

# 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

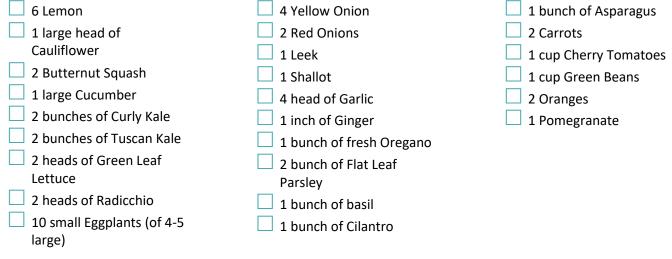
## Sunday

Middle Eastern Lamb Stuffed Eggplant



## Shopping List – March $15^{th} - 21^{st}$

## Produce



### 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 marinatedArtichoke 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