



June 7th – June 13th

Monday

Cajun Shrimp Caesar Salad

Tuesday

Dan Dan Noodles

Wednesday

Spicy Honey Un-fried Chicken

Thursday

Ginger & Black Pepper Shrimp Stir Fry

Friday

Hawaiian Chicken Skewers

Saturday

Spicy Fish Tacos

Sunday

Eggplant Ragu



Shopping List – June 7th – June 13th

Produce

- | | | |
|---|---|---|
| <input type="checkbox"/> 2 Lemons | <input type="checkbox"/> 4 oz of Shiitake Mushrooms | <input type="checkbox"/> 3 heads of Garlic |
| <input type="checkbox"/> 2 Lime | <input type="checkbox"/> 2 Red Bell Peppers | <input type="checkbox"/> 4 inch piece of Ginger |
| <input type="checkbox"/> 1 large Celery Root | <input type="checkbox"/> 1 Yellow Bell Pepper | <input type="checkbox"/> 1 Fresno Chili Pepper |
| <input type="checkbox"/> 1 heads of Romaine Lettuce | <input type="checkbox"/> 2 Yellow Onions | <input type="checkbox"/> 1 Jalapeno Pepper |
| <input type="checkbox"/> 2 heads of Tuscan Kale | <input type="checkbox"/> 1 Red Onion | <input type="checkbox"/> 1 bunch of Asparagus |
| <input type="checkbox"/> 1 small head of Green or Red Cabbage | <input type="checkbox"/> 2 bunches of Scallions | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
| <input type="checkbox"/> 5 oz of Broccoli | <input type="checkbox"/> 2 large Cucumbers | <input type="checkbox"/> 1 bunch of Cilantro |
| <input type="checkbox"/> 1 head of Bok Choy | <input type="checkbox"/> 2.5 lbs Tomatoes | |
| <input type="checkbox"/> 10 – 12 Brussels Sprouts | <input type="checkbox"/> 1 medium Pineapple | |

Proteins

- | | |
|---|--|
| <input type="checkbox"/> 1lb of Ground Pork | <input type="checkbox"/> 6 bone-in, skin-on Chicken Thighs |
| <input type="checkbox"/> 12 strips of Bacon | <input type="checkbox"/> 12 large Shrimp, peeled and deveined |
| <input type="checkbox"/> 1 lb skinless white fish files, such as Halibut, Mahi Mahi, Tilapia or Cod | <input type="checkbox"/> ¾ pound medium Shrimp peeled and deveined |

Pantry Items

- | | | |
|---|---|---|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Chinese 5-Spice Powder |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Cinnamon Stick |
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Sichuan Peppercorns |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Star Anise |
| <input type="checkbox"/> Butter or Ghee | <input type="checkbox"/> 2 1/3 cup of Chicken Stock | <input type="checkbox"/> Red Pepper Flakes |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> ½ cup of Beef Stock | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Cumin | <input type="checkbox"/> 2 Medjool Dates |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Paprika | <input type="checkbox"/> 1/3 cup of Hazelnuts |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Smoked Paprika | <input type="checkbox"/> 1/3 cup of Cashews |
| <input type="checkbox"/> Honey | <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> ¼ cup no-sugar-added Pineapple Juice |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Dried Oregano | |
| <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Dried Thyme | |
| <input type="checkbox"/> Sesame Oil | | |