



Monday November 2 – Sunday November 8

Monday

Cream of Mushroom Soup

Tuesday

Sheet Pan Chicken with Balsamic Dijon Sauce & Winter Veggies

Wednesday

Salmon, Avocado & Pickled Onion Salad with Creamy Dill Dressing

Thursday

Cauliflower Rice Paella

Friday

Spicy Orange Chicken

Saturday

Spicy Honey Un-Fried Chicken

Sunday

Chunky Beef & Vegetable Stew



Shopping List (November 2 – November 8)

Produce

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|---|---|--|
| <input type="checkbox"/> 2 Lemons | <input type="checkbox"/> 6 cups Bibb or Romaine Lettuce | <input type="checkbox"/> 3 Yellow Onions |
| <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> 3/4 lbs Brussels Sprouts | <input type="checkbox"/> 2 inch piece Ginger |
| <input type="checkbox"/> 3 Carrots | <input type="checkbox"/> 1 pound Mushrooms | <input type="checkbox"/> 3 heads Garlic |
| <input type="checkbox"/> 1 Cucumber | <input type="checkbox"/> 2 heads Cauliflower | <input type="checkbox"/> 1 bunch Scallions |
| <input type="checkbox"/> 4 sticks Celery | <input type="checkbox"/> 3 large Tomatoes | <input type="checkbox"/> 1 Fresno Chili |
| <input type="checkbox"/> 2 Leeks | <input type="checkbox"/> 2 Butternut Squash | <input type="checkbox"/> 1 bag frozen Peas |
| <input type="checkbox"/> 1 Red Bell Peppers | <input type="checkbox"/> 4 Shallots | <input type="checkbox"/> Dill |
| <input type="checkbox"/> 5 Radishes | <input type="checkbox"/> 2 Red Onions | <input type="checkbox"/> Parsley |

Proteins

- | | |
|--|--|
| <input type="checkbox"/> 6 large Shrimp | <input type="checkbox"/> 2lbs Chuck Roast, Short Ribs or Brisket |
| <input type="checkbox"/> 10 ounces Salmon | <input type="checkbox"/> 1 ½ pounds Ground Pork |
| <input type="checkbox"/> 4lbs Boneless Skinless Chicken Thighs | <input type="checkbox"/> 5 oz Chorizo Sausage |
| <input type="checkbox"/> 6 Bone-in Skin-on Chicken Thighs (1.5lbs) | <input type="checkbox"/> 6 oz Bacon or Pancetta |

Pantry Items

- | | | |
|--|--|--|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Red Wine | <input type="checkbox"/> Dried Porcini Mushrooms |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Almond Milk | <input type="checkbox"/> Black Peppercorns |
| <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Saffron Threads |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Butter/Ghee | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Chicken Stock | <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Cayenne Pepper |
| <input type="checkbox"/> Beef Stock | <input type="checkbox"/> Honey | <input type="checkbox"/> Chili Flakes |
| <input type="checkbox"/> Vegetable Stock | <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Bay Leaves |