



*Monday January 18 – Sunday January 24*

**Monday**

Creamy Tomato Soup

**Tuesday**

Pork & Shrimp Egg Roll in a Bowl

**Wednesday**

Mexican Meatballs

**Thursday**

Tom Kha Gai

**Friday**

Chicken Yakitori

**Saturday**

Cilantro Lime Shredded Chicken

**Sunday**

Creamy Spinach & Mushroom Lasagna



## Shopping List (January 18 – January 24)

### Produce

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 4 Limes                  | <input type="checkbox"/> 1 small Red Cabbage and<br>1 small Green Cabbage<br>(or 1 large bag coleslaw<br>mix) | <input type="checkbox"/> 2 bunches Scallions |
| <input type="checkbox"/> 2 pounds Tomatoes        | <input type="checkbox"/> 2 Red Onions   | <input type="checkbox"/> 2 Birds Eye Chili   |
| <input type="checkbox"/> 1 bunch Asparagus        | <input type="checkbox"/> 5 Yellow Onion   | <input type="checkbox"/> 3 Red Chili Peppers |
| <input type="checkbox"/> 3 Carrot                 | <input type="checkbox"/> 5 inch piece Ginger  | <input type="checkbox"/> 3 Jalapeno Peppers  |
| <input type="checkbox"/> 1 pound Spinach          | <input type="checkbox"/> 3 heads Garlic   | <input type="checkbox"/> 1 stalk Lemongrass  |
| <input type="checkbox"/> 2 Large Butternut Squash |   | <input type="checkbox"/> Basil               |
| <input type="checkbox"/> 2 pounds Mushrooms       |   | <input type="checkbox"/> Cilantro            |

### Proteins

- |  |  |
|--|--|
| <input type="checkbox"/> 7 ounces Shrimp   | <input type="checkbox"/> 5 Chicken Breasts (approx. 2 ½ lbs) |
| <input type="checkbox"/> 1 lbs ground Beef | <input type="checkbox"/> 6 Boneless Skinless Chicken Thighs  |
| <input type="checkbox"/> 2 lbs ground Pork | <input type="checkbox"/> 2 Eggs                              |

### Pantry Items

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Coconut Aminos      | <input type="checkbox"/> Mayonnaise              | <input type="checkbox"/> Sesame Seeds   |
| <input type="checkbox"/> Olive Oil           | <input type="checkbox"/> 1 14oz can Coconut Milk | <input type="checkbox"/> Chipotle Paste |
| <input type="checkbox"/> Coconut Oil         | <input type="checkbox"/> Tomato Paste            | <input type="checkbox"/> Chili Powder   |
| <input type="checkbox"/> Sesame Oil          | <input type="checkbox"/> 1 14oz can Tomatoes     | <input type="checkbox"/> Coriander      |
| <input type="checkbox"/> Fish Sauce          | <input type="checkbox"/> Almond Milk             | <input type="checkbox"/> Cumin          |
| <input type="checkbox"/> Balsamic Vinegar    | <input type="checkbox"/> Almond Flour            | <input type="checkbox"/> Paprika        |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> 2 1/2 cups Cashews      | <input type="checkbox"/> Dried Thyme    |
| <input type="checkbox"/> Chicken Stock       | <input type="checkbox"/> Honey or Medjool Dates  | <input type="checkbox"/> White Pepper   |
| <input type="checkbox"/> Beef Stock          | <input type="checkbox"/> Nutritional Yeast       |   |
| <input type="checkbox"/> Vegetable Stock     | <input type="checkbox"/> Baking Soda             |   |