



Monday September 21 – Sunday September 27

Monday

Garlic Mushroom & Bacon Chicken Thighs

Tuesday

Beef Taco Soup

Wednesday

Butternut Squash Pasta with Alfredo Sauce

Thursday

Coconut Ginger Salmon

Friday

Black Pepper Chicken

Saturday

Cumin & Orange Shredded Pork Tacos

Sunday

Spaghetti Bolognese Casserole



Shopping List (September 21-27)

Produce

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|----------------------------------------------------|-----------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> 6 Limes | <input type="checkbox"/> 1/4 cup Frozen Peas | <input type="checkbox"/> 1 bunch Scallions |
| <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> 1 Spaghetti Squash | <input type="checkbox"/> 1 Shallot |
| <input type="checkbox"/> 3 Sticks Celery | <input type="checkbox"/> 1 Butternut Squash | <input type="checkbox"/> 4 Yellow Onions |
| <input type="checkbox"/> 4 cups Cherry Tomatoes | <input type="checkbox"/> 16 ounces Mushrooms | <input type="checkbox"/> 4 Bulbs Garlic |
| <input type="checkbox"/> 2 large Tomatoes | <input type="checkbox"/> 1 Red Bell Pepper | <input type="checkbox"/> 2-inch Ginger Root |
| <input type="checkbox"/> 2 cups Spinach | <input type="checkbox"/> 2 Green Bell Peppers | <input type="checkbox"/> 1 Stalk Lemongrass |
| <input type="checkbox"/> 1 head Cos or Gem Lettuce | <input type="checkbox"/> 2 Jalapenos | <input type="checkbox"/> 1 bunch Cilantro |
| | <input type="checkbox"/> 1 Red Chili | <input type="checkbox"/> 1 bunch Parsley |

Proteins

- | | |
|--------------------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> 1.5 pounds boneless Chicken Breasts | <input type="checkbox"/> 2 pounds ground Beef |
| <input type="checkbox"/> 6 Boneless Skinless Chicken Thighs | <input type="checkbox"/> 2 Salmon Fillets |
| <input type="checkbox"/> 2 pounds boneless Pork Shoulder | <input type="checkbox"/> 2 Eggs |
| <input type="checkbox"/> 6 ounces Bacon | |

Pantry Items

- | | | |
|----------------------------------------------|-------------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> 2 (14oz) cans diced Tomatoes | <input type="checkbox"/> 2 Medjool Dates |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> 1 ½ cups Orange Juice |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> 1 can Coconut Milk | <input type="checkbox"/> Dried Thyme |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Almond Milk | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Beef Stock | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Chicken Stock | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Baking Soda | <input type="checkbox"/> Ghee/Butter | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> 2/3 cup Cashews | <input type="checkbox"/> Chili Powder |
| | | <input type="checkbox"/> Chipotle Powder |