



July 5th – July 11th

Monday

Lemon & Herb Salmon Burgers

Tuesday

Sun-Dried Tomato Marinated Chicken

Wednesday

Moo Shu Pork

Thursday

Pesto Chicken & Tomato Skewers

Friday

Spicy Baked Salmon

Saturday

Grilled Skirt Steak with Asian Salsa Verde

Sunday

Vietnamese Pork Lettuce Wraps



Shopping List – July 5th – July 11th

Produce

- | | | |
|--|--|---|
| <input type="checkbox"/> 2 Limes | <input type="checkbox"/> 1 head of Fennel | <input type="checkbox"/> 4 inch piece of Lemongrass |
| <input type="checkbox"/> 3 Lemons | <input type="checkbox"/> 1 bunch of Scallions | <input type="checkbox"/> 1 bunch of Radishes |
| <input type="checkbox"/> 1 head of Butter or Iceberg Lettuce | <input type="checkbox"/> 2 heads of Garlic | <input type="checkbox"/> 1 bunch of Mint |
| <input type="checkbox"/> 1 head of Butter Lettuce | <input type="checkbox"/> 2 pints of Cherry Tomatoes | <input type="checkbox"/> 2 bunches of Basil |
| <input type="checkbox"/> 1 head of Green Leaf Lettuce | <input type="checkbox"/> 1 Cucumber | <input type="checkbox"/> 1 bunch of Thai Basil |
| <input type="checkbox"/> 1 small Red Cabbage | <input type="checkbox"/> 2 Tomatoes | <input type="checkbox"/> 1 bunch of Chives |
| <input type="checkbox"/> 1 Savoy Cabbage | <input type="checkbox"/> 2 Carrots | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 7oz of Shiitake Mushrooms | <input type="checkbox"/> 1 Jalapeno Pepper | <input type="checkbox"/> 1 bunch of Cilantro |
| <input type="checkbox"/> 1 Shallot | <input type="checkbox"/> 1 Fresno Chili Pepper | |
| <input type="checkbox"/> 2 Red Onions | <input type="checkbox"/> 2 Red Serrano Chili Peppers | |
| | <input type="checkbox"/> 2 inch piece of Ginger | |

Proteins

- | | |
|--|--|
| <input type="checkbox"/> 2 lbs of Pork Tenderloin | <input type="checkbox"/> 6 boneless, skinless Chicken Thighs or 3 boneless, skinless Chicken Breasts |
| <input type="checkbox"/> 2 lbs Skirt or Flank Steak | |
| <input type="checkbox"/> 1 lb of boneless, skinless Salmon Fillets | <input type="checkbox"/> 4 Eggs |
| <input type="checkbox"/> 6 boneless, skinless Chicken Thighs | |

Pantry Items

- | | | |
|--|---|---|
| <input type="checkbox"/> Salt | <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> Dried Sage |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> 7 Medjool Dates |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Sun-dried Tomatoes | <input type="checkbox"/> Almond Flour |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Baking Soda |
| <input type="checkbox"/> Honey | <input type="checkbox"/> Chinese 5 Spice Powder | <input type="checkbox"/> 1/3 cup of Pine Nuts |
| <input type="checkbox"/> Almond Butter | <input type="checkbox"/> White Sesame Seeds | <input type="checkbox"/> 3 tbsp of Cashews |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Black Sesame Seeds | <input type="checkbox"/> Tartar Sauce |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Dried Oregano | |