



*Monday April 5<sup>th</sup> – April 11<sup>th</sup>*

**Monday**

Beef Taco Soup

**Tuesday**

Chicken Cacciatore

**Wednesday**

Pork Fried Rice

**Thursday**

Thai Beef Salad

**Friday**

12-Minute Herb & Mayo Salmon

**Saturday**

Creamy Chicken & Spinach Cannelloni

**Sunday**

Lemon, Shrimp & Spinach Risotto



## Shopping List – April 5<sup>th</sup> – April 11<sup>th</sup>

### Produce

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 3 Lemons                   | <input type="checkbox"/> 1 Yellow Bell Pepper       | <input type="checkbox"/> 5 inch piece of Ginger |
| <input type="checkbox"/> 5 Limes                    | <input type="checkbox"/> 1 Cucumber                 | <input type="checkbox"/> 2 Jalapenos            |
| <input type="checkbox"/> 3 cups of Cauliflower Rice | <input type="checkbox"/> 3 large Carrots            | <input type="checkbox"/> 1 bunch of fresh Dill  |
| <input type="checkbox"/> 1 large Celery Root        | <input type="checkbox"/> 3 large Tomatoes           | <input type="checkbox"/> 1 bunch of fresh Mint  |
| <input type="checkbox"/> 3 large Eggplants          | <input type="checkbox"/> 2 pints of Cherry Tomatoes | <input type="checkbox"/> 1 bunch of Cilantro    |
| <input type="checkbox"/> 3 head of Romain Lettuce   | <input type="checkbox"/> 1 Avocado                  | <input type="checkbox"/> 1 bunch of Basil       |
| <input type="checkbox"/> 7 cups of Spinach          | <input type="checkbox"/> 7 Yellow Onions            | <input type="checkbox"/> ¾ cup Frozen Peas      |
| <input type="checkbox"/> 1 Savoy (or Napa) cabbage  | <input type="checkbox"/> 3 Shallots                 |   |
| <input type="checkbox"/> 2 Green Bell Peppers       | <input type="checkbox"/> 2 bunches of Scallions     |   |
| <input type="checkbox"/> 1 Red Bell Pepper          | <input type="checkbox"/> 4 heads of Garlic          |   |

### Proteins

- |  |   |
|--|---|
| <input type="checkbox"/> 8 boneless, skinless Chicken Thighs | <input type="checkbox"/> 1 lb of Ground Pork                  |
| <input type="checkbox"/> 350 grams of Sirloin Steak          | <input type="checkbox"/> ¾ cup of Feta (optional for Risotto) |
| <input type="checkbox"/> 3oz of Pancetta                     | <input type="checkbox"/> 3 Eggs                               |
| <input type="checkbox"/> 6oz of Ground Chicken               |   |
| <input type="checkbox"/> 200 grams of Prawns                 |   |
| <input type="checkbox"/> 1 lb of Ground Beef                 |   |

### Pantry Items

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Coconut Aminos          | <input type="checkbox"/> 1.5 cups of Chicken Stock          | <input type="checkbox"/> Ground Coriander   |
| <input type="checkbox"/> Fish Sauce              | <input type="checkbox"/> 3 1/3 cups of Beef Stock           | <input type="checkbox"/> Chili Powder       |
| <input type="checkbox"/> Toasted Sesame Oil      | <input type="checkbox"/> 2 tbsp. Tomato Paste               | <input type="checkbox"/> Chili Flakes       |
| <input type="checkbox"/> Olive Oil               | <input type="checkbox"/> 2 -14oz of can of Chopped Tomatoes | <input type="checkbox"/> Dried Oregano      |
| <input type="checkbox"/> Honey                   | <input type="checkbox"/> Salsa                              | <input type="checkbox"/> Cumin              |
| <input type="checkbox"/> Mayo                    | <input type="checkbox"/> 2/3 cup green or Kalamata olives   | <input type="checkbox"/> Paprika            |
| <input type="checkbox"/> Red Wine Vinegar        | <input type="checkbox"/> Lemongrass Paste                   | <input type="checkbox"/> Bay Leaves         |
| <input type="checkbox"/> Unsweetened Almond Milk |   | <input type="checkbox"/> 3 tbsp of Peanuts  |
|  |   | <input type="checkbox"/> 2/3 cup of Cashews |