



Monday May 3rd – May 9th

Monday

Butternut Squash & Kale Curry

Tuesday

Ginger Beef Stir Fry

Wednesday

Greek Lamb Burgers

Thursday

Dynamite Shrimp Sushi Bowl

Friday

Seared Scallops with Pea & Mint Puree

Saturday

Seared Tuna Tacos with Mango Jalapeno Salsa

Sunday

Short Rib Beef Bourguignonne



Shopping List – May 3rd – May 9th

Produce

- | | | |
|---|---|---|
| <input type="checkbox"/> 4 Limes | <input type="checkbox"/> 1 Cucumber | <input type="checkbox"/> 1 Jalapeno |
| <input type="checkbox"/> 1 head of Bibb Lettuce | <input type="checkbox"/> 6 large Carrot | <input type="checkbox"/> 4 Red Chili Peppers |
| <input type="checkbox"/> 1 large Red Cabbage | <input type="checkbox"/> 2 large Mangoes | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 2 bunches of Curly Kale | <input type="checkbox"/> 1 large Tomato | <input type="checkbox"/> 2 bunches of Cilantro |
| <input type="checkbox"/> 2 large Eggplants | <input type="checkbox"/> 1lb of Cremini Mushrooms | <input type="checkbox"/> 1 bunch of Mint |
| <input type="checkbox"/> 1 large Butternut Squash | <input type="checkbox"/> 3 Yellow Onions | <input type="checkbox"/> 2 cups of Frozen Peas |
| <input type="checkbox"/> 3 cups of Cauliflower Rice | <input type="checkbox"/> 1 Red Onion | |
| <input type="checkbox"/> 1 Celery Root | <input type="checkbox"/> 1 bunch of Scallions | |
| <input type="checkbox"/> 1 Red Bell Pepper | <input type="checkbox"/> 3 heads of Garlic | |
| <input type="checkbox"/> 1 Green Bell Pepper | <input type="checkbox"/> 6 inch piece of Ginger | |
| <input type="checkbox"/> 1 Birds Eye Chili | | |

Proteins

- | | |
|--|--|
| <input type="checkbox"/> 300 grams of Ground Lamb | <input type="checkbox"/> 2 large Tuna Steaks |
| <input type="checkbox"/> 500 grams of Sirloin Steak | <input type="checkbox"/> 5 strips of Bacon or Pancetta |
| <input type="checkbox"/> 4 lbs of boneless Beef Short Ribs | <input type="checkbox"/> 7 oz of Pancetta |
| <input type="checkbox"/> 8 large Scallops | <input type="checkbox"/> 1 Egg |
| <input type="checkbox"/> 1/2 lb Large Shrimp | <input type="checkbox"/> 1/3 cup of Feta (optional for Lamb Burgers) |

Pantry Items

- | | | |
|--|---|---|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> 1 - 14oz can of Chopped Tomatoes | <input type="checkbox"/> Dried Coriander |
| <input type="checkbox"/> Salt | <input type="checkbox"/> 1 - 5.5oz can of Tomato Paste | <input type="checkbox"/> Dried Oregano |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> 1/3 cup of Kalamata Olives | <input type="checkbox"/> Dried Thyme |
| <input type="checkbox"/> Butter/Ghee or Coconut Oil | <input type="checkbox"/> 1/2 cup of Chicken Stock | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> 1 - 32oz carton of Beef Stock | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> 2 cups of Vegetable Stock | <input type="checkbox"/> Curry Powder |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 2 cups of Red Wine | <input type="checkbox"/> ½ cup of Cashews |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Chipotle Chili Powder | <input type="checkbox"/> Coconut Flour |
| <input type="checkbox"/> Honey | <input type="checkbox"/> White Sesame Seeds | <input type="checkbox"/> Almond Flour |
| <input type="checkbox"/> Red Wine Vinegar | | <input type="checkbox"/> Arrowroot Powder |
| <input type="checkbox"/> 1 - 400ml can of Coconut Milk | | <input type="checkbox"/> 1.4 cup Orange Juice |
| | | <input type="checkbox"/> Tzatziki |