

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

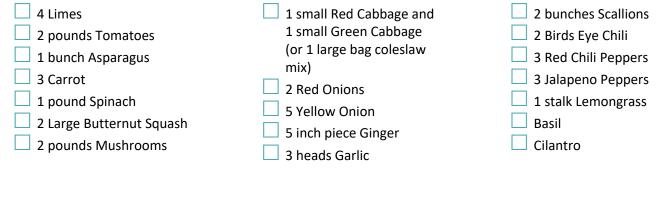
Saturday Cilantro Lime Shredded Chicken

Sunday Creamy Spinach & Mushroom Lasagna



Shopping List (January 18 – January 24)

Produce



Proteins



Pantry Items

- Coconut Aminos
- Olive Oil
- Coconut Oil
- Sesame Oil
- Fish Sauce
- □ Balsamic Vinegar
- □ Apple Cider Vinegar
- Chicken Stock
- Beef Stock
- Vegetable Stock

- Mayonnaise
- 1 14oz can Coconut Milk
- Tomato Paste
- □ 1 14oz can Tomatoes
- Almond Milk
- Almond Flour
- □ 2 1/2 cups Cashews
- Honey or Medjool Dates
- Nutritional Yeast
- Baking Soda

- Sesame Seeds
- Chipotle Paste
- Chili Powder
- Coriander
- 🗆 Cumin
- Paprika
- Dried Thyme
- □ White Pepper