



July 12th – July 18th

Monday

Grilled Portobello Mushrooms with Walnut Arugula Pesto

Tuesday

Sheet Pan Spanish Chicken & Chorizo

Wednesday

Thai Basil Beef

Thursday

Cajun Salmon Burgers with Mango Salsa

Friday

Grilled Kofta

Saturday

Spicy Fish Taco Bowl

Sunday

Sheet Pan Roasted Cod with Fennel, Olives, Red Onion & Tomatoes



Shopping List – July 12th – July 18th

Produce

- | | | |
|--|---|---|
| <input type="checkbox"/> 2 Limes | <input type="checkbox"/> 1 Yellow Bell Pepper | <input type="checkbox"/> 3 Tomatoes |
| <input type="checkbox"/> 3 Lemons | <input type="checkbox"/> 6 large Portobello Mushrooms | <input type="checkbox"/> 2 Avocados |
| <input type="checkbox"/> 2 bunches of Arugula | <input type="checkbox"/> 2 bulbs of Fennel | <input type="checkbox"/> 2 Jalapeno Peppers |
| <input type="checkbox"/> 4 cups Cauliflower Rice | <input type="checkbox"/> 1 Shallot | <input type="checkbox"/> 1 Fresno Chili Pepper |
| <input type="checkbox"/> 1 Butternut Squash | <input type="checkbox"/> 2 Red Onion | <input type="checkbox"/> 2 inch piece of Ginger |
| <input type="checkbox"/> 5 cups mix Lettuce Greens | <input type="checkbox"/> 3 Yellow Onions | <input type="checkbox"/> 1 bunch of Thai Basil |
| <input type="checkbox"/> 1 head of Romaine Lettuce | <input type="checkbox"/> 1 White Onion | <input type="checkbox"/> 1 bunch of Fresh Thyme |
| <input type="checkbox"/> 2 cups mixed cabbage Coleslaw | <input type="checkbox"/> 1 bunch of Scallions | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 1 Red Cabbage | <input type="checkbox"/> 3 heads of Garlic | <input type="checkbox"/> 1 bunch of Cilantro |
| <input type="checkbox"/> 2 Red Bell Peppers | <input type="checkbox"/> 2 pints of Cherry Tomatoes | |
| | <input type="checkbox"/> 1 Mango | |

Proteins

- | | |
|--|--|
| <input type="checkbox"/> 1 lb of Ground Beef | <input type="checkbox"/> 6 boneless, skinless Chicken Thighs |
| <input type="checkbox"/> ½ lb of Ground Lamb | <input type="checkbox"/> 2 links of Chorizo |
| <input type="checkbox"/> 1 lb of White Fish (Halibut, Cod, or Tilapia) | <input type="checkbox"/> 4 – 5oz skinless Cod Fillets |
| <input type="checkbox"/> 4 boneless, skinless Salmon Fillets | <input type="checkbox"/> 2 Eggs |

Pantry Items

- | | | |
|---|---|--|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Cayenne Pepper |
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Chili Flakes |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Dried Coriander | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> 1/3 cup of Walnuts |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Paprika | <input type="checkbox"/> Almond Flour |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Dried Thyme | <input type="checkbox"/> Baking Soda |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Smoked Paprika | <input type="checkbox"/> Kalamata Black Olives |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Cumin | |