



*May 31<sup>st</sup> – June 6<sup>th</sup>*

**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 31<sup>st</sup> – June 6<sup>th</sup>

### Produce

- 7 Lemons
- 1 Butternut Squash
- 1 medium Spaghetti Squash
- 2 heads of Kale
- 2 Zucchini
- 2 Bok Choy
- 125 grams of Shiitake Mushrooms
- 1 Yellow Onion
- 1 Red Onion
- 2 bunches of Scallions
- 2 heads of Garlic
- 3 inch piece of Ginger
- 1 bunch of Asparagus
- 1 bunch of Flat Leaf Parsley
- 1 bunch of Mint
- 1 bunch of fresh Dill

### Proteins

- 1lb of Ground Lamb
- 2 cans of Tuna
- 6 Eggs
- 1 Whole Chicken (4-5lbs)
- 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