



Monday September 7 – Sunday September 13

Monday

Loaded Burgers with Special Sauce

Tuesday

Citrus, Fennel, Avocado & Shrimp Salad

Wednesday

Greek Chicken Traybake

Thursday

Mexican Beef Salad

Friday

Sweet & Sour Pork

Saturday

Balsamic Chicken & Figs

Sunday

Cajun Roast Chicken



Shopping List (September 7-13)

Produce

- 1 ¼ cups Diced Pineapple
- 1 Lemon
- 2 Limes
- 1 Grapefruit
- 2 large Oranges
- 5 Figs
- 2 Avocado
- 1 bunch Curly Kale (2 cups shredded)
- 10 cups Lettuce (Romaine, Cos or Bibb)
- 2 Red Bell Peppers
- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 4 large Tomatoes
- 2 cups Cherry Tomatoes
- 1 medium Head Cauliflower
- 1 Fennel Bulb
- 1 Jalapeno
- 4 Red Onions
- 4 Yellow Onions
- 4 Shallots
- 2 Garlic Bulbs
- 2-inch piece Ginger
- 1 bunch Scallions
- Parsley
- Basil
- Cilantro

Proteins

- 1 (4-5lbs) whole Chicken
- 2 large Boneless Chicken Breasts (4 Boneless Chicken Thighs)
- 6 Bone-in Skin-on Chicken Thighs
- 8 sliced Bacon
- 2lbs Ground Beef
- 12 large Shrimp
- 1.5lbs Pork Tenderloin

Pantry Items

- Coconut Aminos
- Balsamic Vinegar
- White Wine Vinegar
- Apple Cider Vinegar
- Olive Oil
- Sesame Oil
- Thyme
- Oregano
- Paprika
- Garlic Powder
- Chili Powder
- Chipotle Powder
- Cumin
- Coriander
- Baking Soda
- White Sesame Seeds
- Tomato Paste
- Chicken Stock
- Dijon Mustard
- Ghee
- Mayonnaise
- 1 can Artichoke Hearts
- 1 jar Kalamata Olives
- Pickles
- 3 Medjool Dates
- 5 Dried Apricots
- 1/3 cup Pineapple Juice