

Week of: 4/10-14

Breakfast	Tiramisu Overnight Oats
Lunch	Egg Salad*
Monday	One Pot Pasta with Italian Sausage and Kale
Tuesday	BBQ Chicken Tacos with Black Bean and Corn Salsa
Wednesday	Baked Chicken and Rice
Thursday	Ground Turkey Skillet Enchiladas
Friday	Sheet Pan Chicken Thighs and Veggies
Dessert	3-Ingredient Peanut Butter Cookies

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Celery, 1 head Yellow Onion, 1 Red Onion, 2 Red Bell Pepper, 1 Green Beans, 12 oz Avocado, 1 Cherry Tomatoes, 1 pt Jalapeno, 1 Lacinato Kale, 2 heads Romaine Lettuce, 1 head Cilantro, 1 bunch Parsley, 1 bunch, for garnish (optional) Chives, 1 tbsp (optional) Garlic, 3 cloves Lemons, 4 Limes, 2 Cauliflower Rice, frozen, 10 oz	Chicken Thighs, boneless, skinless, 4 ½ lbs Italian Sausage, fully cooked, 12 oz Ground Turkey, 1 ½ lbs Eggs, 14 Milk of Choice, 2 ½ cups Greek Yogurt, 2 ½ cups Shredded Mexican-blend Cheese, 1 cup Shredded Parmesan Cheese, ¼ cup (optional)	BBQ Sauce, 1 cup Enchilada Sauce, 2, 15-oz cans Black Beans, 2, 15-oz can Corn, 1, 15-oz can Spaghetti or Linguine, 12 oz White Rice, 1 cup Chicken Broth, 2 cups Mayonnaise, ¼ cup Mustard, 3 tbsp Dill Relish, 3 tbsp Capers, ¼ cup Old-Fashioned Rolled Oats, 2 ½ cups Chia Seeds, ½ cup + 2 tbsp Peanut Butter, 1 cup Granulated Sugar, ⅔ cup Maple Syrup, ½ cup + 2 tbsp Espresso Powder, 5 tsp Cocoa Powder, for dusting Corn Tortillas, 14	Italian Seasoning, 1 tbsp Chili Powder, 2 tsp Garlic Powder, 2 ½ tsp Onion Powder, ¼ tsp Red Pepper Flakes, pinch Seasoning Blend of Choice, 1 tbsp

Pantry Staples: Olive Oil or Avocado Oil, Butter or Ghee, Sea Salt, Ground Pepper

Notes: *Shopping list is written for serving egg salad over romaine lettuce.