



Monday September 14 – Sunday September 20

Monday

Easy Canned Tuna Cakes

Tuesday

Thai Butternut Squash Soup

Wednesday

Balsamic Caramelized Pork Chops

Thursday

Creamy Sun-Dried Tomato & Basil Chicken

Friday

Thai Basil Beef

Saturday

Spaghetti Squash Chow Mein

Sunday

Slow Cooker Chicken Curry



Shopping List (September 14-20)

Produce

- | | | |
|---|--|--|
| ☐ 1 Lemon | ☐ 1 Red Bell Pepper | ☐ 1 Red Chili |
| ☐ 2 Limes | ☐ 1 cup Cherry Tomatoes | ☐ 5 inch piece Ginger |
| ☐ 1 Spaghetti Squash | ☐ 1 head Napa Cabbage | ☐ 3 heads Garlic |
| ☐ 1 Butternut Squash | ☐ 1 Red Onion | ☐ Fresh Thai Basil |
| ☐ 1 Carrot | ☐ 6 Yellow Onions | ☐ Fresh Basil |
| ☐ 1 stalk Celery | ☐ 2 bunches Scallions | ☐ Fresh Parsley |

Proteins

- ☐ 6 Chicken Breasts
- ☐ 4 Pork Chops
- ☐ 8 Boneless Skinless Chicken Thighs
- ☐ 1 pound Sirloin Steak
- ☐ 1 Egg

Pantry Items

- | | | |
|---|--|--|
| ☐ Coconut Aminos | ☐ Almond Milk | ☐ 2 Medjool Dates |
| ☐ Balsamic Vinegar | ☐ 2 (400ml) cans Coconut Milk | ☐ Thyme |
| ☐ White Wine Vinegar | ☐ Baking Soda | ☐ Coriander |
| ☐ Olive Oil | ☐ Almond Flour | ☐ Ginger |
| ☐ Sesame Oil | ☐ 2 (5oz) cans Tuna | ☐ Chili Powder |
| ☐ Tomato Paste | ☐ Red Curry Paste | ☐ Curry Powder |
| ☐ Chicken Stock | ☐ 2/3 cup Sun-Dried Tomatoes | ☐ Garam Masala |
| ☐ Dijon Mustard | | |
| ☐ Fish Sauce | | |