



Monday October 5 – Sunday October 11

Monday

Cashew e Pepe

Tuesday

Spicy Shrimp Tacos

Wednesday

Mexican Chicken Soup

Thursday

Honey Garlic Chicken Thighs

Friday

Pork Fried Rice

Saturday

Creamy Chicken & Broccoli Casserole

Sunday

Braised Lamb Ragu



Shopping List (October 5 - October 11)

Produce

- | | | |
|--|--|--|
| <input type="checkbox"/> 3 Limes | <input type="checkbox"/> 2 heads Broccoli | <input type="checkbox"/> 4 heads Garlic |
| <input type="checkbox"/> 4 Carrots | <input type="checkbox"/> 1 Butternut Squash | <input type="checkbox"/> 2 bunches Scallions |
| <input type="checkbox"/> 1 small Savoy Cabbage | <input type="checkbox"/> 8 ounces Mushrooms | <input type="checkbox"/> 5 Yellow Onions |
| <input type="checkbox"/> 1 small head Purple Cabbage | <input type="checkbox"/> 2 medium Tomatoes | <input type="checkbox"/> 1 bag frozen Peas |
| <input type="checkbox"/> 1 large Celery Root | <input type="checkbox"/> 1 cup Cherry Tomatoes | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> 2 sticks Celery | <input type="checkbox"/> 2 Jalapenos | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> 1 large head Cauliflower | <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> Thyme |
| | <input type="checkbox"/> 1 inch piece Ginger | <input type="checkbox"/> Rosemary |

Proteins

- | | |
|---|---|
| <input type="checkbox"/> 6 cups shredded cooked Chicken (6 large chicken breasts) | <input type="checkbox"/> 1 pound large shrimp |
| <input type="checkbox"/> 6 bone in skin on Chicken Thighs | <input type="checkbox"/> 3 Eggs |
| <input type="checkbox"/> 2 lbs Lamb Shoulder | <input type="checkbox"/> 6 ounces Bacon |
| <input type="checkbox"/> 1 pound Ground Pork | |

Pantry Items

- | | | |
|--|--|--|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> 3 x 14oz cans of chopped Tomatoes | <input type="checkbox"/> 1 bottle Red Wine |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Almond Milk | <input type="checkbox"/> Ghee |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> 2 cups Raw Cashews | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Honey | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Chicken Stock | <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Beef Stock | <input type="checkbox"/> Nutritional Yeast | <input type="checkbox"/> Chili Powder |
| | | <input type="checkbox"/> Chipotle Chili Powder |