



Monday April 26th – May 2nd

Monday

Citrus, Fennel, Avocado & Shrimp Salad

Tuesday

Chicken, Avocado & Bacon Salad with Ranch Dressing

Wednesday

Hawaiian Fried Rice

Thursday

Mexican Breakfast Hash

Friday

Pistachio Crusted Salmon

Saturday

Cilantro Lime Shredded Chicken

Sunday

Chinese 5-Spice Stewed Beef



Shopping List – April 26th – May 2nd

Produce

- | | | |
|---|---|---|
| <input type="checkbox"/> 7 Limes | <input type="checkbox"/> 1 Cucumber | <input type="checkbox"/> 3 Jalapenos |
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 3 Avocados | <input type="checkbox"/> 1 bunch of fresh Dill |
| <input type="checkbox"/> 6 cups of Lettuce Greens | <input type="checkbox"/> 1 Grapefruit | <input type="checkbox"/> 1 bunch of fresh Flat Leaf Parsley |
| <input type="checkbox"/> 6 – 8 cups of Romain or Bibb Lettuce | <input type="checkbox"/> 1 Pineapple | <input type="checkbox"/> 1 bunch of Cilantro |
| <input type="checkbox"/> 1.5 cups of Spinach | <input type="checkbox"/> 3 Oranges | <input type="checkbox"/> 1 bunch of Chives |
| <input type="checkbox"/> 1 Butternut Squash | <input type="checkbox"/> 3 Yellow Onions | <input type="checkbox"/> ½ cup of Frozen Peas |
| <input type="checkbox"/> 3 cups of Cauliflower Rice | <input type="checkbox"/> 1 Shallot | |
| <input type="checkbox"/> 1 bulb of Fennel | <input type="checkbox"/> 1 small Red Onion | |
| <input type="checkbox"/> 2 Red Bell Peppers | <input type="checkbox"/> 2 bunches of Scallions | |
| <input type="checkbox"/> 1 cup of Cherry Tomatoes | <input type="checkbox"/> 2 heads of Garlic | |
| | <input type="checkbox"/> 3 inch piece of Ginger | |

Proteins

- | | |
|--|---|
| <input type="checkbox"/> 1.5 lbs. of boneless, skinless Chicken Thighs or Breast | <input type="checkbox"/> ½ cup of Chorizo Sausage |
| <input type="checkbox"/> 4 boneless, skinless Chicken Thighs | <input type="checkbox"/> 7oz. Ham or Pancetta |
| <input type="checkbox"/> 1 side of Salmon or 4 Salmon Fillets | <input type="checkbox"/> 6 strips of Bacon |
| <input type="checkbox"/> 2 lbs of Cubed Beef (Chuck Roast works well) | <input type="checkbox"/> 5 Eggs |

Pantry Items

- | | | |
|---|---|---|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Honey | <input type="checkbox"/> Dried Coriander |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Tahini | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Smoked Paprika |
| <input type="checkbox"/> White Pepper | <input type="checkbox"/> 1 cup of Chicken Stock | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 2.5 cups of Beef Stock | <input type="checkbox"/> 2/3 cup of chopped Pistachio |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Chinese 5-Spice Powder | |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> White Sesame Seeds | |