



*Monday May 10<sup>th</sup> – May 16<sup>th</sup>*

**Monday**

Asian Cabbage Slaw with Shrimp

**Tuesday**

Sun-dried Tomato Crusted Halibut

**Wednesday**

Chicken Chop Suey

**Thursday**

Korean Beef Bowl

**Friday**

Roasted Cauliflower & Butternut Squash Tacos

**Saturday**

Moroccan Chicken Skewers with Cauliflower Couscous

**Sunday**

BBQ Pulled Pork & Coleslaw Bowl



## Shopping List – May 10<sup>th</sup> – May 16<sup>th</sup>

### Produce

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 4 Limes                                     | <input type="checkbox"/> 1 Yellow or Orange Bell Pepper | <input type="checkbox"/> 3 heads of Garlic            |
| <input type="checkbox"/> 1 Lemon                                     | <input type="checkbox"/> 6 Carrots                      | <input type="checkbox"/> 6 inch piece of Ginger       |
| <input type="checkbox"/> 1 large Green Cabbage                       | <input type="checkbox"/> 2 Celery Stalks                | <input type="checkbox"/> 1 Jalapeno                   |
| <input type="checkbox"/> 4 cups Shredded Green, Red or Mixed Cabbage | <input type="checkbox"/> 5 large Tomatoes               | <input type="checkbox"/> 1 Red Chili Pepper           |
| <input type="checkbox"/> 2 small bunches of Bok Choy                 | <input type="checkbox"/> 1 cup of Snow Peas             | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 2 Butternut Squash                          | <input type="checkbox"/> 2 Avocados                     | <input type="checkbox"/> 1 bunch of Cilantro          |
| <input type="checkbox"/> 3 small heads of Cauliflower                | <input type="checkbox"/> 2 Yellow Onions                | <input type="checkbox"/> 1 bunch of Basil             |
| <input type="checkbox"/> 1 large Celery Root                         | <input type="checkbox"/> 4 Red Onion                    | <input type="checkbox"/> 1 bunch of Mint              |
| <input type="checkbox"/> 1 Red Bell Pepper                           | <input type="checkbox"/> 1 Shallot                      | <input type="checkbox"/> Kimchi                       |
|  | <input type="checkbox"/> 1 bunch of Scallions           |   |
|  | <input type="checkbox"/> 1 cup Button Mushrooms         |   |

### Proteins

- |  |  |
|--|--|
| <input type="checkbox"/> 4 lbs boneless Pork Shoulder                  | <input type="checkbox"/> 4 Halibut Filets (approx 1 ¼ lbs) |
| <input type="checkbox"/> 1.5 lbs of Ground Beef                        | <input type="checkbox"/> 8 large Shrimp                    |
| <input type="checkbox"/> 6 boneless, skinless Chicken Thighs           | <input type="checkbox"/> 2 Eggs                            |
| <input type="checkbox"/> 1.5 lbs of boneless, skinless Chicken Breasts |  |

### Pantry Items

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Salt             | <input type="checkbox"/> Apple Cider Vinegar                     | <input type="checkbox"/> Dried Coriander        |
| <input type="checkbox"/> Black Pepper     | <input type="checkbox"/> Red Wine Vinegar                        | <input type="checkbox"/> Turmeric               |
| <input type="checkbox"/> White Pepper     | <input type="checkbox"/> 2/3 cups of Chicken Stock               | <input type="checkbox"/> White Sesame Seeds     |
| <input type="checkbox"/> Coconut Aminos   | <input type="checkbox"/> 1 1/3 cups of Beef Stock                | <input type="checkbox"/> Almond Flour           |
| <input type="checkbox"/> Sesame Oil       | <input type="checkbox"/> Chipotle Paste or Chipotle Chili Powder | <input type="checkbox"/> Baking Soda            |
| <input type="checkbox"/> Mayonnaise       | <input type="checkbox"/> Chili Flakes                            | <input type="checkbox"/> 6 Medjool Dates        |
| <input type="checkbox"/> Olive Oil        | <input type="checkbox"/> Chili Powder                            | <input type="checkbox"/> 1/3 cup Flaked Almonds |
| <input type="checkbox"/> Dijon Mustard    | <input type="checkbox"/> Cinnamon                                | <input type="checkbox"/> Sun-dried Tomatoes     |
| <input type="checkbox"/> Honey            | <input type="checkbox"/> Cumin                                   | <input type="checkbox"/> Tartar Sauce           |
| <input type="checkbox"/> Almond Butter    | <input type="checkbox"/> Paprika                                 | <input type="checkbox"/> Pickles                |
| <input type="checkbox"/> Balsamic Vinegar |  |   |