



*July 26<sup>th</sup> – August 1<sup>st</sup>*

**Monday**

Thai Fish Cakes

**Tuesday**

Sweet & Sour Pork

**Wednesday**

Citrus, Fennel, Avocado & Shrimp Salad

**Thursday**

Mexican Beef Taco Salad

**Friday**

Chinese Chicken Lettuce Wraps

**Saturday**

Spice Rubbed Chicken Drumsticks

**Sunday**

Harissa & Orange Spatchcock Roast Chicken



## *Shopping List – July 26<sup>th</sup> – August 1<sup>st</sup>*

### Produce

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 4 Limes                          | <input type="checkbox"/> 1 bunch of Green Beans    | <input type="checkbox"/> 1 Grapefruit                 |
| <input type="checkbox"/> 1 head of Bibb or Butter Lettuce | <input type="checkbox"/> 3 Red Onions              | <input type="checkbox"/> 5 Oranges                    |
| <input type="checkbox"/> 10 cups of mixed Lettuce Greens  | <input type="checkbox"/> 3 Yellow Onions           | <input type="checkbox"/> 1 Jalapeno                   |
| <input type="checkbox"/> 2 Red Bell Peppers               | <input type="checkbox"/> 2 bunches of Green Onions | <input type="checkbox"/> 1 Fresno Chili Pepper        |
| <input type="checkbox"/> 1 Green Bell Pepper              | <input type="checkbox"/> 1 Shallot                 | <input type="checkbox"/> 1 Red Thai Chili             |
| <input type="checkbox"/> 1 Orange or Yellow Bell Peppers  | <input type="checkbox"/> 1 Celery Stalk            | <input type="checkbox"/> 4 inch piece of Ginger       |
| <input type="checkbox"/> 3 cups of Cauliflower Rice       | <input type="checkbox"/> 3 Carrots                 | <input type="checkbox"/> 2 bunches of Cilantro        |
| <input type="checkbox"/> 1 bulb of Fennel                 | <input type="checkbox"/> 2 heads of Garlic         | <input type="checkbox"/> 1 bunch of Fresh Mint        |
| <input type="checkbox"/> 5 Button Mushrooms               | <input type="checkbox"/> 1 Tomato                  | <input type="checkbox"/> 1 bunch of Flat Leaf Parsley |
|   | <input type="checkbox"/> 2 Avocados                |   |
|   | <input type="checkbox"/> 1 Pineapple               |   |

### Proteins

- |  |   |
|--|---|
| <input type="checkbox"/> 1 lb of Ground Chicken        | <input type="checkbox"/> 1 lb of Ground Beef        |
| <input type="checkbox"/> 1 – 4-4 ½ pound Whole Chicken | <input type="checkbox"/> 1 ½ lbs of Pork Tenderloin |
| <input type="checkbox"/> 8 Chicken Drumsticks          | <input type="checkbox"/> 12 large Shrimp            |
| <input type="checkbox"/> 2 Eggs                        | <input type="checkbox"/> 15oz of White Fish         |

### Pantry Items

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Salt           | <input type="checkbox"/> Mayonnaise           | <input type="checkbox"/> Paprika               |
| <input type="checkbox"/> Black Pepper   | <input type="checkbox"/> Harissa Paste        | <input type="checkbox"/> Dried Rosemary        |
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Thai Red Chili Paste | <input type="checkbox"/> White Sesame Seeds    |
| <input type="checkbox"/> Fish Sauce     | <input type="checkbox"/> Almond Butter        | <input type="checkbox"/> Cinnamon              |
| <input type="checkbox"/> Honey          | <input type="checkbox"/> Apple Cider Vinegar  | <input type="checkbox"/> Chili Powder          |
| <input type="checkbox"/> Olive Oil      | <input type="checkbox"/> White Wine Vinegar   | <input type="checkbox"/> Chipotle Chili Powder |
| <input type="checkbox"/> Coconut Oil    | <input type="checkbox"/> Pineapple Juice      | <input type="checkbox"/> 3 Medjool Dates       |
| <input type="checkbox"/> Sesame Oil     | <input type="checkbox"/> Tomato Paste         | <input type="checkbox"/> Baking Soda           |
| <input type="checkbox"/> Butter/Ghee    | <input type="checkbox"/> Dried Coriander      | <input type="checkbox"/> 5 dried Apricots      |
| <input type="checkbox"/> Dijon Mustard  | <input type="checkbox"/> Cumin                |  |