



*Monday March 15<sup>th</sup> – Sunday March 21<sup>st</sup>*

**Monday**

Italian Wedding Soup

**Tuesday**

Cauliflower Mac & Cheese

**Wednesday**

Grilled Radicchio & Orange Salad with Cinnamon Dressing

**Thursday**

Sheet Pan Salmon Nicoise

**Friday**

Butter Chicken Meatballs

**Saturday**

Chicken Souvlaki with Dairy Free Tzatziki

**Sunday**

Middle Eastern Lamb Stuffed Eggplant



## Shopping List – March 15<sup>th</sup> – 21<sup>st</sup>

### Produce

- 6 Lemon
- 1 large head of Cauliflower
- 2 Butternut Squash
- 1 large Cucumber
- 2 bunches of Curly Kale
- 2 bunches of Tuscan Kale
- 2 heads of Green Leaf Lettuce
- 2 heads of Radicchio
- 10 small Eggplants (of 4-5 large)
- 4 Yellow Onion
- 2 Red Onions
- 1 Leek
- 1 Shallot
- 4 head of Garlic
- 1 inch of Ginger
- 1 bunch of fresh Oregano
- 2 bunch of Flat Leaf Parsley
- 1 bunch of basil
- 1 bunch of Cilantro
- 1 bunch of Asparagus
- 2 Carrots
- 1 cup Cherry Tomatoes
- 1 cup Green Beans
- 2 Oranges
- 1 Pomegranate

### Proteins

- 1.5lbs boneless, skinless Chicken Breasts
- 250 grams of Ground Beef
- 250 grams of Ground Lamb
- 1 pound of Ground Chicken or Turkey
- 4 Eggs
- 4 Salmon Filets
- 1 ¼ pound of Ground Chicken

### Pantry Items

- Olive Oil
- Butter or Ghee
- Honey or Maple Syrup
- Dijon Mustard
- Apple Cider Vinegar
- White Vinegar
- 2.5 cups Unsweetened Almond Milk
- 10.5 cups of Chicken Broth
- Tahini
- 1 can of full-fat Coconut Milk
- Chili Flakes
- Cinnamon
- Dried Dill
- Turmeric
- Cumin
- Coriander
- Garam Masala
- Cayenne
- Ground Ginger
- Paprika
- Almond Flour
- Nutritional Yeast
- 1 cup marinated Artichoke Hearts
- Capers
- ¼ cup Dates
- ¼ cup Nicoise or Kalamata Olives
- ¼ cup of Pinenuts
- 1.5 cups of Cashews
- 1/3 cup of Pistachios
- 1/3 cup of Pecans
- 2 – 6oz cans of Tomato Paste