



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

- | | | |
|----------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> 2 Lime | <input type="checkbox"/> 2 Green Bell Peppers | <input type="checkbox"/> 4 Red Chili Peppers |
| <input type="checkbox"/> 2 Lemons | <input type="checkbox"/> 1 large Carrot | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 1 head of Iceberg Lettuce | <input type="checkbox"/> 6 large Tomatoes | <input type="checkbox"/> 1 bunch of Cilantro |
| <input type="checkbox"/> 6 cups of Romaine Lettuce | <input type="checkbox"/> 1 Cucumber | <input type="checkbox"/> 1 bunch of fresh Thyme |
| <input type="checkbox"/> 1 head of Butter Lettuce | <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> 1 bunch of fresh Oregano |
| <input type="checkbox"/> 6 cups Shredded Green, Red or Mixed Cabbage | <input type="checkbox"/> 2 Orange | <input type="checkbox"/> 1 bunch of Mint |
| <input type="checkbox"/> 3 small of Bok Choy | <input type="checkbox"/> 2 Yellow Onion | <input type="checkbox"/> 1 bunch of Asparagus |
| <input type="checkbox"/> 1 bunch of Broccolini | <input type="checkbox"/> 2 Red Onion | |
| <input type="checkbox"/> 1 small head of Cauliflower | <input type="checkbox"/> 2 bunch of Scallions | |
| | <input type="checkbox"/> 3 heads of Garlic | |
| | <input type="checkbox"/> 6 inch piece of Ginger | |
| | <input type="checkbox"/> 1 Jalapeno | |

Proteins

- | | |
|------------------------------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> 2.2 lbs of Stewing Beef (Chuck Roast or Short Ribs) | <input type="checkbox"/> 4 skin on, bone in Chicken Thighs |
| <input type="checkbox"/> 4 strips of Bacon | <input type="checkbox"/> 1 lb of ground Pork |
| <input type="checkbox"/> 1 lb of ground Chicken or Turkey | <input type="checkbox"/> 4 Salmon Filets (approx 1 ¼ lbs) |
| <input type="checkbox"/> 6 boneless, skinless Chicken Thighs | <input type="checkbox"/> 1.5 lbs large Shrimp |

Pantry Items

- | | | |
|-----------------------------------------|----------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Dried Coriander |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Dried Thyme |
| <input type="checkbox"/> White Pepper | <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> White Sesame Seeds |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> 2/3 cups of Chicken Stock | <input type="checkbox"/> Coconut Flour |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> 3 cups of Beef Stock | <input type="checkbox"/> 2 Medjool Dates |
| <input type="checkbox"/> Butter or Ghee | <input type="checkbox"/> Capers | <input type="checkbox"/> ½ cup of Blanched Almonds |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Dried Oregano | |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Cayenne Pepper | |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Cumin | |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Paprika | |