



*Monday February 22<sup>nd</sup> – Sunday February 28<sup>th</sup>*

**Monday**

Roasted Carrot Soup

**Tuesday**

Peanut Chicken Noodle Bowl

**Wednesday**

Coconut Shrimp with Sweet Chili Dip

**Thursday**

Thai Basil Beef

**Friday**

Grilled Kale Caesar Salad with Crispy Chorizo

**Saturday**

Lemon & Herb Ribs

**Sunday**

Roast Chicken and Flourless Gravy



## Shopping List - February 22<sup>nd</sup> – February 28<sup>th</sup>

### Produce

- 2 Lime
- 4 Lemons
- 3 cups Chopped Spinach
- 1 bunch of Curly Kale
- 1 bunch of Tuscan Kale
- 2 heads of Cauliflower
- 1 Butternut Squash
- 12oz package of Butternut Squash Noodles (or 1 medium Butternut Squash)
- 11 medium Carrots
- 1 Red Bell Pepper
- 10 Button Mushrooms
- 3 Yellow Onions
- 3 Red Onions
- 2 bunch of Scallions
- 3 heads of Garlic
- 4 inch piece of Ginger
- 1 Red Chili
- 1 bunch of Cilantro
- 1 bunch of Rosemary
- 1 bunch of Thyme
- 1 bunch of Sage
- 2 bunches of Flat Leaf Parsley
- 2 bunches of Thai basil

### Proteins

- 7oz of Chorizo
- 2 Racks of Ribs
- 16 large Shrimp
- 1 pound of Sirloin or Skirt Steak
- 3 Egg
- 3 pound Whole Chicken
- 8oz boneless, skinless Chicken Breast

### Pantry Items

- Coconut Aminos
- Sesame Oil
- Olive Oil
- Honey
- Coconut Oil
- Fish Sauce
- Dijon Mustard
- Balsamic Vinegar
- Apple Cider Vinegar
- Anchovy Paste
- Capers
- 2 cups Unsweetened Almond Milk
- 3 cups Chicken or Veggie Stock
- 2.5 cups of Chicken Stock
- 2/3 cup of Shredded Unsweetened Coconut
- Chili Powder
- Ground Coriander
- Cumin
- Dried Rosemary
- Dried Thyme
- 1/3 cups Cashews
- Almond Butter or Peanut Butter
- Coconut Flour
- Baking Soda
- 2 Medjool Dates