

Dinner Tonight: Cheesy BBQ Beef & Biscuit Casserole and Lemon Rosemary Coconut Oil Roasted Vegetables (Left)

Drink & Dessert: Blackberry Iced Tea & Mini-Carrot Cakes (Right)

Grocery Items

Baking and Cooking Ingredients

- 4 tablespoons coconut oil, divided; melted or softened
- Salt and pepper

Condiments

- 1 cup KC masterpiece (or other sweet) BBQ sauce
- 1/4 cup yellow mustard

Meats

- 1 1/2 pounds ground beef

Dairy

- 1 1/2 cup shredded sharp cheddar cheese

Produce

- 2 cups baby carrots or trimmed carrots
- 1 cup Brussels sprouts, halved
- 1 cup green beans, trimmed
- 1 cup broccoli florets
- tablespoons fresh rosemary, chopped
- Half of a lemon

Canned

- 1 can flaky biscuits (8 per pack)

Baking and Cooking Ingredients

- 1 3/4 cup(s) all-purpose flour
- 1 3/4 teaspoon(s) baking powder
- 1 teaspoon(s) ground cinnamon
- 1/2 teaspoon(s) ground nutmeg
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 1/2 cup(s) sugar
- 1/4 cup(s) canola oil
- 1 teaspoon(s) vanilla extract
- Orange & green gel food color
- 2 cups blackberry syrup

Dairy

- 1 large egg
- 1 (8 oz) brick cream cheese
- Half cup (1/4 cup) unsalted butter

Produce

- 2 Jars (4oz ea) baby food carrots
- Cup grated fresh carrots
- 1/4 cup chopped fresh mint

Beverage

- 3/4 cup(s) orange juice