



Monday March 29th – April 4th

Monday

Chicken & Cauliflower Rice Soup

Tuesday

Cauliflower Rice Paella

Wednesday

Herby Couscous Stuffed Eggplant Rolls

Thursday

Chicken Shawarma Platter

Friday

Sweet Chili Salmon

Saturday

Balsamic Chicken and Figs

Sunday

Shrimp Burgers



Shopping List – March 29th – April 4th

Produce

- | | | |
|--|---|---|
| <input type="checkbox"/> 8 Lemons | <input type="checkbox"/> 1 bunch of Radishes | <input type="checkbox"/> 1 bunch of fresh Thyme |
| <input type="checkbox"/> 1 Lime | <input type="checkbox"/> 7 large Tomatoes | <input type="checkbox"/> 2 bunches of Flat Leaf Parsley |
| <input type="checkbox"/> 1 large Eggplants | <input type="checkbox"/> 3 Yellow Onions | <input type="checkbox"/> ¼ cup Frozen Peas |
| <input type="checkbox"/> 2 cups of Cauliflower Rice | <input type="checkbox"/> 3 Red Onions | <input type="checkbox"/> 5 fresh Figs |
| <input type="checkbox"/> 2 medium heads of Cauliflower | <input type="checkbox"/> 3 Shallots | <input type="checkbox"/> 1 Pomegranate |
| <input type="checkbox"/> 1 head of Iceberg Lettuce | <input type="checkbox"/> 2 bunches of Scallions | |
| <input type="checkbox"/> 2 bunches of Curly Kale | <input type="checkbox"/> 3 heads of Garlic | |
| <input type="checkbox"/> 2 bunches of Watercress | <input type="checkbox"/> 1 inch piece of Ginger | |
| <input type="checkbox"/> 1 Red Bell Pepper | <input type="checkbox"/> 1 Red Chili | |
| | <input type="checkbox"/> 1 bunch of Mint | |

Proteins

- | | |
|---|---|
| <input type="checkbox"/> 3 lbs of boneless, skinless Chicken Thighs | <input type="checkbox"/> 1 lb of Shrimp |
| <input type="checkbox"/> 6 bone in, skin on Chicken Thighs | <input type="checkbox"/> 1 side of skin-on, debones Salmon (about 2 pounds) |
| <input type="checkbox"/> 3oz of Pancetta | <input type="checkbox"/> 3 cups of Shredded Chicken |
| <input type="checkbox"/> 2 links of Spicy Chorizo Sausage | <input type="checkbox"/> 3 Eggs |
| <input type="checkbox"/> 6 large Prawns | |

Pantry Items

- | | | |
|--|--|---|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Honey | <input type="checkbox"/> 9.5 cups of Chicken Stock | <input type="checkbox"/> Smoked Paprika |
| <input type="checkbox"/> Mayo | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Cayenne Pepper |
| <input type="checkbox"/> Dijon | <input type="checkbox"/> Ground Coriander | <input type="checkbox"/> 1/4 cup of Pine Nuts |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Ground Cardamon | <input type="checkbox"/> Almond Flour |
| <input type="checkbox"/> Pickles | <input type="checkbox"/> Cinnamon | |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Cumin | |