



Monday September 28 – Sunday October 4

Monday

Chicken & Cauliflower Rice Soup

Tuesday

Thai Chicken Larb Salad

Wednesday

One Pan Mediterranean Cod

Thursday

Creamy Mushroom Chicken

Friday

Moo Shu Pork

Saturday

Chicken Shawarma

Sunday

Classic Beef Lasagne



Shopping List (September 28- October 4)

Produce

- | | | |
|---|---|--|
| <input type="checkbox"/> 4 Lemon | <input type="checkbox"/> 1 Red Bell Pepper | <input type="checkbox"/> 1 Red Onion |
| <input type="checkbox"/> 3 Limes | <input type="checkbox"/> 1 1/2 cups Cherry Tomatoes | <input type="checkbox"/> 5 Yellow Onions |
| <input type="checkbox"/> ¼ cup Pomegranate Seeds | <input type="checkbox"/> 5 Radishes | <input type="checkbox"/> 3 bunches Scallions |
| <input type="checkbox"/> 1 Head Cauliflower | <input type="checkbox"/> 4 Shallots | <input type="checkbox"/> Fresh Mint |
| <input type="checkbox"/> 7 ounces Shitake Mushrooms | <input type="checkbox"/> 1 head Savoy Cabbage | <input type="checkbox"/> Fresh Cilantro |
| <input type="checkbox"/> 15 ounces Button Mushrooms | <input type="checkbox"/> 1 head Red Cabbage | <input type="checkbox"/> Fresh Parsley |
| <input type="checkbox"/> 1 Butternut Squash | <input type="checkbox"/> 1 head Butter or Iceberg Lettuce | <input type="checkbox"/> Fresh Oregano |
| <input type="checkbox"/> 1 Carrot | <input type="checkbox"/> 6 cups Lettuce (Bibb or Romaine) | <input type="checkbox"/> Fresh Basil |
| <input type="checkbox"/> 1 Cucumber | | <input type="checkbox"/> 4 heads Garlic |
| | | <input type="checkbox"/> 1 inch piece Ginger |

Proteins

- | | |
|---|--|
| <input type="checkbox"/> 3 cups shredded cooked Chicken (2 large chicken breasts) | <input type="checkbox"/> 1 pound ground Beef |
| <input type="checkbox"/> 1 pound Pork tenderloin | <input type="checkbox"/> 1.5 pounds ground Chicken |
| <input type="checkbox"/> 2.5 pounds boneless skinless Chicken Thighs | <input type="checkbox"/> 1 pound Cod fillets |
| <input type="checkbox"/> 1 pound ground Pork | <input type="checkbox"/> 4 Eggs |

Pantry Items

- | | | |
|--|--|--|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> 1 jar Kalamata Olives | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Tahini | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Almond Butter (or other nut butter) | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Almond Milk | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 1 ½ cups Raw Cashews | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Baking Soda | <input type="checkbox"/> Cayenne Pepper |
| <input type="checkbox"/> Chicken Stock | <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> 3 x 14oz cans of chopped Tomatoes | <input type="checkbox"/> 4 Medjool Dates | <input type="checkbox"/> Chili Flakes |
| <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Chinese 5 Spice |