



Monday January 25 – Sunday January 31

Monday

Balsamic Caramelized Onion Pork Chops

Tuesday

Whole30 Chicken Ramen

Wednesday

Beef & "Barley" Soup

Thursday

Grilled Kofta & Tabbouleh Salad

Friday

Tandoori Chicken Burgers

Saturday

Coq No Vin

Sunday

Garlic, Lemon & Herb Roast Chicken



Shopping List (January 25 – January 31)

Produce

- | | | |
|---|--|--|
| <input type="checkbox"/> 3 Lemon | <input type="checkbox"/> 1 Leek | <input type="checkbox"/> 3 inch piece Ginger |
| <input type="checkbox"/> 4 large Tomatoes | <input type="checkbox"/> 5 ounces Shiitake Mushrooms | <input type="checkbox"/> 5 heads Garlic |
| <input type="checkbox"/> 2 sticks Celery | <input type="checkbox"/> 1 pound Mushrooms | <input type="checkbox"/> 1 bunch Scallions |
| <input type="checkbox"/> 4 Carrots | <input type="checkbox"/> 1 Spaghetti Squash | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> 1 Cucumber | <input type="checkbox"/> 2 Bok Choy | <input type="checkbox"/> Mint |
| <input type="checkbox"/> 1 head Iceberg Lettuce | <input type="checkbox"/> 2 Red Onion | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> 2 heads Cauliflower (or 3 cups Cauliflower Rice) | <input type="checkbox"/> 6 Yellow Onion | |

Proteins

- | | |
|--|---|
| <input type="checkbox"/> 6 Pork Chops | <input type="checkbox"/> 1 lbs ground Chicken or Turkey |
| <input type="checkbox"/> 7 ounces Bacon or Pancetta | <input type="checkbox"/> 1 large whole Chicken |
| <input type="checkbox"/> 1 lbs ground Beef | <input type="checkbox"/> 4 Boneless Skinless Chicken Thighs |
| <input type="checkbox"/> 1.5 lbs Chuck Roast (or stewing beef) | <input type="checkbox"/> 6 Bone In Skin On Chicken Thighs |
| <input type="checkbox"/> 0.5lbs ground Lamb | <input type="checkbox"/> 4 Eggs |

Pantry Items

- | | | |
|---|---|---|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Tahini | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Honey or Medjool Dates | <input type="checkbox"/> Dried Rosemary |
| <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Chicken Stock | <input type="checkbox"/> Cayenne | <input type="checkbox"/> Dried Thyme |
| <input type="checkbox"/> Beef Stock | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Chinese 5 Spice | |