbread mix. Blend using the paddle attachment on low speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 more minutes.

Pour 8 lb + 4 ozw of cornbread batter into each greased pan. Spread batter evenly in pan.

Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through.

Cool completely before cutting.

Cut each pan 6x9 (1/54 cut).

Alternative Method:

For single portion, follow instructions on your cornbread mix package, and cut into 3" square

#EARHUSTLECHALLENGE

WEEK 4 | MONDAY

CAKE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable Flour All Purpose	1 ozw 3/4 ozw	Grease and flour each full-size sheet pan (26"x18") with 1 ozw shortening/margarine and 3/4 ozw flour.
Cake Mix White Water - Cold Water - Cold	5 lb 2 1/2 cup 2 1/2 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

To Make 54 servings (1 pan):

Pour first amount of water into mixing bowl. Add cake mix. Blend using the paddle attachment on medium speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 minutes.

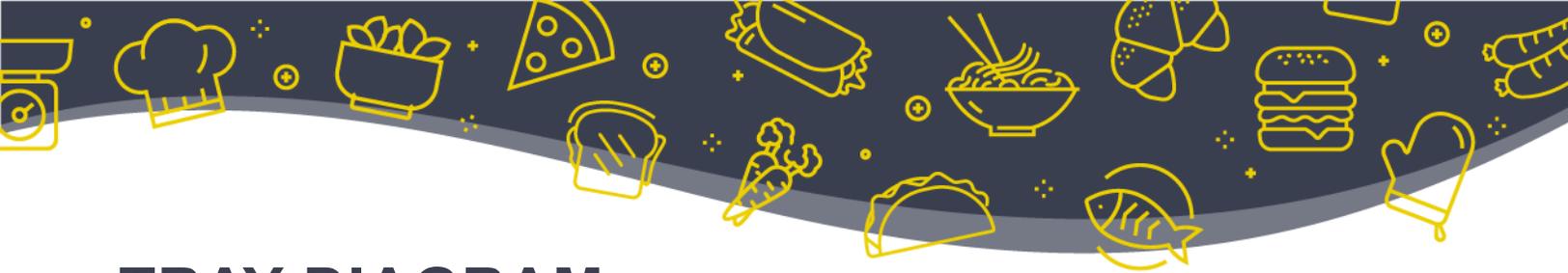
Pour 7 lb + 8 ozw of cake batter into each greased and floured pan. Spread batter evenly in pan. Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through. Cool completely before frosting or cutting.

Evenly spread 3 cups frosting onto each cooled pan of cake.

Cut each pan 6x9 (1/54 cut).

For single portion, suggest purchasing generic cake mix and cut into 3" square

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 4 | TUESDAY



BREAKFAST

- Veggie Omelet 1 each
- Hash Brown Potatoes 4 oz
- Hot Cereal 6 oz
- Bread 2 slices
- Raisins 1 oz
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Peanut Butter & Jelly Sandwich
 - Peanut Butter 2 oz
 - Jelly 2 oz
 - Wheat Bread 2 slices
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C, 1 packet



DINNER

- Chicken Fried Rice 6 oz
- Pinto Beans 4 oz
- Carrots 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Garlic Bread 1 slice
- Fudge Brownie 1 each
- Fruit Drink with Vitamin C 8 oz

WEEK 4 | TUESDAY

HOT CEREAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 4 | TUESDAY

VEGGIE OMLET

Number of Servings: 1

Serving Size: 1 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Onion Yellow/White Vegetable Fresh Pepper Green Vegetable Fresh Mushrooms Cheddar Cheese, Shredded Egg Scrambled Mix Vegetable Oil	1/4 ozw 1/4 ozw 1/4 ozw 1/2 ozw 2 3/4 ozw 1/4 tsp	Peeled And Trimmed, Diced Cored, Seeded, Diced Trimmed, Sliced

ASSEMBLY INSTRUCTIONS

In sauté pan over medium heat, heat ¼ tsp oil

Add the following:

- Onion
- Green Pepper
- Mushroom

Sauté until tender-crisp, 2-3 minutes.

Add Egg. Cook, stirring occasionally, until eggs are set but still soft.

#EARHUSTLECHALLENGE

WEEK 4 | TUESDAY

HASH BROWN POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Potato Slices	3/4 ozw	
Vegetable Oil	1 1/2 tsp	
Black Pepper	1 pinch	
Paprika	1 pinch	

ASSEMBLY INSTRUCTIONS

Cover Potatoes with water.

Cook until tender. Drain Well. Pan for service.

Combine oil, pepper & Paprika.

Pour oil mixture over potatoes.

#EARHUSTLECHALLENGE

WEEK 4 | TUESDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Cal Italian Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

Combine ingredients.
Pan.
Cover & chill. Combine.

VARY INGREDIENTS WITH MARKET

#EARHUSTLECHALLENGE

WEEK 4 | TUESDAY

CHICKEN FRIED RICE

Number of Servings: 1

Serving Size: 6 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Margarine	0.85 gm	
Frozen Diced Peppers	1.28 gm	
Frozen Diced Celery	1/4 ozw	
Vegetable Fresh Onion Yellow/White – Peeled And Trimmed, Diced	1/4 ozw	
Low Sodium Soy Sauce	3/4 tsp	
Ground Chicken	2 1/2 ozw	
Water	3/4 tsp	
Egg Scrambled Mix	1/4 ozw	
Water	1/4 cup + 1 tsp	
Vegetable Oil	1/2 tsp	
Rice White Long Grain Parboiled	1 1/8 ozw	

ASSEMBLY INSTRUCTIONS

FOR VEGETABLE MIXTURE:

Cook celery and onions in margarine until onions are transparent.

Add peppers and soy sauce to vegetables. Hold.

FOR MEAT:

Brown chicken in water in kettle. Hold.

FOR EGG MIXTURE:

Cook eggs in small pan.

FOR RICE: (COOK RICE SEPARATELY)

Add oil and rice to boiling water.

Stir and cover tightly.

Simmer until all moisture has been absorbed by rice.

Mix all components together. Serve.

#EARHUSTLECHALLENGE

WEEK 4 | TUESDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto - Rinsed, Drained	1 1/2 ozw	
Water - Cold	1/2 cup + 2 tbl	
Black Ground Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer for 1.5 - 2 hours or until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 4 | TUESDAY

CARROTS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Carrots Diced	4 1/4 ozw	
Unsalted Margarine	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Add margarine.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into pan(s). Add water and margarine to each pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 4 | TUESDAY

GARLIC BREAD OR ROLL

Number of Servings: 1

Serving Size: 1 slice

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Margarine Unsalted	1/8 ozw	
Spice Garlic Powder	1 pinch	
Bread or Dinner Roll	1 slice or 1 oz	

ASSEMBLY INSTRUCTIONS

Mix garlic powder and melted margarine over bread or roll. Toast.

#EARHUSTLECHALLENGE

WEEK 4 | TUESDAY

FUDGE BROWNIE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable	1 ozw	Grease each full-size sheet pan (26"x18") with 1 ozw shortening/margarine.
Brownie Mix Water	5 lb 1 qt + 3 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

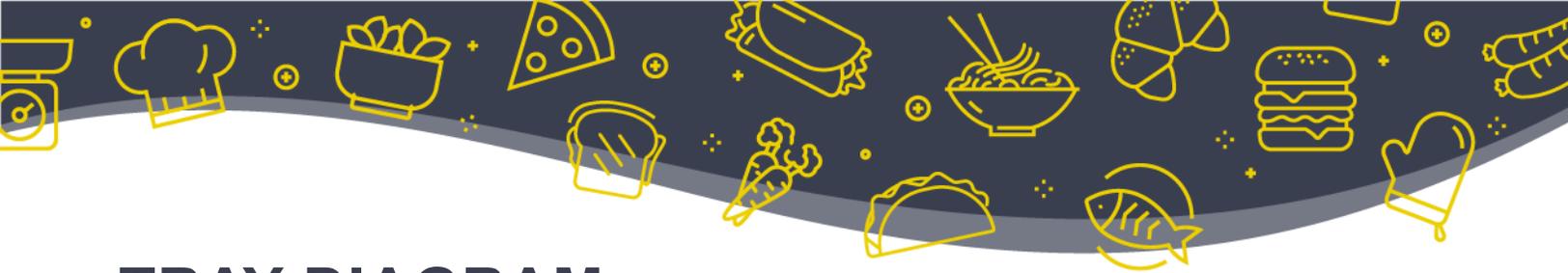
Pour warm water into mixing bowl. Add brownie mix. Blend using the paddle attachment on low speed* for 1 minute. Stop the mixer. Scrape down the sides of mixing bowl and paddle, then continue mixing on low speed* for 1 more minute. Do not overmix!

Pour 7 lb of batter into each greased pan. Spread batter evenly in pan.

Bake in standard oven 20-25 minutes**, convection oven 15-20** minutes, or until cooked through. Cool completely before cutting.

Cut each pan 6x9 (1/54 cut).

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 4 | WEDNESDAY



BREAKFAST

- Cinnamon Biscuit 1 each
- Hot Cereal 6 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Peanut Butter 2 oz
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Sandwich
 - Sliced Deli Turkey 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C, 1 packet



DINNER

- Fish Tacos
 - Oven Fried Breaded Fish Patty 1 patty
 - Shredded Cheddar Cheese 1 oz
 - Spanish Rice 4 oz
 - Corn Tortilla 6" 2 each
 - Fresh Jalapeno Pepper 1 oz
- Corn O'Brien 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Frosted Cake 1 each
- Fruit Drink with Vitamin C 8 oz

WEEK 4 | WEDNESDAY

HOT CEREAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

CINNAMON BISCUIT

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable	1 ozw	Grease each full-size sheet pan (26"x18") with 1 ozw shortening/margarine.
TOPPING Sugar Granulated Spice Cinnamon Ground	1/2 cup 1 tsp	In a separate bowl, combine cinnamon and sugar. Stir until well blended. Cover. Set aside for later use.
Biscuit Mix Buttermilk Water	5 lb 1 qt + 3 cup	

ASSEMBLY INSTRUCTIONS

Recipe makes 54 servings.

Preheat standard oven to 400 F; convection oven to 350 F.

Add the water into mixing bowl. Add biscuit mix. Blend using the paddle attachment on low speed* for 30 seconds. Stop the mixer. Scrape down the sides of mixing bowl and paddle. Blend on low speed* for 30 more seconds. Stop the mixer. Do not overmix.

Pour 8 lb + 8 ozw of biscuit batter into each greased pan. Spread batter evenly in pan.

Evenly sprinkle 1/2 cup of cinnamon and sugar mixture over the top of each pan of biscuits.

Bake in standard oven 25-30 minutes**, convection oven 15-20** minutes, or until cooked through.

Cool completely before cutting.

Cut each pan 6x9 (1/54 cut)

Alternative Method:

To make one serving, follow directions on biscuit mix box, cut into 3" square, and sprinkle cinnamon and sugar on top.

#EARHUSTLECHALLENGE

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Calorie Italian Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

- Combine ingredients.
- Pan.
- Cover & chill. Combine.

VARY INGREDIENTS WITH MARKET

#EARHUSTLECHALLENGE

WEEK 4 | WEDNESDAY

OVEN FRIED BREADED FISH PATTY (4 OZW)

Number of Servings: 1

Serving Size: 1 patty

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Fish Patty Breaded Crunchy	4 ozw	

ASSEMBLY INSTRUCTIONS

Place on sheet pan. Cook in 350 oven for 15 minutes.

#EARHUSTLECHALLENGE

SPANISH RICE

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Unsalted Margarine	1.13 gm	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1.70 gm	
Frozen Diced Celery	1.13 gm	
Garlic Powder	1 pinch	
Rice White Long Grain Parboiled	3/4 ozw	
Water	1/4 cup + 1 tsp	
Beef Bouillon	0.28 gm	
Canned Tomato Paste	1 tsp	
Sugar Granulated	0.43 gm	
Ground Black Pepper	1 pinch	
Worcestershire Sauce	1 drop	
Dried Thyme Ground	1 pinch	
Dried Oregano Ground	1 pinch	

ASSEMBLY INSTRUCTIONS

Add rice, onions, garlic powder and celery to margarine. Sauté. Stir. Cover. Simmer 15 min.

Add water and remaining ingredients. Cover and simmer. Pan. Cover. Keep hot.

#EARHUSTLECHALLENGE

WEEK 4 | WEDNESDAY

CORN O'BRIEN

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Corn	3 3/4 ozw	
Water	1/3 cup	
Margarine Unsalted	1/4 ozw	
Frozen Diced Peppers	3/4 ozw	

ASSEMBLY INSTRUCTIONS

Add vegetables to boiling water. Simmer until almost tender. Drain off approximately 3/4's of the liquid.
Add margarine, peppers, other seasoning as desired. Pan. Cover.

#EARHUSTLECHALLENGE

FROSTED CAKE

Number of Servings: 54

Serving Size: 1/54 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Shortening Vegetable Flour All Purpose	1 ozw 3/4 ozw	Grease and flour each full-size sheet pan (26"x18") with 1 ozw shortening/margarine and 3/4 ozw flour.
TOPPING Icing Buttercream Vanilla	3 cup	Prepare sub-assembly recipe(s).
Cake Mix White Water – Cold Water - Cold	5 lb 2 1/2 cup 2 1/2 cup	

ASSEMBLY INSTRUCTIONS

Preheat standard oven to 350 F; convection oven to 300 F.

Pour first amount of water into mixing bowl. Add cake mix. Blend using the paddle attachment on medium speed* for 2 minutes. Stop the mixer. Scrape down the sides of mixing bowl and paddle.

Add the remaining water to batter mixture. Blend on low speed* for 30 seconds. Stop the mixer. Scrape down sides of bowl and paddle, then continue mixing on low speed* for 2 minutes.

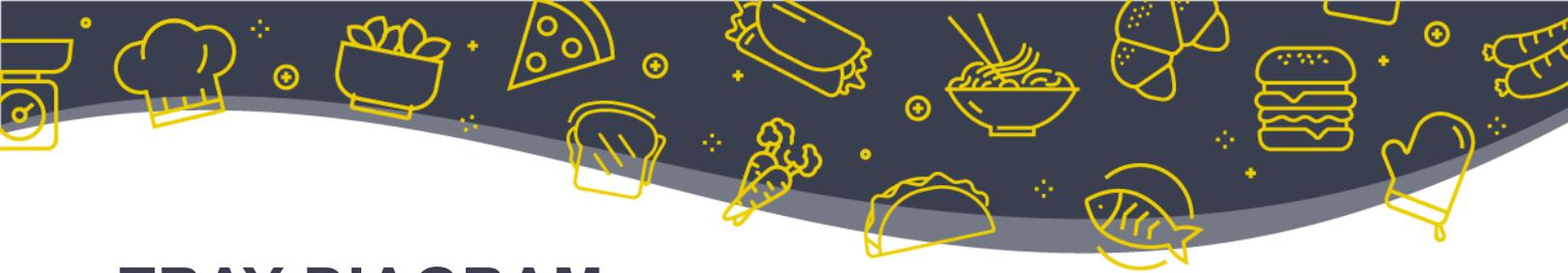
Pour 7 lb + 8 ozw of cake batter into each greased and floured pan. Spread batter evenly in pan. Bake in standard oven 30-35 minutes**, convection oven 20-25** minutes, or until cooked through. Cool completely before frosting or cutting.

Evenly spread 3 cups frosting onto each cooled pan of cake.

Cut each pan 6x9 (1/54 cut).

For 1 serving, prepare cake mix from boxed mix. Cut in 3" square and add frosting.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 4 | THURSDAY



BREAKFAST

- Creamed Beef 6 oz
- Hash Browns 4 oz
- Bread 2 slices
- Corn Flakes 10 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Peanut Butter & Jelly Sandwich
 - Peanut Butter 2 oz
 - Jelly 2 oz
 - Wheat Bread 2 slices
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C, 1 packet



DINNER

- Chili Cheese Fries
 - Chili con Carne w/ Beans 6 oz
 - Wedge French Fries 4 oz
 - Cheese Sauce 2 oz
- Broccoli 6 oz
- Garden Salad with Dressing 8 oz, 1 oz
- White Dinner Roll 1 each
- Apple Kettle Crisp 4 oz
- Fruit Drink with Vitamin C 8 oz

CREAMED BEEF

Number of Servings: 1

Serving Size: 6 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Ground Beef	3 ozw	
Frozen Diced Onion	1/8 ozw	
Flour All Purpose	1/4 ozw	
Beef Bouillon	2.27 gm	
Ground Black Pepper	0.07 gm	
Water	1/3 cup + 1 tbl + 2 tsp	
Milk	1/4 ozw	
Worcestershire Sauce	1/8 tsp	

ASSEMBLY INSTRUCTIONS

Add ground beef to clean, sanitized kettle.

Brown meat, stirring occasionally, until cooked through.

Drain grease and liquid from meat.

Add onions to cooked meat. Stir well to combine. Continue to cook until onions become soft, stirring occasionally.

Combine flour, beef-flavored bouillon, and black pepper. Sprinkle evenly over meat. Mix thoroughly; cook about 5 minutes until flour is absorbed.

Blend Worcestershire sauce into milk. Slowly add milk to kettle, stirring constantly.

Heat to a simmer, stirring frequently. DO NOT BOIL. Continue to cook at a simmer until thickened.

Test with thermometer to ensure a temperature of at least 165 F has been achieved.

#EARHUSTLECHALLENGE

WEEK 4 | THURSDAY

HASH BROWNS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Slices	1 ozw	
Vegetable Oil	2 tsp	
Ground Black Pepper	1 pinch	
Paprika	1 pinch	

ASSEMBLY INSTRUCTIONS

Cover Potatoes with water.

Cook until tender. Drain Well. Pan for service.

Combine oil, pepper & Paprika.

Pour oil mixture over potatoes.

#EARHUSTLECHALLENGE

WEEK 4 | THURSDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Calorie Italian Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

- Combine ingredients.
- Pan.
- Cover & chill. Combine.

VARY INGREDIENTS WITH MARKET

#EARHUSTLECHALLENGE

CHILI CON CARNE W/ BEANS (2 OZ GD BEEF)

Number of Servings: 1

Serving Size: 2 slice

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto - Rinsed, Drained	1/2 ozw	
Ground Beef	2 1/2 ozw	
Water	2 tsp	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1 ozw	
Frozen Diced Peppers	1/8 ozw	
Canned Tomato Crushed	1/4 ozw	
Canned Tomato Paste	1/4 ozw	
Water	3 tbl + 1 1/4 tsp	
Beef Bouillon	2.27 gm	
Ground Black Pepper	1 pinch	
Spice Chili Powder	1/2 tsp	
Worcestershire Sauce	1/8 tsp	
Cumin Ground	1 pinch	
Cayenne Pepper	1 pinch	
Garlic Powder	1 pinch	
Hot Pepper Sauce	1 drop	
Cornstarch	2.83 gm	
Water	1 tsp	

ASSEMBLY INSTRUCTIONS

Soak beans overnight. Do not drain. Bring to boil with first amount of water. Skim off foam. Simmer until tender. Drain. Hold. Sauté onions, beef, and second amount of water in another kettle. Add water, beef bouillon, & seasonings. Simmer. Add beans. Simmer.

#EARHUSTLECHALLENGE

WEEK 4 | THURSDAY

WEDGE FRENCH FRIES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Potato White/Yellow Chef - Cut - Into 1/4" Strips	4 3/4 ozw	
Vegetable Oil	1/2 tsp	
Paprika	1 pinch	
Garlic Powder	1 pinch	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

COVER potatoes WITH COLD WATER. Just before baking drain and dry.

Coat sheet pans with oil.

Drizzle potato strips with remaining oil.

Sprinkle with paprika, pepper and garlic powder

Bake at 375 for 45 minutes or until potatoes are tender.

#EARHUSTLECHALLENGE

WEEK 4 | THURSDAY

CHEESE SAUCE

Number of Servings: 1

Serving Size: 2 fl oz

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	3 tbl + 1 1/8 tsp	
Powdered Cheese Sauce Mix	1/2 ozw	

ASSEMBLY INSTRUCTIONS

FOR EACH 2-LB BAG SAUCE MIX:

In stockpot over medium-high heat, bring 1 gal water to a full boil. Gradually add 1 bag sauce mix (2 lb), whisking constantly, until smooth and thickened. Remove from heat. Cover.

Let stand 10 minutes. Whisk again.

Cover. Keep hot for service or use as directed in recipe.

ALTERNATIVE METHOD:

For 1 portion, you may use 2 oz of shredded cheese

#EARHUSTLECHALLENGE

BROCCOLI

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Broccoli Cuts	5 ozw	
Margarine Unsalted	1/4 ozw	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into an oven safe pan. Add water and margarine to the pan. Cover with foil. Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 4 | THURSDAY

WHITE DINNER ROLL

Number of Servings: 1

Serving Size: 1 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
White Dinner Roll	1 roll	

ASSEMBLY INSTRUCTIONS

Follow package instructions.

#EARHUSTLECHALLENGE

APPLE KETTLE CRISP

Number of Servings: 1

Serving Size: 1/2 cup

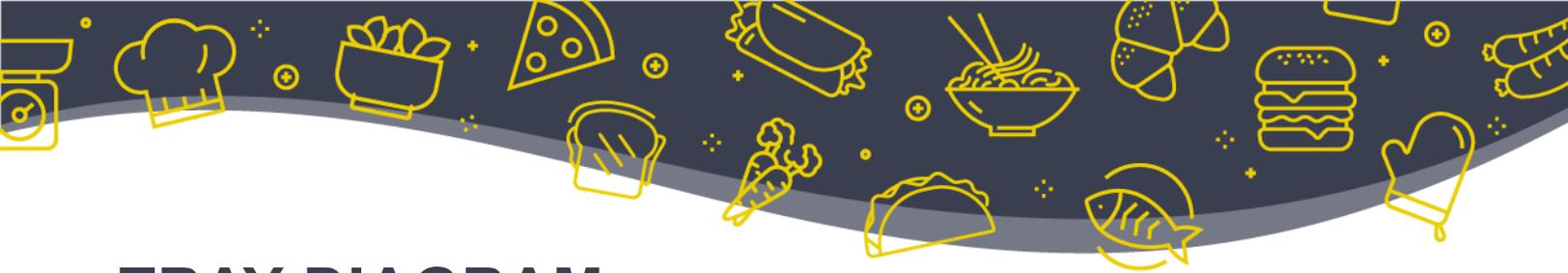
INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Cut Apples	1 1/2 ozw	
Sugar Granulated	1/4 ozw	
Margarine Unsalted	1/2 ozw	
Juice Lemon	1/8 tsp	
Sugar Brown	1/8 ozw	
Spice Cinnamon Ground	1 pinch	
Flour All Purpose	3.40 gm	
Water	1 tbl + 1 3/4 tsp	
Cereal Oats Quick	1/4 ozw	
Water	1 tbl + 1 1/2 tsp	

ASSEMBLY INSTRUCTIONS

Combine all ingredients in kettle except oatmeal and water. Heat until margarine melts and apples are heated. Stir to blend.

Add oatmeal and water. Simmer only 3 minutes. Mixture will be thin. It will thicken on the serving line.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 4 | FRIDAY



BREAKFAST

- Scrambled Eggs with Spiced Chorizo 3 oz, 1/2 oz
- Refried Pinto Beans 4 oz
- Salsa 1 oz
- Corn Tortilla 6" 2 each
- Hot Cereal 6 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Egg Salad Sandwich
 - Hard Cooked Egg 2 each
 - Wheat Bread 2 slices
 - Mayonnaise Packet 1 oz
 - Mustard Packet 1 oz
 - Relish Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C, 1 packet



DINNER

- Cheese Pizza 1 slice
- Noodles with Tomato Sauce 4 oz
- Green Beans 6 oz
- Creamy Coleslaw 4 oz
- Garlic Dinner Roll 2 oz
- Fresh Baked Cookie 2 oz
- Fruit Drink with Vitamin C 8 oz

#EARHUSTLECHALLENGE

All beverages are to be served off the tray, on the side.

WEEK 4 | FRIDAY

OATMEAL

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

SCRAMBLED EGGS

Number of Servings: 1

Serving Size: 3 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Scrambled Egg Mix	3 ozw	
Margarine Unsalted	0.50 gm	
Flour All Purpose	0.43 gm	
Milk	1.28 gm	
Water - Warm	2 1/2 tsp	
Ground Black Pepper	1 pinch	
Chicken Bouillon	0.28 gm	

ASSEMBLY INSTRUCTIONS

EGGS: Cook eggs in small pan, stir as needed. (Make sauce while cooking.)

SAUCE: cook blended flour and margarine, stirring constantly. Continue to stir constantly and add milk, water, bouillon and pepper.

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

SPICED CHORIZO (SCRATCH POULTRY)

Number of Servings: 1

Serving Size: 1/2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vinegar White	4 drops	
Salt	1 pinch	
Ground Chicken	3/4 ozw	
Water		
Paprika	1/4 tsp	
Cayenne Pepper	1/8 tsp	
Garlic Powder	2 pinch	
Dried Oregano	2 pinch	
Ground Black Pepper	1/8 tsp	
Water	1 pinch	
	4 drops	

ASSEMBLY INSTRUCTIONS

Blend all ingredients until well combined.

Bake in 350 oven or grill.

Can be sauteed for crumbled sausage

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

REFRIED PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Bean Pinto - Rinsed, Drained	1 3/4 ozw	
Water	1 1/4 cup	
Chicken Bouillon	0.57 gm	
Spice Garlic Powder	1 pinch	
Spice Pepper Red Ground (Cayenne)	1 pinch	
Ground Black Pepper	1 pinch	
Spice Chili Powder	1 pinch	
Margarine Unsalted	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Add base and bring to boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

When fully cooked: mash/use a blender to about 1/2 of the beans and add back to the mixture.

Add margarine and the rest of the ingredients to the mixture. Simmer until thickened.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

HARD COOKED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	2 1/2 cup + 1 tbl	
Medium Shell Egg	2 each	

ASSEMBLY INSTRUCTIONS

- Place eggs carefully in pan and slowly add cold water to cover.
- Bring to a slow simmer.
- Cook eggs about 10 minutes.
- Rinse eggs in cold water or ice & cold water to bring temperature down quickly.

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

CREAMY COLESLAW

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Mayonnaise	1 tbl + 3/4 tsp	
Vinegar White	1 1/8 tsp	
Granulated Sugar	1.98 gm	
Ground Black Pepper	1 pinch	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	3 1/4 ozw	

ASSEMBLY INSTRUCTIONS

Combine salad dressing, vinegar, sugar, and pepper. Whisk until well combined.

Pour salad dressing mixture over cabbage. Stir to combine and evenly distribute.

Cover. Chill for at least 5 hours before service.

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

CHEESE PIZZA

Number of Servings: 16

Serving Size: 1/16 cut

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Bread Mix Dinner Roll White	1 lb + 9 ozw	
Margarine Unsalted	2 1/4 ozw	
Sugar Granulated	1 1/8 tsp	
Water - Warm	1 2/3 cup	
Vegetable Canned Tomato Paste	8 ozw	
Water	2 cup	
Dried Oregano Ground	1 1/2 tsp	
Beef Bouillon	1/2 ozw	
Cumin Ground	1/2 tsp	
Garlic Powder	1/2 tsp	
Chili Powder	1 tbl + 1 1/4 tsp	
Ground Black Pepper	1/8 tsp	
Dried Thyme Ground	1/8 tsp	
Worcestershire Sauce	1 1/2 tsp	
Sugar Granulated	3/4 tsp	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	5 3/4 ozw	
Water	3 tbl + 1 3/4 tsp	
Dried Sage	1/2 tsp	
Mozzarella Shredded	3 lb	

ASSEMBLY INSTRUCTIONS

In proper size mixing bowl place water, meted margarine & sugar. Slowly add mix. Blend using dough hook on low 1 minute. Scrape bowl. Mix at 2nd or 3rd speed for 10 -12 min. Dough temp should be ~85 F. Brush dough with oil.

Generously oil or spray each sheet pan. Scale 2 lb+4 oz dough for each sheet pan. Roll & hand stretch dough to fit pan any trimmed pieces need to be added back to the pan to assure proper wt. Pierce dough with knife tip or fork every 1/2 inch - allow to rest 5 min. Par bake crust in 350 oven for 8 min. ****DO NOT OVER BAKE**** Crust should be blonde in color. Cool completely. Combine sauce ingredients. Spread 1 qt on each sheet.

Sprinkle with grated cheese (evenly spread so there is approx. 3 oz on each slice).

Bake at 450 F for 10 to 15 minutes.

Cut 4x4 and give 1 per serve or 8x8 and give 2 each.



Pizza recipe will make 16 servings. For 1 serving, since this recipe is completely from scratch a frozen cheese pizza would be similar in calories, but likely higher in sodium.

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

NOODLES W/ TOMATO SAUCE

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1.13 gm	
Frozen Diced Celery	1.13 gm	
Margarine Unsalted	1.13 gm	
Spice Garlic Powder	1 pinch	
Flour All Purpose	1.13 gm	
Vegetable Canned Tomato Paste	1 1/8 tsp	
Beef Bouillon	0.71 gm	
Ground Black Pepper	1 pinch	
Sugar Granulated	0.28 gm	
Vegetable Oil	1/8 tsp	
Water - Hot	3/4 cup + 2 tsp	
Pasta Dry Rotini	3/4 ozw	

ASSEMBLY INSTRUCTIONS

Dice onions and celery. Cook in margarine with garlic.

Add flour to margarine and vegetable mixture. Blend well.

Add paste, water and seasoning. Simmer. Cook rotini in boiling water with oil added.

Drain. Rinse pasta with cold water.

Add to sauce.

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

GREEN BEANS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Cut Green Beans	4 1/8 ozw	
Margarine Unsalted	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated hotel pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer. Transfer vegetables into pan. Add margarine to pan. Cover. Stir to combine before service.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into each pan. Add water and margarine to each pan. Cover with foil. Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

GARLIC DINNER ROLL

Number of Servings: 1

Serving Size: 2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dinner Roll	2 oz	
Spice Garlic Powder	1 pinch	
Margarine Unsalted	3.05 gm	

ASSEMBLY INSTRUCTIONS

Purchase dinner rolls, add melted garlic and margarine. Toast.

#EARHUSTLECHALLENGE

WEEK 4 | FRIDAY

FRESH BAKED COOKIE

Number of Servings: 1

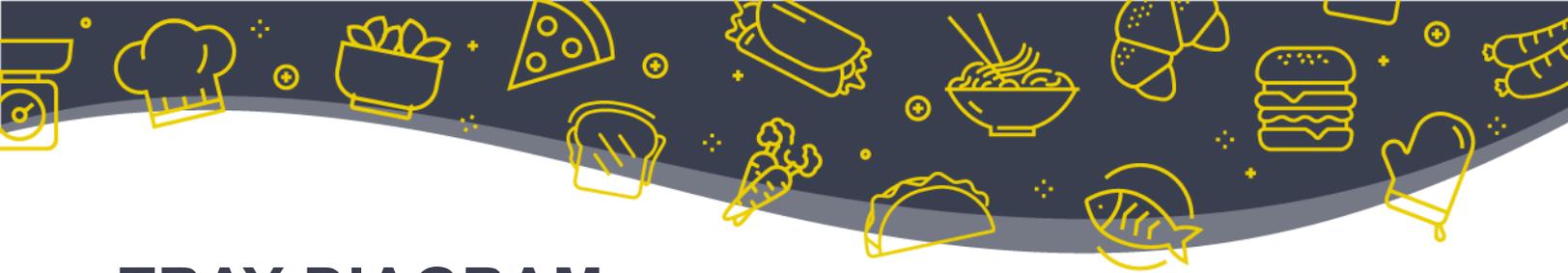
Serving Size: 2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Cookie Mix Sugar	2 ozw	
Water	1 3/4 tsp	

ASSEMBLY INSTRUCTIONS

Follow package instructions

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 4 | SATURDAY



BREAKFAST

- Pancakes & Syrup 2 slices, 2 oz
- Hard Cooked Egg 2 each
- Hot Cereal 6 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Margarine, pc 2 each
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Peanut Butter & Jelly Sandwich
 - Peanut Butter 2 oz
 - Jelly 2 oz
 - Wheat Bread 2 slices
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C, 1 packet



DINNER

- Hamburger
 - 100% Beef Patty 4 oz
 - Green Pepper & Onion Gravy 2 oz
- Garlic Mashed Potatoes 4 oz
- Pinto Beans 4 oz
- Peas 6 oz
- Creamy Cucumber & Onion Salad 4 oz
- Gelatin with Mixed Fruit 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 4 | SATURDAY

HOT CEREAL LF

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water - Hot Cereal Oats Quick	2/3 cup + 1 tbl 3/4 ozw	

ASSEMBLY INSTRUCTIONS

Slowly sprinkle cereal into boiling water. Stir constantly and boil 1 minute.

#EARHUSTLECHALLENGE

WEEK 4 | SATURDAY

PANCAKES

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Pancakes	2 each	

ASSEMBLY INSTRUCTIONS

Preheat convection oven to 350 F.

On parchment-lined sheet pan(s), place frozen pancakes in single layer.

Bake 2 minutes. Turn over pancakes. Bake until internal temperature reaches 140 F, 1 to 3 minutes more.

Cover. Keep hot for service.

Place correct portion of pancakes on each tray with tongs.

#EARHUSTLECHALLENGE

WEEK 4 | SATURDAY

HARD COOKED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Water	2 1/2 cup + 1 tbl	
Medium Shell Egg	2 each	

ASSEMBLY INSTRUCTIONS

Place eggs carefully in pan and slowly add cold water to cover.

Bring to a slow simmer.

Cook eggs about 10 minutes.

Rinse eggs in cold water or ice & cold water to bring temperature down quickly.

#EARHUSTLECHALLENGE

WEEK 4 | SATURDAY

CREAMY CUCUMBER & ONION SALAD

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
VEGETABLES Vegetable Fresh Cucumber - Peeled, Sliced -Thin Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Sliced - Thin	2 1/2 ozw 1/4 ozw	
Sour Cream Mayonnaise Apple Cider Vinegar Sugar Powdered (Confectioners) Ground Black Pepper Salt	1 tbl + 1 1/4 tsp 1 tbl + 1 1/4 tsp 1 1/8 tsp 1/4 tsp 1/8 tsp 1 pinch	Combine ingredients to form a thin dressing, blend well.

ASSEMBLY INSTRUCTIONS

Pour dressing mixture over cucumbers and onions. Mix lightly.

Chill for service.

#EARHUSTLECHALLENGE

WEEK 4 | SATURDAY

100% BEEF PATTY (4 OZ RAW)

Number of Servings: 1

Serving Size: 1 patty

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Ground Beef Patty	1 patty	

ASSEMBLY INSTRUCTIONS

Place thawed patties on sheet pans. Bake to 165 F (about 20 to 30 min).

#EARHUSTLECHALLENGE

WEEK 4 | SATURDAY

GREEN PEPPER & ONION GRAVY

Number of Servings: 1

Serving Size: 2 fl oz

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1/2 ozw	
Margarine Unsalted	1/4 ozw	
Flour All Purpose	1/8 ozw	
Water	3 tbl + 2 1/2 tsp	
Beef Bouillon	1.51 gm	
Frozen Diced Peppers	1/8 ozw	
Ground Black Pepper	1 pinch	
Garlic Powder	1 pinch	
Dried Thyme Ground	1 pinch	
Ketchup Bulk	1/4 ozw	

ASSEMBLY INSTRUCTIONS

Simmer onions in margarine. Add flour to onion mixture & cook. Add beef bouillon to hot water & blend. Add remaining ingredients, blend & simmer. Add hot broth to flour mixture; stir constantly. Simmer until thickened and smooth.

#EARHUSTLECHALLENGE

WEEK 4 | SATURDAY

GARLIC MASHED POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Flakes	1/2 ozw	
Milk	2.69 gm	
Water - Hot	1/2 cup	
Margarine Unsalted	1/8 ozw	
Spice Garlic Powder	2 pinch	

ASSEMBLY INSTRUCTIONS

Blend potatoes and Milk together.

Blend water, butter or margarine, salt and pepper in mixer bowl.

At low speed, using wire whip, rapidly add potato and milk mixture to liquid; mix 1/2 minute. Add garlic powder.

Whip at high speed about 2 minutes or until light and fluffy. DO NOT OVERWHIP.

Can also use fresh peeled potatoes, if preferred.

#EARHUSTLECHALLENGE

WEEK 4 | SATURDAY

PINTO BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Pinto - Rinsed, Drained	1 1/2 ozw	
Water - Cold	1/2 cup + 2 tbl	
Ground Black Pepper	1 pinch	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring to a boil.

Skim off foam.

Reduce heat and simmer until beans are tender but firm; stir frequently.

Drain off 3/4 of liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 4 | SATURDAY

PEAS

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Peas	4 1/2 ozw	
Margarine Unsalted	1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Add margarine.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Place vegetables into pan(s). Add water and margarine to pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover. Stir to combine before service.

#EARHUSTLECHALLENGE

GELATIN W/ MIXED FRUIT

Number of Servings: 1

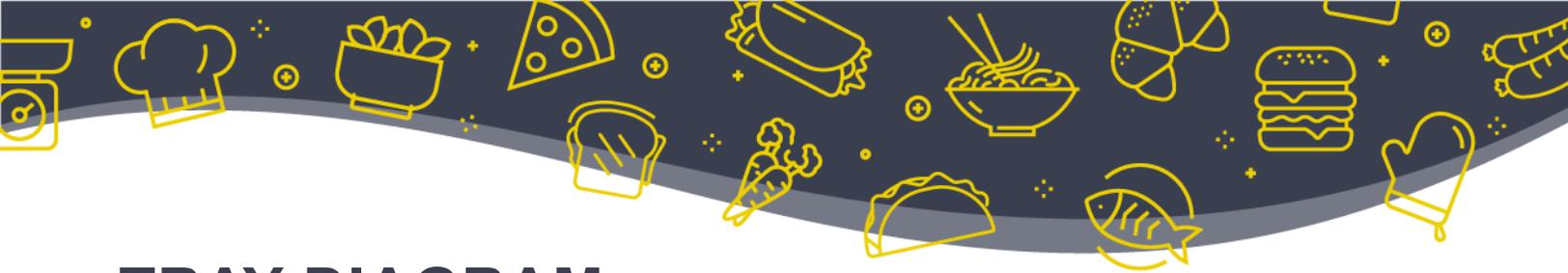
Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
PAN PREPARATION Fruit Canned Fruit Mix/Cocktail Water - Cold	2 1/4 ozw 2 tbl + 1 1/4 tsp	Drain fruit. Reserve can liquid. DO NOT DISCARD. Add enough cold water to can liquid to achieve total cold water volume indicated.
Gelatin Mix Water - Hot	1/8 ozw 1 tbl + 1 tsp	

ASSEMBLY INSTRUCTIONS

- Place gelatin mix into appropriate container.
- Add boiling water to gelatin. Whisk until gelatin is completely dissolved, 1-2 minutes.
- Allow mixture to cool slightly.
- Add can liquid/cold water mixture. Whisk until well blended.
- Into each pan, place drained fruit. Pour gelatin mixture over fruit.
- Gently stir to distribute evenly. Refrigerate until set, 4 hours or overnight.
- Cut into 1" cubes.
- Cover. Keep chilled for service.

#EARHUSTLECHALLENGE



TRAY DIAGRAM

WEEK 4 | SUNDAY



BREAKFAST

- Fried Egg 2 each
- Pork Ham 2 oz
- Hash Brown Potatoes 4 oz
- Dry Cereal 10 oz
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Bread 2 slices
- Ketchup Packet 1 oz
- 1% Milk 8 oz
- Coffee 8 oz



LUNCH

- Turkey Sandwich
 - Sliced Deli Turkey 2 oz
 - Wheat Bread 2 slices
- Mustard Packet 1 oz
- Choice of 2 Single Serving Snacks (Chips, Cookies, Granola Bar)
- Fresh Fruit Choice (Apple, Banana or Orange) 1 each
- Fruit Drink with C, 1 packet



DINNER

- Boneless Chicken Breast Sandwich
 - Herb Baked Chicken Breast 3 oz
 - American Cheese 1 slice
 - Pickle Chips 3 slices
 - Hamburger Bun 1 each
- Baked Beans 4 oz
- Garden Salad with Dressing 8 oz, 1 oz
- Corn 6 oz
- Applesauce 4 oz
- Fruit Drink with Vitamin C 8 oz

WEEK 4 | SUNDAY

FRIED EGG

Number of Servings: 1

Serving Size: 2 each

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Oil	1/2 tsp	
Medium Shell Egg	2 each	

ASSEMBLY INSTRUCTIONS

Spread oil on medium heated griddle.

Keep eggs 1" apart from each other. Break yolks fry 1 min on each side.

Place in greased 4" steam table pan. 100 eggs / pan.

#EARHUSTLECHALLENGE

WEEK 4 | SUNDAY

PORK HAM

Number of Servings: 1

Serving Size: 2 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Deli Ham Water	2 ozw 2 1/2 tsp	

ASSEMBLY INSTRUCTIONS

Place in roasting pan with a small amount of water. Cover.
Heat in 350 oven until middle of meat reaches 200. Serve from roasting pans.

#EARHUSTLECHALLENGE

WEEK 4 | SUNDAY

HASH BROWN POTATOES

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Dried Potato Slices	3/4 ozw	
Vegetable Oil	1 1/2 tsp	
Ground Black Pepper	1 pinch	
Spice Paprika	1 pinch	

ASSEMBLY INSTRUCTIONS

Cover Potatoes with water.

Cook until tender. Drain Well. Pan for service.

Combine oil, pepper & Paprika.

Pour oil mixture over potatoes.

#EARHUSTLECHALLENGE

WEEK 4 | SUNDAY

GARDEN SALAD

Number of Servings: 1

Serving Size: 1 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Vegetable Fresh Lettuce Iceberg Heads - Cored, Shredded	1 3/4 ozw	
Vegetable Fresh Cabbage Green Heads - Cored, Shredded	1/4 ozw	
Vegetable Fresh Carrots – Peeled and Trimmed, Shredded	1/4 ozw	
Low Calorie Italian Dressing	2 Tablespoons	

ASSEMBLY INSTRUCTIONS

- Combine ingredients.
- Pan.
- Cover & chill. Combine.

VARY INGREDIENTS WITH MARKET

#EARHUSTLECHALLENGE

WEEK 4 | SUNDAY

HERB BAKED BONELESS CHICKEN BREAST

Number of Servings: 1

Serving Size: 3 ozw

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Chicken Breast, Boneless / Skinless	4 ozw	
Spice Paprika	2 pinch	
Ground Black Pepper	1 pinch	
Spice Garlic Powder	1 pinch	

ASSEMBLY INSTRUCTIONS

Rinse, drain, and pan on a greased sheet pan.

Sprinkle with seasonings.

Bake at 325 for 20-25 minutes. Check internal temperature.

#EARHUSTLECHALLENGE

WEEK 4 | SUNDAY

BAKED BEANS

Number of Servings: 1

Serving Size: 1/2 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Dried Bean Navy - Rinsed, Drained	1 1/4 ozw	
Water	1/2 cup + 2 tbl	
Vegetable Fresh Onion Yellow/White – Peeled and Trimmed, Diced	1/4 ozw	
Vegetable Canned Tomato Paste	3/4 tsp	
Ketchup Bulk	1 tsp	
Sugar Brown	1/4 ozw	
Mustard Dry Ground	1 pinch	
Vinegar White	1/2 tsp	

ASSEMBLY INSTRUCTIONS

Wash Beans.

Combine beans and amount of water stated in recipe; soak overnight.

DO NOT ADD ADDITIONAL WATER ON COOKING DAY. Bring beans/water to boil.

Skim off foam.

Simmer

Add remaining ingredients and cook until tender.

Drain any excess liquid.

Pan. Cover. Keep hot for service.

#EARHUSTLECHALLENGE

WEEK 4 | SUNDAY

CORN

Number of Servings: 1

Serving Size: 3/4 cup

INGREDIENTS	MEASUREMENTS	DIRECTIONS
Frozen Corn Margarine Unsalted	4 1/2 ozw 1/4 ozw	

ASSEMBLY INSTRUCTIONS

STEAMER METHOD:

Place vegetables in a perforated pan(s).

Steam vegetables until internal temperature reaches 140 F, 4-5 minutes

Remove from steamer.

OVEN METHOD:

Preheat convection oven to 350 F or standard oven to 400 F.

Add water and margarine to each pan. Cover with foil.

Bake vegetables until internal temperature reaches 140 F, 15 -18 minutes.

Remove from oven. Cover.

#EARHUSTLECHALLENGE