



*Monday April 19<sup>th</sup> – April 25<sup>th</sup>*

**Monday**

Garlic Mushroom & Bacon Chicken Thighs

**Tuesday**

"Cheesy" Broccoli Soup

**Wednesday**

Simple Green Bean, Chicken & Ginger Stir Fry

**Thursday**

One Pan Spanish Chorizo & Shrimp

**Friday**

Crispy Lemon & Herb Chicken with Fennel

**Saturday**

Celery Root Tortillas & Shredded Chicken Tacos

**Sunday**

The Best Italian Meatballs



## Shopping List – April 19<sup>th</sup> – April 25<sup>th</sup>

### Produce

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 3 Lime                   | <input type="checkbox"/> 1.5 cup of Cherry Tomatoes    | <input type="checkbox"/> 1 Jalapeno                         |
| <input type="checkbox"/> 3 lemons                 | <input type="checkbox"/> 250 grams of Button Mushrooms | <input type="checkbox"/> 1 bunch of fresh Oregano           |
| <input type="checkbox"/> 2 lbs. of Broccoli       | <input type="checkbox"/> 1 Avocado                     | <input type="checkbox"/> 1 bunch of fresh Thyme             |
| <input type="checkbox"/> 1 head of Romain Lettuce | <input type="checkbox"/> 5 Yellow Onions               | <input type="checkbox"/> 1 bunch of fresh Flat Leaf Parsley |
| <input type="checkbox"/> 1 large Celery Root      | <input type="checkbox"/> 1 Red Onion                   | <input type="checkbox"/> 1 bunch of Cilantro                |
| <input type="checkbox"/> 1 bulb of Fennel         | <input type="checkbox"/> 1 bunch of Scallions          | <input type="checkbox"/> 1 bunch of Chives                  |
| <input type="checkbox"/> 350 grams of Green Beans | <input type="checkbox"/> 3 head of Garlic              |   |
| <input type="checkbox"/> 1 stalk of Celery        | <input type="checkbox"/> 2 inch piece of Ginger        |   |
| <input type="checkbox"/> 1 Carrot                 |  |   |

### Proteins

- |  |   |
|--|---|
| <input type="checkbox"/> 6 boneless, skinless Chicken Thighs   | <input type="checkbox"/> 500 grams of Ground Pork                 |
| <input type="checkbox"/> 6 bone-in, skin-on Chicken Thighs     | <input type="checkbox"/> 9 oz. Large Shrimp                       |
| <input type="checkbox"/> 10 boneless, skinless Chicken Breasts | <input type="checkbox"/> Grated Parmesan (optional for Meatballs) |
| <input type="checkbox"/> 8 strips of Bacon                     | <input type="checkbox"/> ¾ shredded Cheddar Cheese                |
| <input type="checkbox"/> 9 oz. Of Chorizo Sausage              |   |
| <input type="checkbox"/> 750 grams of Ground Beef              |   |

### Pantry Items

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Coconut Aminos          | <input type="checkbox"/> Unsweetened Almond Milk  | <input type="checkbox"/> White Sesame Seeds  |
| <input type="checkbox"/> Salt                    | <input type="checkbox"/> Dijon Mustard  | <input type="checkbox"/> Dried Oregano       |
| <input type="checkbox"/> Black Pepper            | <input type="checkbox"/> 2 -14oz of can of Chopped Tomatoes                                     | <input type="checkbox"/> Dried Thyme         |
| <input type="checkbox"/> White Pepper            | <input type="checkbox"/> 2 -14oz of can of Chopped Tomatoes                                     | <input type="checkbox"/> Dried Basil         |
| <input type="checkbox"/> Sesame Oil              | <input type="checkbox"/> 3 tsp of Chipotle Chili Powder (or 3 tbsp of Chipotle Chilli in Adobo) | <input type="checkbox"/> Dried Coriander     |
| <input type="checkbox"/> Olive Oil               | <input type="checkbox"/> Chili Flakes   | <input type="checkbox"/> Cumin               |
| <input type="checkbox"/> Butter or Ghee          |   | <input type="checkbox"/> Paprika             |
| <input type="checkbox"/> Apple Cider Vinegar     |   | <input type="checkbox"/> 1.25 cup of Cashews |
| <input type="checkbox"/> Balsamic Vinegar        |   | <input type="checkbox"/> Almond Flour        |
| <input type="checkbox"/> 3 cups of Chicken Stock |   | <input type="checkbox"/> Baking Soda         |
|  |   | <input type="checkbox"/> 8 Medjool Dates     |