

APPLE & SAUSAGE STUFFED ACORN SQUASH



GROCERY LIST

WILDTREE PRODUCTS

- Rancher Steak Rub

PROTEIN

- Italian sausage, 1 pound

PRODUCE

- Acorn squash, 2
- Yellow onion, ½
- Celery, 1 stalk
- Apple, 1
- Sage, 1 tablespoon, chopped

DAIRY

- Parmesan cheese, ¼ cup shredded

MISCELLANEOUS

- Oil, 3 tablespoons



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ADVOCATE
Kimberley Pekrul

4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 40 MINUTES

Per Serving: 400 Calories (kcal) | 22 Fat (g) | 6 Saturated Fat (g) | 32 Carbohydrates (g)

5 Fiber (g) | 9 Sugar (g) | 23 Protein (g) | 40 Cholesterol (mg) | 1220 Sodium (mg)

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INGREDIENTS

- 2 acorn squash
- 3 tablespoons oil, divided (Wildtree Natural Grapeseed Oil recommended)
- 1 ½ teaspoons Rancher Steak Rub, divided
- ½ yellow onion, diced
- 1 celery stalk, diced
- 1 pound ground Italian sausage
- 1 apple, diced
- 1 tablespoon chopped sage
- ¼ cup shredded parmesan cheese

KITCHEN TOOLS

- Knife
- Cutting board
- Pastry brush
- Measuring cups
- Measuring spoons
- Baking dish
- 12-inch nonstick skillet meal
- Rubber spatula/ wooden spoon

APPLE & SAUSAGE STUFFED ACORN SQUASH

STEP-BY-STEP DIRECTIONS



1 Preheat oven to 400°F. Halve the squash and remove the seeds. Place squash halves in a baking dish, cut side up. Brush the insides of the squash with 2 tablespoons oil and season with 1 teaspoon **Rancher Steak Rub**. Roast for about 40 minutes or until tender when pierced with a fork.



2 Meanwhile, heat remaining 1 tablespoon oil in a 12-inch nonstick skillet over medium heat. Add onion, celery, and ground sausage. Saute until sausage is cooked through.



3 Stir in apple, sage, and remaining ½ teaspoon **Rancher Steak Rub**. Cook until apple is softened, about 3 minutes.



4 Remove squash from oven. Preheat broiler. Stuff squash with sausage filling and top with parmesan cheese.



5 Return stuffed squash to the oven and broil for 2-4 minutes or until nicely browned.

BERBERE SHRIMP CURRY



GROCERY LIST

WILDTREE PRODUCTS

- Ethiopian Spice Blend

PROTEIN

- Shrimp, raw, 1 pound

PRODUCE

- Yellow onion, 1
- Sweet potato, 1
- Cauliflower, 1 small head
- Peas, ½ cup

MISCELLANEOUS

- Oil, 1 tablespoon
- Crushed tomatoes, 1 (28 ounce) can
- Coconut milk, 1 (13.6) can

5 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

Per Serving: 400 Calories (kcal) | 22 Fat (g) | 15 Saturated Fat (g) | 30 Carbohydrates (g)
7 Fiber (g) | 12 Sugar (g) | 27 Protein (g) | 135 Cholesterol (mg) | 750 Sodium (mg)

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INGREDIENTS

- 1 tablespoon oil (Wildtree Natural Grapeseed Oil recommended)
- 1 yellow onion, diced
- 1 sweet potato, ½ -inch dice
- 1 (28 ounce) can crushed tomatoes
- 1 (13.6 ounce) can coconut milk
- 2 tablespoons Ethiopian Spice Blend
- 1 small head cauliflower, cut into florets
- 1 pound raw shrimp, peeled and deveined
- ½ cup peas

KITCHEN TOOLS

- Knife
- Cutting board
- Measuring spoons
- Measuring cups
- Saucepan
- Rubber spatula or lid

BERBERE SHRIMP CURRY

STEP-BY-STEP DIRECTIONS



1 Heat oil in a saucepan over medium heat. Add onion and sweet potato. Saute until onion is translucent, about 3 minutes.



2 Add crushed tomatoes, coconut milk, **Ethiopian Spice Blend** and cauliflower. Bring to simmer and cook for about 15 minutes or until cauliflower and sweet potatoes are tender.



3 Stir in shrimp and peas. Simmer until shrimp is cooked through, about 5 minutes more.



4 Serve as a stew, or with rice or flatbread if desired.

BUFFALO CHICKEN SLOPPY JOES



GROCERY LIST

WILDTREE PRODUCTS

- Blazin' Buffalo Blend

PROTEIN

- Ground chicken, lean, 1 pound

PRODUCE

- Red onion, ½
- Carrot, 1
- Celery, 1 stalk

BREAD/PASTA/RICE/FLOUR

- Buns, 5

DAIRY

- Sour cream, ¼ cup
- Blue cheese crumbles, ½ cup

MISCELLANEOUS

- Oil, 1 tablespoon
- Tomato sauce, 1 (8 ounce) can
- Mayonnaise, ¼ cup
- Apple cider vinegar, 1 tablespoon



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5 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES

Per Serving: 420 Calories (kcal) | 28 Fat (g) | 8 Saturated Fat (g) | 29 Carbohydrates (g)
2 Fiber (g) | 6 Sugar (g) | 24 Protein (g) | 95 Cholesterol (mg) | 950 Sodium (mg)

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INGREDIENTS

- 1 tablespoon oil (Wildtree Natural Grapeseed Oil recommended)
- ½ red onion, diced
- 1 carrot, shredded
- 1 celery stalk, diced
- 1 pound lean ground chicken
- 1 (8 ounce) can tomato sauce
- **2 tablespoons Blazin' Buffalo Blend**
- ¼ cup mayonnaise
- ¼ cup sour cream
- ⅓ cup blue cheese crumbles
- 1 tablespoon apple cider vinegar
- 1 tablespoon water
- 5 buns

KITCHEN TOOLS

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- 12-inch nonstick skillet
- Rubber spatula or wooden spoon
- Mixing bowls

BUFFALO CHICKEN SLOPPY JOES

STEP-BY-STEP DIRECTIONS



1 Heat oil in a 12-inch nonstick skillet over medium heat. Add onion, carrot, and celery. Sauté for 3 minutes.



2 Add ground chicken and cook until completely cooked through.



3 Stir in tomato sauce and **Blazin' Buffalo Blend**. Simmer for 2-3 minutes or until heated through.



4 Make blue cheese dressing by combining mayonnaise, sour cream, blue cheese, apple cider vinegar, and water. Season with salt and pepper to taste.



5 Serve sloppy joe filling over buns, and top with blue cheese dressing.

BUFFALO SHRIMP PO BOY



GROCERY LIST

WILDTREE PRODUCTS

- Blazin' Buffalo Blend

PROTEIN

- Shrimp, raw, 1 pound

PRODUCE

- Romaine, 1 heart
- Tomato, 1
- Lemon, ½
- Garlic, 1 teaspoon minced

BREAD/PASTA/RICE/FLOUR

- Sub rolls, 4

MISCELLANEOUS

- Mayonnaise, ½ cup
- Dijon mustard, 1 teaspoon
- Capers, 1 teaspoon
- Corn meal, 2 tablespoons
- Oil, 2 tablespoons

4 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 5 MINUTES

Per Serving: 610 Calories (kcal) | 35 Fat (g) | 6 Saturated Fat (g) | 40 Carbohydrates (g)
1 Fiber (g) | 4 Sugar (g) | 32 Protein (g) | 185 Cholesterol (mg) | 1110 Sodium (mg)

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INGREDIENTS

- ½ cup mayonnaise
- 1 teaspoon Dijon mustard
- **2 ½ tablespoons Blazin' Buffalo Blend, divided**
- ½ lemon, juiced
- 1 teaspoon capers
- 1 teaspoon minced garlic
- 1 pound raw shrimp, peeled and deveined
- 2 tablespoons corn meal
- **2 tablespoons oil (Wildtree Natural Grapeseed Oil recommended)**
- 4 sub rolls
- 1 romaine heart, thinly sliced
- 1 tomato, sliced

KITCHEN TOOLS

- Measuring cups
- Measuring spoons
- Mixing bowls
- 12-inch nonstick skillet
- Knife
- Cutting board
- Whisk
- Tongs

BUFFALO SHRIMP PO BOY

STEP-BY-STEP DIRECTIONS



1 Make sauce by whisking together mayonnaise, Dijon mustard, 1 tablespoon **Blazin' Buffalo Blend**, lemon juice, capers, and garlic. Set aside.



4 Meanwhile, toast rolls if desired. Spread both sides with prepared sauce.



2 Pat shrimp dry. Toss with corn meal and remaining 1 ½ tablespoons **Blazin' Buffalo Blend**.



5 To assemble po boys, layer rolls with lettuce, tomato, and cooked shrimp. Drizzle with additional sauce if desired.



3 Heat oil in a 12-inch nonstick skillet over medium heat. Arrange shrimp in a single layer, and cook for about 2-3 minutes on each side or until cooked through.

CARROT GINGER SOUP



GROCERY LIST

WILDTREE PRODUCTS

○ Ethiopian Spice Blend

PROTEIN

○ Yellow onion, 1
○ Garlic, 2 tablespoons minced
○ Ginger, 2 tablespoons minced
○ Carrots, 2 pounds
○ Cilantro, ¼ cup

MISCELLANEOUS

○ Oil, 2 tablespoons
○ Vegetable broth, low sodium, 3 cups
○ Coconut milk, 1 (13.6 ounce) can
○ Pepitas, ¼ cup



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4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES

Per Serving: 420 Calories (kcal) | 32 Fat (g) | 20 Saturated Fat (g) | 32 Carbohydrates (g)
8 Fiber (g) | 14 Sugar (g) | 7 Protein (g) | 0 Cholesterol (mg) | 460 Sodium (mg)

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INGREDIENTS

- 2 tablespoons oil (Wildtree Natural Grapeseed Oil recommended)
- 1 yellow onion, diced
- 2 tablespoons peeled, minced ginger
- 2 tablespoons minced garlic
- 1 tablespoons **Ethiopian Spice Blend**
- 2 pounds carrots, peeled and sliced
- 3 cups low sodium vegetable broth
- 1 (13.6 ounce) can coconut milk
- ¼ cup pepitas
- ¼ cup cilantro

KITCHEN TOOLS

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Rubber spatula or wooden spoon
- Immersion blender
- Pressure cooker

CARROT GINGER SOUP

STEP-BY-STEP DIRECTIONS



1 Turn on pressure cooker and set to “saute”. Add oil and onion and cook until translucent.



2 Add ginger, garlic, and **Ethiopian Spice Blend**. Cook for 1 minute.



3 Stir in carrots, vegetable broth, and coconut milk. Cover and cook on high pressure for 5 minutes. Natural pressure release.

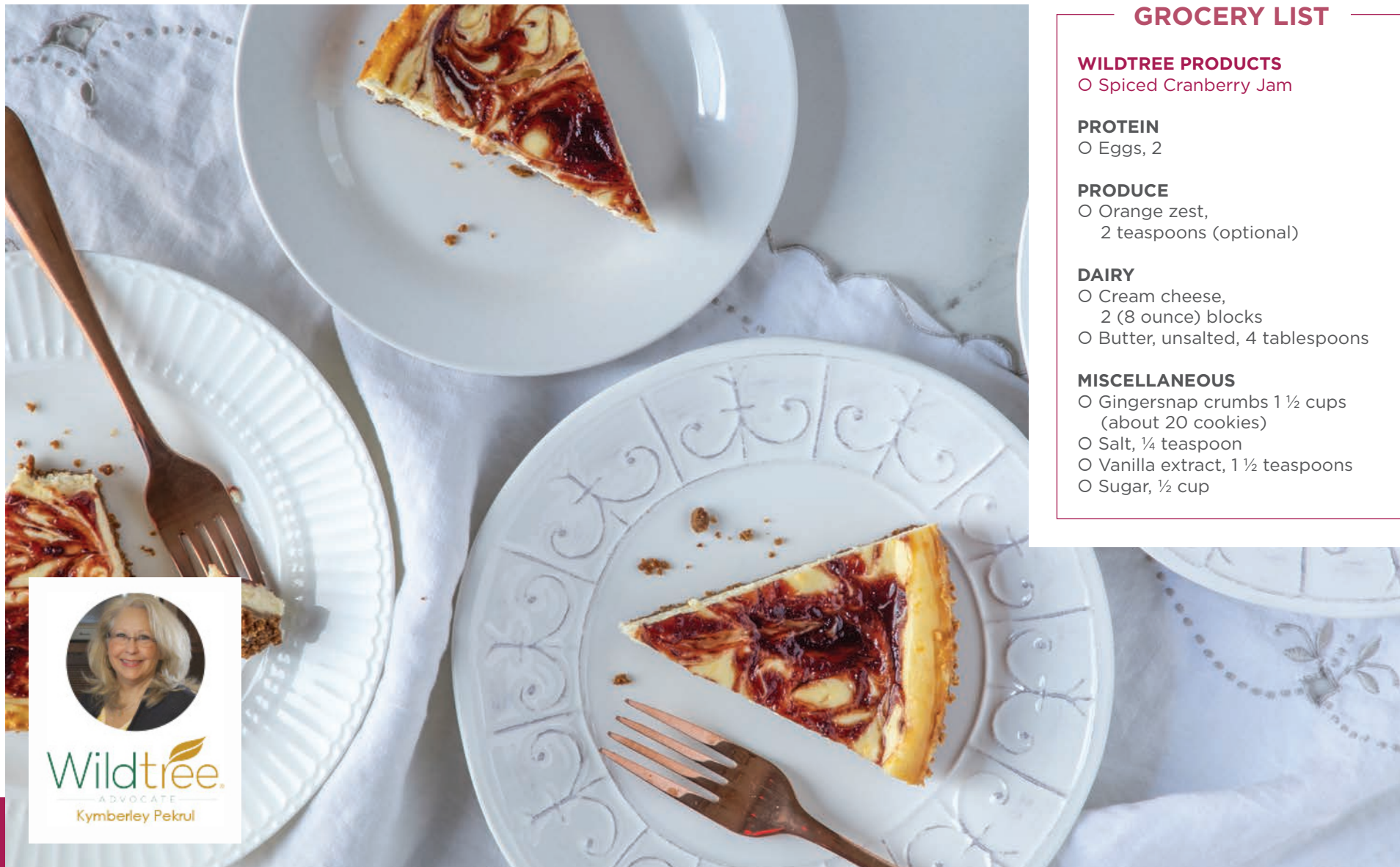


4 Remove lid and use an immersion blender to puree into soup.



5 Garnish with pepitas and cilantro.

CRANBERRY SWIRL CHEESECAKE



GROCERY LIST

WILDTREE PRODUCTS

- Spiced Cranberry Jam

PROTEIN

- Eggs, 2

PRODUCE

- Orange zest,
2 teaspoons (optional)

DAIRY

- Cream cheese,
2 (8 ounce) blocks
- Butter, unsalted, 4 tablespoons

MISCELLANEOUS

- Gingersnap crumbs 1 ½ cups
(about 20 cookies)
- Salt, ¼ teaspoon
- Vanilla extract, 1 ½ teaspoons
- Sugar, ½ cup

8 SERVINGS | PREP TIME: 20 MINUTES | COOK TIME: 35 MINUTES

Per Serving: 500 Calories (kcal) | 29 Fat (g) | 16 Saturated Fat (g) | 56 Carbohydrates (g)

0 Fiber (g) | 39 Sugar (g) | 7 Protein (g) | 120 Cholesterol (mg) | 400 Sodium (mg)

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INGREDIENTS

- 1 ½ cups gingersnap crumbs
- ¼ teaspoon salt
- 4 tablespoons unsalted butter, melted
- 2 (8 ounce) blocks cream cheese, softened
- ½ cup sugar
- 2 eggs
- 1 ½ teaspoon vanilla extract
- 2 teaspoons orange zest (optional)
- ¼ cup **Spiced Cranberry Jam**

KITCHEN TOOLS

- Measuring cup
- Measuring spoons
- Mixing bowls
- Electric hand mixer
- Rubber spatula
- Knife
- 9-inch spring form pan

CRANBERRY SWIRL CHEESECAKE

STEP-BY-STEP DIRECTIONS



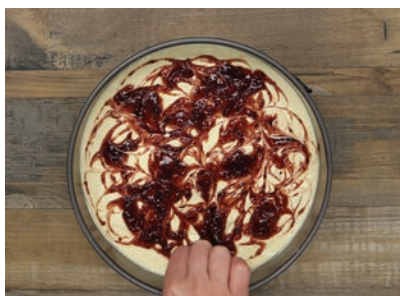
1 Preheat oven to 350°F. Mix together gingersnap crumbs, salt, and melted butter. Add to the bottom of a 9-inch spring form pan. Gently press into an even layer. Bake for 5 minutes.



2 Using an electric hand mixer, or stand mixer, beat together the cream cheese and sugar until no lumps remain. Beat in eggs, vanilla, and orange zest.



3 Pour batter over the crust and smooth into an even layer.



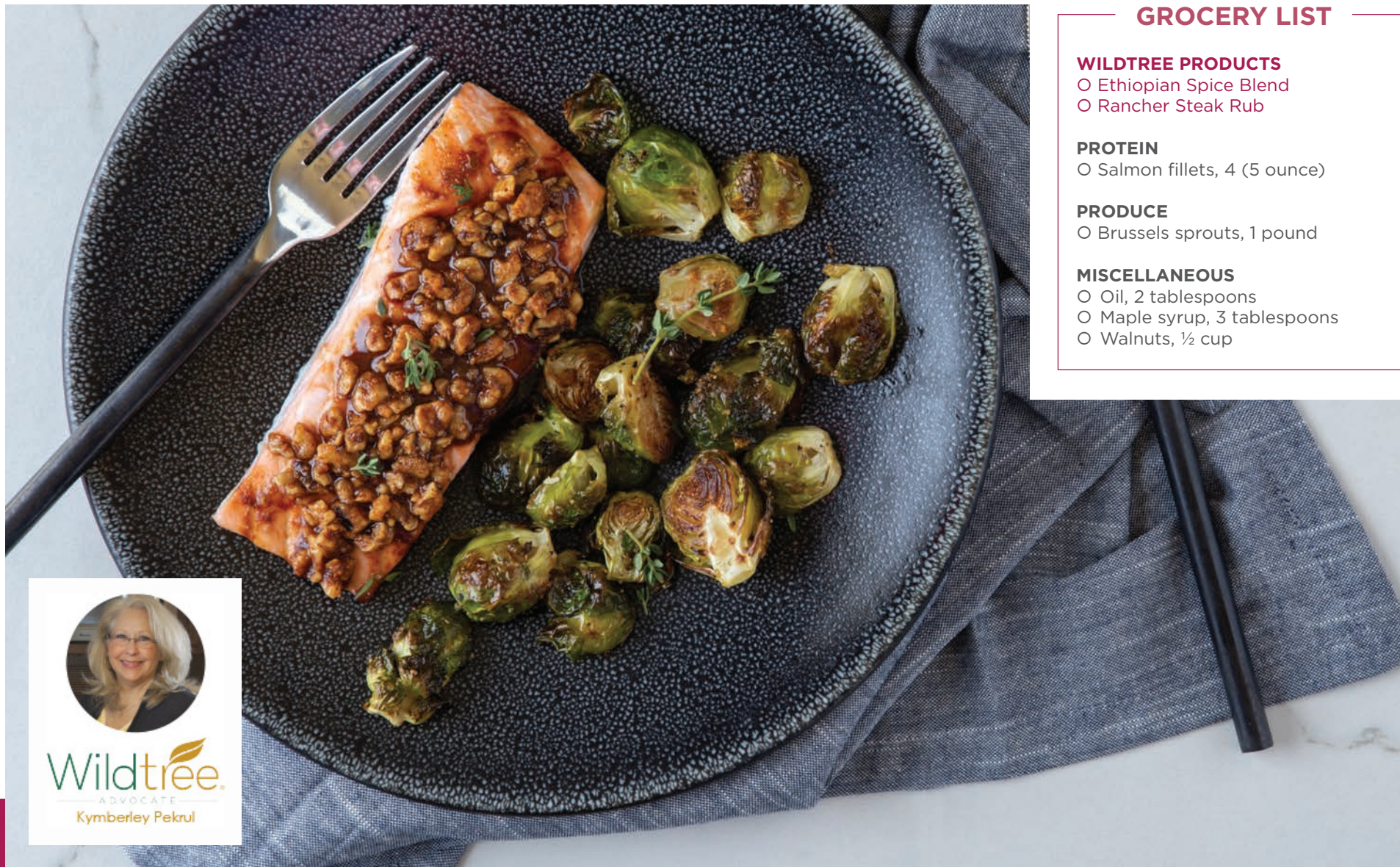
4 Add spoonfuls of the Spice Cranberry Jam. Use a toothpick or skewer to swirl into the cheesecake batter. Bake on a sheet pan for 30-35 minutes, or until the edges are starting to turn golden brown, and the cheesecake is puffed. The center will still have a bit of a jiggle to it.



5 Cool to room temperature, then transfer to the refrigerator to chill completely through, about 2-3 hours.



MAPLE WALNUT CRUSTED SALMON



GROCERY LIST

WILDTREE PRODUCTS

- Ethiopian Spice Blend
- Rancher Steak Rub

PROTEIN

- Salmon fillets, 4 (5 ounce)

PRODUCE

- Brussels sprouts, 1 pound

MISCELLANEOUS

- Oil, 2 tablespoons
- Maple syrup, 3 tablespoons
- Walnuts, ½ cup

4 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 20 MINUTES

Per Serving: 450 Calories (kcal) | 26 Fat (g) | 3 Saturated Fat (g) | 23 Carbohydrates (g)

6 Fiber (g) | 12 Sugar (g) | 34 Protein (g) | 80 Cholesterol (mg) | 460 Sodium (mg)

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INGREDIENTS

- 1 pound Brussels sprouts
- 2 tablespoons oil (Wildtree Natural Grapeseed Oil recommended)
- 1 teaspoon Rancher Steak Rub
- 3 tablespoons maple syrup
- ½ cup finely chopped walnuts
- 1 tablespoon Ethiopian Spice Blend
- 4 (5 ounce) salmon fillets

KITCHEN TOOLS

- Knife
- Cutting board
- Sheet pan
- Measuring spoons
- Measuring cups
- Mixing bowl
- Spatula

MAPLE WALNUT CRUSTED SALMON

STEP-BY-STEP DIRECTIONS



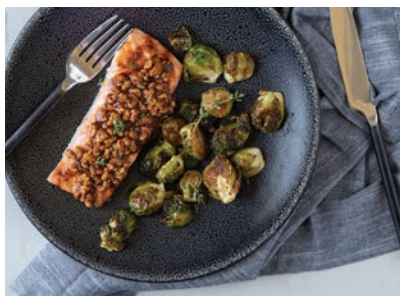
1 Preheat oven to 400 °F and grease a sheet pan. Halve Brussels sprouts. Toss with oil and **Rancher Steak Rub**. Place cut side down on prepared sheet pan. Roast for 10 minutes.



2 Meanwhile, combine maple syrup, walnuts, and **Ethiopian Spice Blend**.



3 Remove sheet pan from oven. Push Brussels sprouts to one half of the sheet pan. Add salmon fillets to empty half of sheet pan. Top salmon with maple walnut mixture.



4 Return to oven for 10 minutes more or until Brussels sprouts are tender and salmon is cooked through: 145°F.

SAGE TURKEY SLIDERS WITH CRANBERRY MAYO



GROCERY LIST

WILDTREE PRODUCTS

- Rancher Steak Rub
- Spiced Cranberry Jam

PROTEIN

- Ground turkey, 20 ounces

PRODUCE

- Sage, 2 tablespoons chopped
- Spring mix, 1 cup

BREAD/PASTA/RICE/FLOUR:

- Slider buns, 10

MISCELLANEOUS

- Oil, 1 tablespoon
- Mayonnaise, ¼ cup

5 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES

Per Serving: 580 Calories (kcal) | 21 Fat (g) | 3.5 Saturated Fat (g) | 68 Carbohydrates (g)

0 Fiber (g) | 32 Sugar (g) | 33 Protein (g) | 85 Cholesterol (mg) | 770 Sodium (mg)

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INGREDIENTS

- 20 ounces ground turkey
- 1 ½ **teaspoons Rancher Steak Rub**
- 2 tablespoons chopped sage
- 1 **tablespoon oil (Wildtree Natural Grapeseed Oil recommended)**
- ¼ cup mayonnaise
- ¼ cup Spiced Cranberry Jam
- 10 slider buns
- 1 cup spring mix

KITCHEN TOOLS

- Mixing bowls
- Measuring cups
- Measuring spoons
- 12-inch nonstick skillet
- Spatula

SAGE TURKEY SLIDERS WITH CRANBERRY MAYO

STEP-BY-STEP DIRECTIONS



1 In a bowl, combine ground turkey, **Rancher Steak Rub**, and sage. Shape into 10 small patties.



2 Heat oil in a 12-inch nonstick skillet over medium heat. Add turkey sliders and cook for 3-5 minutes on each side, or until cooked through: 165°F.



3 Meanwhile, mix together mayonnaise and **Spiced Cranberry Jam**.



4 Assemble sliders on buns with cranberry mayo and spring mix.

WEEK 1

Maple Walnut Crusted Salmon | Sage Turkey Sliders with Cranberry Mayo | Buffalo Shrimp Po Boy

Apple & Sausage Stuffed Acorn Squash

WILDTREE PRODUCTS

- Ethiopian Spice Blend
- Rancher Steak Rub
- Spiced Cranberry Jam
- Blazin' Buffalo Blend

PROTEIN

- Salmon fillets, 4 (5 ounce)
- Ground turkey, 20 ounces
- Italian sausage, 1 pound
- Shrimp, raw, 1 pound

PRODUCE

- Brussels sprouts, 1 pound
- Sage, 3 tablespoons chopped
- Spring mix, 1 cup
- Romaine, 1 heart
- Tomato, 1
- Lemon, ½
- Garlic, 1 teaspoon minced
- Acorn squash, 2
- Yellow onion, ½
- Celery, 1 stalk
- Apple, 1

BREAD/PASTA/RICE/FLOUR

- Slider buns, 10
- Sub rolls, 4

DAIRY

- Parmesan cheese, ¼ cup shredded

MISCELLANEOUS

- Oil, 8 tablespoons
- Maple syrup, 3 tablespoons
- Walnuts, ½ cup
- Mayonnaise, ¾ cup
- Dijon mustard, 1 teaspoon
- Capers, 1 teaspoon
- Corn meal, 2 tablespoons



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WEEK 2

Berbere Shrimp Curry | Buffalo Chicken Sloppy Joes | Carrot Ginger Soup | Cranberry Swirl Cheesecake

WILDTREE PRODUCTS

- Ethiopian Spice Blend
- Blazin' Buffalo Blend
- Spiced Cranberry Jam

PROTEIN

- Shrimp, raw, 1 pound
- Ground chicken, lean, 1 pound
- Eggs, 2

PRODUCE

- Yellow onion, 2
- Sweet potato, 1
- Cauliflower, 1 small head
- Peas, ½ cup
- Red onion, ½
- Carrot, 1 each plus 2 pounds
- Celery, 1 stalk
- Garlic, 2 tablespoons minced
- Ginger, 2 tablespoons minced
- Cilantro, ¼ cup
- Orange zest, 2 teaspoons (optional)

BREAD/FLOUR/RICE/FLOUR

- Buns, 5

DAIRY

- Sour cream, ¼ cup
- Blue cheese crumbles, 1/3 cup
- Cream cheese, 2 (8 ounce) blocks
- Butter, unsalted, 4 tablespoons

MISCELLANEOUS

- Oil, 4 tablespoons
- Crushed tomatoes, 1 (28 ounce) can
- Tomato sauce, 1 (8 ounce) can
- Coconut milk, 2 (13.6) cans
- Mayonnaise, ¼ cup
- Apple cider vinegar, 1 tablespoon
- Vegetable broth, low sodium, 3 cups
- Pepitas, ¼ cup
- Gingersnap crumbs 1 ½ cups (about 20 cookies)
- Salt, ¼ teaspoon
- Vanilla extract, 1 ½ teaspoons
- Sugar, ½ cup