



Monday October 19 – Sunday October 25

Monday

Creamy Tomato Soup

Tuesday

Spicy Fish Taco Bowl

Wednesday

Beef Stroganoff

Thursday

Moroccan Chicken Skewers with Couscous

Friday

Pork & Eggplant Stir Fry

Saturday

Coq No Vin

Sunday

Slow Cooker Pot Roast



Shopping List (October 19 - October 25)

Produce

- | | | |
|---|--|--|
| <input type="checkbox"/> 2 Limes | <input type="checkbox"/> 9 ounces Button Mushrooms | <input type="checkbox"/> 1 Jalapeno |
| <input type="checkbox"/> 1 Lemon | <input type="checkbox"/> 12 ounces Oyster/Shiitake/Cremini Mushrooms | <input type="checkbox"/> 1 Birds Eye Chili |
| <input type="checkbox"/> 7 Carrots | <input type="checkbox"/> 2 inch piece Ginger | <input type="checkbox"/> Mint |
| <input type="checkbox"/> 5 sticks Celery | <input type="checkbox"/> 4 heads Garlic | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> 2 Eggplant | <input type="checkbox"/> 2 bunches Scallions | <input type="checkbox"/> Basil |
| <input type="checkbox"/> 4 lbs large Tomatoes | <input type="checkbox"/> 4 Yellow Onions | <input type="checkbox"/> Thai Basil |
| <input type="checkbox"/> 5 cups Lettuce | <input type="checkbox"/> 1 Red Onion | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> 1 Purple Cabbage | <input type="checkbox"/> 11 Shallots | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> 2 heads Cauliflower | | |
| <input type="checkbox"/> 1 Butternut Squash | | |

Proteins

- | | |
|--|---|
| <input type="checkbox"/> 1 pound White Fish (Halibut/Cod) | <input type="checkbox"/> 6 Bone-in Skin-on Chicken Thighs |
| <input type="checkbox"/> 1.5 pounds Brisket or Chuck Roast | <input type="checkbox"/> 1 pound Ground Pork |
| <input type="checkbox"/> 1 pound Steak (Sirloin or Flank) | <input type="checkbox"/> 7 ounces Bacon |
| <input type="checkbox"/> 6 Boneless Chicken Thighs | |

Pantry Items

- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> 1/3 cup Raw Cashews | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 1/3 cup Flaked Almonds | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Chicken Stock | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Beef Stock | <input type="checkbox"/> Honey or Medjool Dates | <input type="checkbox"/> Chili Flakes |
| <input type="checkbox"/> Red Wine | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Almond Milk | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Bay Leaves |