



*Monday February 1 – Sunday February 7*

**Monday**

Roasted Cauliflower & Butternut Squash Tacos

**Tuesday**

Ratatouille Baked Eggs

**Wednesday**

Chicken, Mushroom & Leek Soup

**Thursday**

Sesame Lemon Chicken

**Friday**

Crab, Roasted Tomato & Basil on Spaghetti Squash

**Saturday**

Asian Cabbage Rolls

**Sunday**

Mexican Stewed Beef Bowl



## Shopping List (February 1 – February 7)

### Produce

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> 4 Lemons                | <input type="checkbox"/> 1 Savoy Cabbage          | <input type="checkbox"/> 2 Leeks             |
| <input type="checkbox"/> 2 Limes                 | <input type="checkbox"/> 1 small Green Babbage    | <input type="checkbox"/> 1 Chili Pepper      |
| <input type="checkbox"/> 1 Avocado               | <input type="checkbox"/> 1 large Butternut Squash | <input type="checkbox"/> 2 Jalapeno Peppers  |
| <input type="checkbox"/> 1 Zucchini              | <input type="checkbox"/> 1 Spaghetti Squash       | <input type="checkbox"/> 4 inch piece Ginger |
| <input type="checkbox"/> 8oz Cherry Tomatoes     | <input type="checkbox"/> 9oz Mushrooms            | <input type="checkbox"/> 4 heads Garlic      |
| <input type="checkbox"/> 4lbs of Tomatoes        | <input type="checkbox"/> 2 green Bell Peppers     | <input type="checkbox"/> 1 bunch Basil       |
| <input type="checkbox"/> 3 heads of Cauliflower  | <input type="checkbox"/> 1 red Bell Pepper        | <input type="checkbox"/> 1 bunch Cilantro    |
| <input type="checkbox"/> 3 cups Cauliflower Rice | <input type="checkbox"/> 1 Red Onion              | <input type="checkbox"/> 1 bunch Parley      |
| <input type="checkbox"/> 1 large Celery Root     | <input type="checkbox"/> 7 Yellow Onions          |  |
| <input type="checkbox"/> 1 large Eggplant        | <input type="checkbox"/> 1 bunch Scallions        |  |

### Proteins

- 2.2lbs Stewing Beef
- 5oz Bacon or Pancetta
- 1 pound Pork (or turkey/chicken)
- 6 Eggs
- 2 Chicken Breasts (2 cups shredded)
- 6 bone in, Skin on Chicken Thighs
- 8oz Fresh Crab

### Pantry Items

- |   |                                       |   |
|---|---------------------------------------|---|
| <input type="checkbox"/> Coconut Aminos         | <input type="checkbox"/> Mayonnaise   | <input type="checkbox"/> Chili flakes                   |
| <input type="checkbox"/> Fish Sauce             | <input type="checkbox"/> Almond Milk  | <input type="checkbox"/> Chili powder                   |
| <input type="checkbox"/> Olive Oil              | <input type="checkbox"/> Oregano      | <input type="checkbox"/> Smoked paprika                 |
| <input type="checkbox"/> Sesame Oil             | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Coriander                      |
| <input type="checkbox"/> Balsamic Vinegar       | <input type="checkbox"/> Dried thyme  | <input type="checkbox"/> 1 14oz canned chopped tomatoes |
| <input type="checkbox"/> 3.5 cups Chicken Stock | <input type="checkbox"/> Cumin        | <input type="checkbox"/> Salsa                          |
| <input type="checkbox"/> 4.5 cups Beef Stock    | <input type="checkbox"/> Bay leaves   |   |
| <input type="checkbox"/> Honey                  | <input type="checkbox"/> Cayenne      |   |