

May 31^{st} – June 6^{th}

Monday Easy Canned Tuna Cakes

> Tuesday Chicken Yakitori

Wednesday

Creamy Lemon Dill Shrimp

Thursday

Whole30 Chicken Ramen

Friday

Greek Lamb Meatballs

Saturday Butternut Squash Ravioli with Kale Pesto

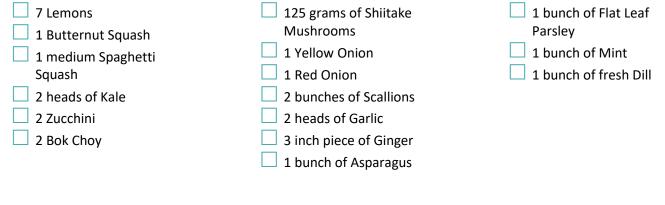
Sunday

Cajun Roast Chicken



Shopping List – May 31st – June 6th

Produce



Proteins

- 1lb of Ground Lamb
 - 2 cans of Tuna
- 6 Eggs



- 10 boneless, skinless Chicken Thighs
- 1lb medium Shrimp, peeled and deveined

Pantry Items

- Salt
- Black Pepper
- White Pepper
- Coconut Aminos
- Fish Sauce
- Ghee
- Olive Oil
- Sesame Oil
- Dijon Mustard
- □ Apple Cider Vinegar
- Red Wine Vinegar

- □ 7 cups of Chicken Stock
- Unsweetened Almond Milk
- Cumin
- Nutmeg
- Garlic Powder
- Paprika
- Dried Coriander
- Dried Oregano
- Dried Sage
- Chili Powder

- □ Chinese 5 Spice Powder
- Sesame Seeds
- Almond Flour
- Baking Soda
- 2 Medjool Dates
- Pine Nuts
- □ ½ cup Raw Almonds
- □ 1/3 cup of Raw Cashews
- □ ¼ cup Nutritional Yeast