



*Monday November 9 – Sunday November 15*

**Monday**

Roasted Cauliflower & Garlic Soup

**Tuesday**

Asian Meatballs

**Wednesday**

Honey Mustard Chicken

**Thursday**

Sheet Pan Teriyaki Salmon

**Friday**

Korean Beef Bowl

**Saturday**

Jalapeno Tuna Casserole

**Sunday**

Slow Cooker Honey Balsamic Ribs



## Shopping List (November 9 – November 15)

### Produce

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 1 Lemon            | <input type="checkbox"/> 1 bunch Broccolini<br>(approx. 8 stalks) | <input type="checkbox"/> 4 heads Garlic       |
| <input type="checkbox"/> 2 Limes            | <input type="checkbox"/> 1 small Red Cabbage                      | <input type="checkbox"/> 2 bunch Scallions    |
| <input type="checkbox"/> 1 Avocado          | <input type="checkbox"/> 1 Spaghetti Squash                       | <input type="checkbox"/> 3 Red Fresno Chilies |
| <input type="checkbox"/> 1 bunch Asparagus  | <input type="checkbox"/> 10 ounces Mushrooms                      | <input type="checkbox"/> 3 Jalapeno Peppers   |
| <input type="checkbox"/> 3 Carrot           | <input type="checkbox"/> 1 Red Onion                              | <input type="checkbox"/> Mint                 |
| <input type="checkbox"/> 2 head Cauliflower | <input type="checkbox"/> 3 Yellow Onions                          | <input type="checkbox"/> Cilantro             |
| <input type="checkbox"/> 2 Leeks            | <input type="checkbox"/> 5 inch piece Ginger                      |   |
| <input type="checkbox"/> 3 small Bok Choy   |   |   |

### Proteins

- |  |  |
|--|--|
| <input type="checkbox"/> 4 Salmon Fillets      | <input type="checkbox"/> 2 racks Baby Back Pork Ribs |
| <input type="checkbox"/> 2 (5 ounce) cans Tuna | <input type="checkbox"/> 4 Chicken Breasts           |
| <input type="checkbox"/> 1.5lbs ground Beef    | <input type="checkbox"/> 3 Eggs                      |
| <input type="checkbox"/> 1 lbs ground Pork     |  |

### Pantry Items

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Coconut Aminos      | <input type="checkbox"/> Vegetable Stock     | <input type="checkbox"/> Honey or Medjool Dates |
| <input type="checkbox"/> Olive Oil           | <input type="checkbox"/> Kimchi (optional)   | <input type="checkbox"/> Nutritional Yeast      |
| <input type="checkbox"/> Coconut Oil         | <input type="checkbox"/> Mayonnaise          | <input type="checkbox"/> Pumpkin Seeds          |
| <input type="checkbox"/> Sesame Oil          | <input type="checkbox"/> Dijon Mustard       | <input type="checkbox"/> White Sesame Seeds     |
| <input type="checkbox"/> Truffle Oil         | <input type="checkbox"/> Orange Juice        | <input type="checkbox"/> Black Sesame Seeds     |
| <input type="checkbox"/> Balsamic Vinegar    | <input type="checkbox"/> Almond Milk         | <input type="checkbox"/> Smoked Paprika         |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Almond Flour        | <input type="checkbox"/> Dried Thyme            |
| <input type="checkbox"/> Chicken Stock       | <input type="checkbox"/> 1 cup Cashews       | <input type="checkbox"/> Dried Rosemary         |
| <input type="checkbox"/> Beef Stock          | <input type="checkbox"/> 1/3 cup Brazil Nuts |   |