



Monday March 1st – Sunday March 7th

Monday

Kung Pao Cauliflower

Tuesday

Stuffed Pepper Soup

Wednesday

Asian Pork Meatballs

Thursday

Seared Scallops on Cauliflower Puree

Friday

Balsamic Chicken & Grapes

Saturday

Eggplant Polpette (aka Meatless Meatballs)

Sunday

Barbacoa Beef



Shopping List – March 1st – 7th

Produce

- | | | |
|---|---|---|
| <input type="checkbox"/> 5 Limes | <input type="checkbox"/> 1 large Red Onions | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 3 large heads of Cauliflower | <input type="checkbox"/> 1 Shallot | <input type="checkbox"/> 1 bunch of basil |
| <input type="checkbox"/> 2 Carrots | <input type="checkbox"/> 1 bunch of Scallions | <input type="checkbox"/> 2 cups Seedless Red Grapes |
| <input type="checkbox"/> 2 medium Eggplants | <input type="checkbox"/> 3 head of Garlic | |
| <input type="checkbox"/> 1 Green Bell Pepper | <input type="checkbox"/> 3 inch piece of Ginger | |
| <input type="checkbox"/> 2 Red Bell Peppers | <input type="checkbox"/> 1 Red Chili | |
| <input type="checkbox"/> 6 medium Tomatoes | <input type="checkbox"/> 1 bunch of Cilantro | |
| <input type="checkbox"/> 4 Yellow Onions | <input type="checkbox"/> 1 bunch of Mint | |

Proteins

- | | |
|---|--|
| <input type="checkbox"/> 4 strips of Bacon | |
| <input type="checkbox"/> 3 lbs of Brisket | <input type="checkbox"/> 1 pound of large Scallops |
| <input type="checkbox"/> 500 grams of Ground Beef | <input type="checkbox"/> 6 bone-in, skin-on Chicken Thighs |
| <input type="checkbox"/> 1 pound of Ground Pork | |
| <input type="checkbox"/> 2 Egg Whites | |

Pantry Items

- | | | |
|---|---|---|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> 1.4 cup Chicken or Vegetable Stock | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> 1 - 14oz can of Chopped Tomatoes | <input type="checkbox"/> Szechuan Peppercorns |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 2 – 24oz cans of Chopped Tomatoes | <input type="checkbox"/> Dried Thyme |
| <input type="checkbox"/> Honey | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Dried Oregano |
| <input type="checkbox"/> Butter or Ghee | <input type="checkbox"/> Ancho or Chipotle Chili Powder | <input type="checkbox"/> Dried Rosemary |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Chili Flakes | <input type="checkbox"/> 1/4 cup of Cashews |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Ground Coriander | <input type="checkbox"/> Almond Flour |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Cumin | <input type="checkbox"/> Black Sesame Seeds |
| <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> Ground Cloves | <input type="checkbox"/> 2 Medjool Dates |
| <input type="checkbox"/> 2 cups Unsweetened Almond Milk | | <input type="checkbox"/> 1/3 cup of Parmesan or Nutritional Yeast |
| <input type="checkbox"/> 4.5 cups Beef Broth | | |
| <input type="checkbox"/> 1/3 cup of Chicken Stock | | |