



*Monday February 8<sup>th</sup> – Sunday February 14<sup>th</sup>*

**Monday**

Butternut Squash Noodles with Tahini Lemon Sauce

**Tuesday**

Szechuan Chicken Thighs

**Wednesday**

Egg Drop Soup

**Thursday**

Sheet Pan Roasted Cod with Fennel, Olives & Red Onion

**Friday**

Chimichurri Steak Salad

**Saturday**

Crab & Shrimp Ravioli with Lemon Tomato Sauce

**Sunday**

Whole30 Braised Short Ribs with The Best Cauliflower Mash



## *Shopping List (February 8<sup>th</sup> – February 14<sup>th</sup>)*

### Produce

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 1 Lemon   | <input type="checkbox"/> 1 pint of Cherry Tomatoes            | <input type="checkbox"/> 4 heads Garlic         |
| <input type="checkbox"/> 3 Zucchini  | <input type="checkbox"/> 12-14 Roma Tomatoes (approx. 3-4lbs) | <input type="checkbox"/> 1 bunch Basil          |
| <input type="checkbox"/> 3 large heads of Lettuce (Romaine, green or red leaf) | <input type="checkbox"/> 1 Shallot                            | <input type="checkbox"/> 1 bunch Oregano        |
| <input type="checkbox"/> 2 large Butternut Squash                              | <input type="checkbox"/> 4 small Red Onions                   | <input type="checkbox"/> 2 bunches of Parsley   |
| <input type="checkbox"/> 2 Carrots   | <input type="checkbox"/> 1 large Yellow Onion                 | <input type="checkbox"/> 1 bunch of fresh Thyme |
| <input type="checkbox"/> 1 bunch of Radishes                                   | <input type="checkbox"/> 1 bunch Scallions                    | <input type="checkbox"/> Arugula                |
| <input type="checkbox"/> 3 Shitake Mushrooms                                   | <input type="checkbox"/> 1 large Leek                         | <input type="checkbox"/> 1 bunch of Asparagus   |
|  | <input type="checkbox"/> 1 red Chili Pepper                   |   |

### Proteins

- ☐ 3.5lbs of Short Ribs
- ☐ 0.75lbs of Sirloin of Rib Eye Steak
- ☐ 3 Eggs
- ☐ 2lbs bone in, Skin on Chicken Thighs
- ☐ 8oz Fresh Crab
- ☐ 300 grams of Shrimp

### Pantry Items

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Coconut Aminos        | <input type="checkbox"/> Apple Cider Vinegar            | <input type="checkbox"/> Bay leaves             |
| <input type="checkbox"/> Fish Sauce            | <input type="checkbox"/> 4.5 cups Chicken Stock         | <input type="checkbox"/> Dried Bird's Eye Chili |
| <input type="checkbox"/> Olive Oil             | <input type="checkbox"/> 2 cups Beef Stock              | <input type="checkbox"/> White Pepper           |
| <input type="checkbox"/> Sesame Oil            | <input type="checkbox"/> 2 cups of Almond Milk          | <input type="checkbox"/> Za'atar                |
| <input type="checkbox"/> Butter or Coconut Oil | <input type="checkbox"/> 1 14oz canned chopped tomatoes | <input type="checkbox"/> Arrowroot Powder       |
| <input type="checkbox"/> Ghee                  | <input type="checkbox"/> Tomato Paste                   | <input type="checkbox"/> Szechuan Peppercorns   |
| <input type="checkbox"/> Honey                 | <input type="checkbox"/> Tahini                         | <input type="checkbox"/> 3tbsp Pine Nuts        |
| <input type="checkbox"/> Balsamic Vinegar      | <input type="checkbox"/> Ground Ginger                  | <input type="checkbox"/> 3/4 cup of Cashews     |
| <input type="checkbox"/> Red Wine Vinegar      |   |   |