

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

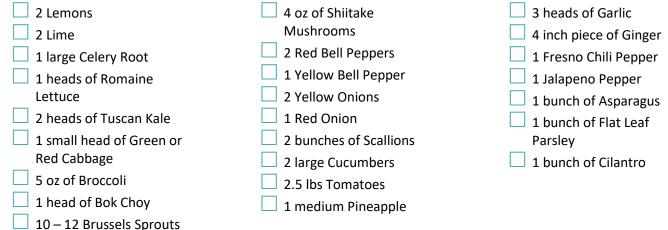
Sunday

Eggplant Ragu



Shopping List – June 7th – June 13th

Produce



Proteins

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

Pantry Items

- Salt
- Black Pepper
- Coconut Aminos
- □ Fish Sauce
- Butter or Ghee
- Olive Oil
- Avocado Oil
- Mayonnaise
- Capers
- Honey
- Tahini
- Almond Butter
- Sesame Oil

- Dijon Mustard
- □ Apple Cider Vinegar
- Red Wine Vinegar
- Tomato Paste
- 2 1/3 cup of Chicken Stock
- □ ½ cup of Beef Stock
- Cumin
- Paprika
- Smoked Paprika
- Cayenne Pepper
- Dried Oregano
- Dried Thyme

- Chinese 5-Spice Powder
- □ Cinnamon Stick
- Sichuan Peppercorns
- Star Anise
- Red Pepper Flakes
- Sesame Seeds
- 2 Medjool Dates
- □ 1/3 cup of Hazelnuts
- □ 1/3 cup of Cashews
- ¼ cup no-sugar-added
 Pineapple Juice