



*Monday May 24<sup>th</sup> – May 30<sup>th</sup>*

**Monday**

Black Pepper Chicken

**Tuesday**

Szechuan Chicken Thighs

**Wednesday**

Butternut Squash Pasta with Alfredo Sauce

**Thursday**

Coconut Shrimp with Sweet Chili Dip

**Friday**

Creamy Chicken, Broccoli & Bacon Casserole

**Saturday**

Italian Chicken Burgers

**Sunday**

Shepherd's Pie



## *Shopping List – May 24<sup>th</sup> – May 30<sup>th</sup>*

### Produce

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 2 Lemons                                      | <input type="checkbox"/> 1 large Carrot         | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 6 cups of Baby Romaine Lettuce                | <input type="checkbox"/> 5 ribs of Celery       | <input type="checkbox"/> 1 bunch of Basil             |
| <input type="checkbox"/> 1 large Butternut Squash (or pre-cut noodles) | <input type="checkbox"/> 4 Yellow Onion         | <input type="checkbox"/> 1 bag of frozen Peas         |
| <input type="checkbox"/> 1 large head of Broccoli                      | <input type="checkbox"/> 2 Red Onions           |   |
| <input type="checkbox"/> 1 head of Cauliflower                         | <input type="checkbox"/> 2 bunch of Scallions   |   |
| <input type="checkbox"/> 1 Green Bell Pepper                           | <input type="checkbox"/> 4 heads of Garlic      |   |
|  | <input type="checkbox"/> 2 inch piece of Ginger |   |
|  | <input type="checkbox"/> 1 Red Chili Pepper     |   |

### Proteins

- |   |   |
|---|---|
| <input type="checkbox"/> 750 grams of Ground Lamb | <input type="checkbox"/> 1.5 lbs boneless, skinless Chicken Breasts or Thighs |
| <input type="checkbox"/> 4 strips of Bacon        | <input type="checkbox"/> 2 lbs bone in, skin on Chicken Thighs                |
| <input type="checkbox"/> 6 slices of Prosciutto   | <input type="checkbox"/> 1 ½ lb of ground Chicken or Turkey (Burgers)         |
| <input type="checkbox"/> 3 Eggs                   | <input type="checkbox"/> 16 large Shrimp                                      |
| <input type="checkbox"/> 3 cups Shredded Chicken  |   |

### Pantry Items

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Salt             | <input type="checkbox"/> Apple Cider Vinegar      | <input type="checkbox"/> Coconut Flour                 |
| <input type="checkbox"/> Black Pepper     | <input type="checkbox"/> Red Wine Vinegar         | <input type="checkbox"/> Almond Flour                  |
| <input type="checkbox"/> Coconut Aminos   | <input type="checkbox"/> 2 tbsp of Chicken Stock  | <input type="checkbox"/> 4 Medjool Dates               |
| <input type="checkbox"/> Fish Sauce       | <input type="checkbox"/> ¾ cups of Beef Stock     | <input type="checkbox"/> 2 cups of Cashews             |
| <input type="checkbox"/> Mayonnaise       | <input type="checkbox"/> Almond Milk              | <input type="checkbox"/> Nutritional Yeast             |
| <input type="checkbox"/> Ghee             | <input type="checkbox"/> Tomato Paste             | <input type="checkbox"/> Shredded Unsweetened Coconut  |
| <input type="checkbox"/> Olive Oil        | <input type="checkbox"/> Chili Powder             | <input type="checkbox"/> Baking Soda                   |
| <input type="checkbox"/> Coconut Oil      | <input type="checkbox"/> Szechuan Peppercorns     | <input type="checkbox"/> Oil-packed Sun-dried Tomatoes |
| <input type="checkbox"/> Sesame Oil       | <input type="checkbox"/> Dried Bird's Eye Chilies |  |
| <input type="checkbox"/> Dijon Mustard    | <input type="checkbox"/> Cumin                    |  |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Dried Thyme              |  |