



Monday March 22nd – Sunday March 28th

Monday

Butternut Squash Pasta with Alfredo Sauce

Tuesday

Sticky Ginger & Sesame Beef Tacos

Wednesday

Spicy Chicken & Veggie Noodle Soup

Thursday

Spice Rubbed Chicken Drumsticks

Friday

Sundried Tomato & Basil Chicken Meatballs in a Chunky Pesto Sauce

Saturday

Ginger & Orange Braised Short Ribs

Sunday

Greek Roast Chicken



Shopping List – March 22nd – 28th

Produce

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|---|---|---|
| <input type="checkbox"/> 5 Lemons | <input type="checkbox"/> 2 Yellow Onion | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 1 Lime | <input type="checkbox"/> 2 Red Onion | <input type="checkbox"/> 2 bunches of basil |
| <input type="checkbox"/> 1 large Butternut Squash | <input type="checkbox"/> 1 bunch of Scallions | <input type="checkbox"/> ¼ cup Frozen Peas |
| <input type="checkbox"/> 1 Carrots | <input type="checkbox"/> 5 head of Garlic | |
| <input type="checkbox"/> 1 cup of Spinach | <input type="checkbox"/> 5 inch piece of Ginger | |
| <input type="checkbox"/> 1 large Red Cabbage | <input type="checkbox"/> 1 stalk of Lemongrass | |
| <input type="checkbox"/> 1 large Celery Root | <input type="checkbox"/> 3 Red Chilis | |
| <input type="checkbox"/> 1 large Daikon Radish | <input type="checkbox"/> 1 bunch of Cilantro | |
| <input type="checkbox"/> 2 cups Cherry Tomatoes | | |

Proteins

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|--|---|
| <input type="checkbox"/> 8 Chicken Drumsticks | <input type="checkbox"/> 1 Egg |
| <input type="checkbox"/> 4 strips of Bacon | <input type="checkbox"/> 4 lb Whole Chicken |
| <input type="checkbox"/> 700 grams of Ground Chicken | <input type="checkbox"/> 1 ¼ pound boneless Sirloin, Flank or Skirt Steak |
| <input type="checkbox"/> 1.5kg of Short Ribs | <input type="checkbox"/> 1 pound of large Scallops |
| <input type="checkbox"/> 3 cups of Shredded Chicken | |

Pantry Items

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| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> 1/3 cup of Unsweetened Almond Milk | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> 1 cup Beef Stock | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 8 cups of Chicken Stock | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> 1/3 cup of Sundried Tomatoes | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Honey | <input type="checkbox"/> 2 Star Anise pods | <input type="checkbox"/> Dried Oregano |
| <input type="checkbox"/> Coconut oil or Ghee | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> 1/3 cup of Pine Nuts |
| <input type="checkbox"/> Mayo | <input type="checkbox"/> Ground Coriander | <input type="checkbox"/> 2/3 cup of Cashews |
| <input type="checkbox"/> White Vinegar | | <input type="checkbox"/> 1/4 cup of Almonds |
| <input type="checkbox"/> ½ cup of Orange Juice | | <input type="checkbox"/> Almond Flour |