



Monday October 26 – Sunday November 1

Monday

Chicken Cacciatore

Tuesday

Wonton Soup

Wednesday

Asian Salmon Cakes

Thursday

Szechuan Pork & Green Bean Stir Fry

Friday

Portobello Pizzas

Saturday

Sheet Pan Spanish Chicken & Chorizo

Sunday

Shepherd's Pie



Shopping List (October 26 – November 1)

Produce

- | | | |
|--|---|--|
| <input type="checkbox"/> 2 Lime | <input type="checkbox"/> 3/4 lbs Green Beans | <input type="checkbox"/> 2 Red Onions |
| <input type="checkbox"/> 1 Lemon | <input type="checkbox"/> 1 bunch Bok Choy | <input type="checkbox"/> 5 inch piece Ginger |
| <input type="checkbox"/> 1 Kiwi | <input type="checkbox"/> 6 large Portobello Mushrooms | <input type="checkbox"/> 3 heads Garlic |
| <input type="checkbox"/> 1 Mango | <input type="checkbox"/> 1 head Cauliflower | <input type="checkbox"/> 2 bunches Scallions |
| <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> 2 large Tomatoes | <input type="checkbox"/> 1 bag frozen Peas |
| <input type="checkbox"/> 2 Carrots | <input type="checkbox"/> 7 oz Cherry Tomatoes | <input type="checkbox"/> 1 Jalapeno |
| <input type="checkbox"/> 2 sticks Celery | <input type="checkbox"/> ¼ cup shredded Spinach | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> 2 Yellow Bell Peppers | <input type="checkbox"/> 4 Yellow Onions | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> 2 Red Bell Peppers | | |

Proteins

- | | |
|--|---|
| <input type="checkbox"/> 10 oz medium sized Shrimp | <input type="checkbox"/> 1 ½ pounds Ground Pork |
| <input type="checkbox"/> 1 pound Salmon | <input type="checkbox"/> 5 oz Chorizo Sausage |
| <input type="checkbox"/> 14 Boneless Skinless Chicken Thighs (approx. 1 ¼ lbs) | <input type="checkbox"/> 1/4 cup chopped Ham |
| <input type="checkbox"/> 1 ½ pounds Ground Lamb | <input type="checkbox"/> 3 oz Bacon or Pancetta |
| | <input type="checkbox"/> 2 Eggs |

Pantry Items

- | | | |
|--|--|---|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> 1 14oz can chopped Tomatoes | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> 1/2 cup Raw Cashews | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Honey or Medjool Dates | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 1 14oz can Artichoke Hearts | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> 2/3 cup Green Olives | <input type="checkbox"/> White Pepper |
| <input type="checkbox"/> Chicken Stock | <input type="checkbox"/> 1/2 cup Kalamata Olives | <input type="checkbox"/> Szechuan Peppercorns |
| <input type="checkbox"/> Beef Stock | <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Chili Flakes |
| <input type="checkbox"/> Red Wine | | <input type="checkbox"/> Bay Leaves |
| <input type="checkbox"/> Almond Milk | | |