

Schedule

Pantry

Shopping

Recipes

Nutrition

• Jul 16 - Tuesday

Breakfast Yogurt, Granola

Lunch Sandwich, Salad

Dinner Fried Rice with Minced Beef, Bak Choy,
Carrots, Scallions

Snack Chocolate Covered Almonds, Hummus
and Pita Chips

Jul 17 - Wednesday

Breakfast Smoothie, Boiled Egg

Lunch Fried Rice with Minced Beef, Bak Choy,
Carrots, Scallions

Dinner Roasted Chicken and Vegetables

Snack Chocolate Covered Almonds, Hummus
and Pita Chips

Jul 18 - Thursday

Breakfast Avocado Toast, Boiled Egg

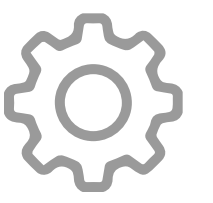
Lunch Sandwich, Salad

Dinner Roasted Chicken and Vegetables

List

Weekly

Monthly



Schedule

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Shopping

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• Jul 16 - Tuesday

Breakfast Yogurt, Granola

Lunch Sandwich, Salad

Dinner Fried Rice with Minced Beef, Bak Choy, Carrots, Scallions

Snack

Fried Rice with Minced Beef, Bak Choy, Carrots, Scallions and |

Jul 17

View Recipe

Breakf

Delete

Lunch

Cancel

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Done

Snack

Chocolate Covered Almonds, Hummus and Pita Chips

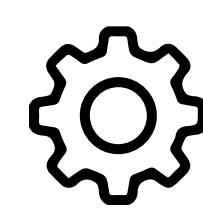
Jul 18 - Thursday

Breakfast Avocado Toast, Boiled Egg

Lunch Sandwich, Salad

Dinner Roasted Chicken and Vegetables

Snack Blueberries, Popcorn



Schedule

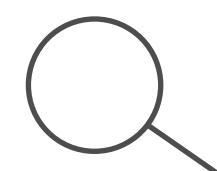
Pantry

Shopping

Recipes

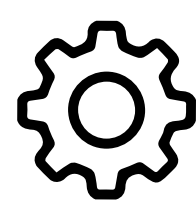
Nutrition

Sort By Alphabetical v



		Apple		2 in stock	
		Apple Cider Vinegar		1/4 bottle in stock	A
		Almonds		3 cups in stock	B
		Apricots			C
		Banana		3 in stock	D
		Blueberry			E
		Butter			F
		Carrot			G
		Cheese, Brie			H
		Cheese, Mozzarella			I
		Cheese, Parmesan			J
		Chocolate Chips		1 12oz bag in stock	K
		Clementine		6 in stock	L
		Cream Cheese			M

Expires Soon on Jul 30



Schedule

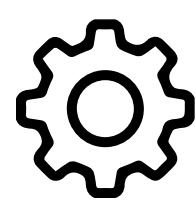
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Shopping

Recipes

Nutrition





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Pantry

Shopping

Recipes

Nutrition



Add Photo

Fried Rice with Minced Beef, Bak Choy, Carrots, Scallions

Prep: 10 mins Cook: 20 mins Total: 20 mins Servings: 4

✓ Everything is in stock!

Ingredients

1 cup uncooked jasmine rice

2 cups water

2 tablespoons vegetable oil, divided

1/4 cup minced white onion

1 tablespoon minced garlic

1/2 cup diced carrots, 1/4-inch dice

1 teaspoon sesame oil

1 tablespoon soy sauce

kosher salt, as needed for seasoning

white pepper, as needed for seasoning

2 tablespoon thinly sliced green onions