



*Monday April 12<sup>th</sup> – April 18<sup>th</sup>*

**Monday**

One Skillet Chicken with Mushrooms & Tomatoes

**Tuesday**

Mexican Chicken Soup

**Wednesday**

One Pan Mediterranean Cod

**Thursday**

Creamy Honey Mustard Baked Salmon

**Friday**

Loaded Hamburgers with Special Sauce

**Saturday**

Zucchini Wrapped Chicken Enchiladas

**Sunday**

Black Pepper Beef & Onions



## Shopping List – April 12<sup>th</sup> – April 18<sup>th</sup>

### Produce

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 2 Limes            | <input type="checkbox"/> 5 ½ cups of Cherry Tomatoes | <input type="checkbox"/> 2 inch piece of Ginger |
| <input type="checkbox"/> 1 lemon            | <input type="checkbox"/> 1 Avocado                   | <input type="checkbox"/> 4 Jalapenos            |
| <input type="checkbox"/> 3 large Zucchini   | <input type="checkbox"/> 4 Yellow Onion              | <input type="checkbox"/> 1 bunch of fresh Dill  |
| <input type="checkbox"/> 1 Red Bell Pepper  | <input type="checkbox"/> 1 Red Onion                 | <input type="checkbox"/> 1 bunch of Cilantro    |
| <input type="checkbox"/> 5 Button Mushrooms | <input type="checkbox"/> 1 bunch of Scallions        | <input type="checkbox"/> 1 bunch of Basil       |
| <input type="checkbox"/> 7 large Tomatoes   | <input type="checkbox"/> 4 head of Garlic            |   |

### Proteins

- |   |   |
|---|---|
| <input type="checkbox"/> 4 boneless, skinless Chicken Breasts | <input type="checkbox"/> 500 grams of Sirloin Steak       |
| <input type="checkbox"/> 1 lb of Cod Filets                   | <input type="checkbox"/> 4 – 4oz. Skinless Salmon Fillets |
| <input type="checkbox"/> 8 slices of Bacon                    |   |
| <input type="checkbox"/> 1 lb of Ground Beef                  |   |
| <input type="checkbox"/> 6 cups of Shredded Chicken           |   |

### Pantry Items

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Coconut Aminos   | <input type="checkbox"/> White Wine Vinegar                 | <input type="checkbox"/> Pickles               |
| <input type="checkbox"/> Salt             | <input type="checkbox"/> 7.25 cups of Chicken Stock         | <input type="checkbox"/> Chili Powder          |
| <input type="checkbox"/> Pepper           | <input type="checkbox"/> Beef Stock                         | <input type="checkbox"/> Chipolte Chili Powder |
| <input type="checkbox"/> Sesame Oil       | <input type="checkbox"/> 1 tbsp. Tomato Paste               | <input type="checkbox"/> Chinese 5 Spice       |
| <input type="checkbox"/> Olive Oil        | <input type="checkbox"/> 4 -14oz of can of Chopped Tomatoes | <input type="checkbox"/> Dried Oregano         |
| <input type="checkbox"/> Vegetable Oil    | <input type="checkbox"/> Salsa                              | <input type="checkbox"/> Dried Basil           |
| <input type="checkbox"/> Honey            | <input type="checkbox"/> 1/3 cup green or Kalamata olives   | <input type="checkbox"/> Cumin                 |
| <input type="checkbox"/> Mayonnaise       |   | <input type="checkbox"/> Paprika               |
| <input type="checkbox"/> Dijon Mustard    |   | <input type="checkbox"/> Smoked Paprika        |
| <input type="checkbox"/> Red Wine Vinegar |   |  |