

Monday May 17th – May 23rd

Monday Seared Chicken Thighs in Garlic & Herb Sauce

> **Tuesday** Pork & Shrimp Egg Roll in a Bowl

Wednesday

Sheet Pan Teriyaki Salmon

Thursday Chili Mayo Shrimp Lettuce Cups

Friday

Crispy Chicken Caesar Salad with Tahini Dressing

Saturday Tandoori Chicken Burgers

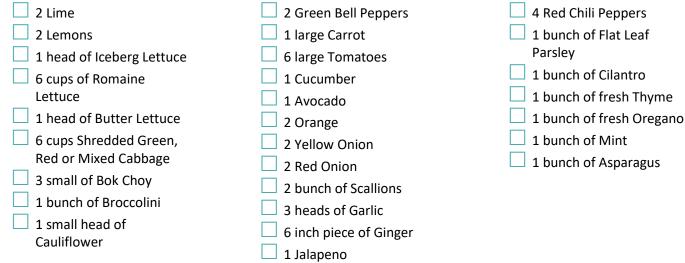
Sunday

Mexican Stewed Beef Bowl



Shopping List – May 17th – May 23rd

Produce



Proteins

- 2.2 Ibs of Stewing Beef (Chuck Roast or Short Ribs)
- 4 strips of Bacon
- 1 lb of ground Chicken or Turkey
- 6 boneless, skinless Chicken Thighs

- 4 skin on, bone in Chicken Thighs
- 1 lb of ground Pork
- 4 Salmon Filets (approx 1 ¼ lbs)
- 1.5 lbs large Shrimp

Pantry Items

- Salt
- Black Pepper
- □ White Pepper
- Coconut Aminos
- Fish Sauce
- Mayonnaise
- Butter or Ghee
- Olive Oil
- Avocado Oil
- Sesame Oil
- Dijon Mustard
- Tahini

- Tomato Paste
- Balsamic Vinegar
- Apple Cider Vinegar
- □ White Wine Vinegar
- □ 2/3 cups of Chicken Stock
- □ 3 cups of Beef Stock
- Capers
- Chili Powder
- Dried Oregano
- □ Cayenne Pepper
- Cumin
- Paprika

- Dried Coriander
- Dried Thyme
- Turmeric
- White Sesame Seeds
- Coconut Flour
- 2 Medjool Dates
- ½ cup of Blanched Almonds
- Salsa