

Week of: 8/14-18

<b>Breakfast</b>	<a href="#">Clean Start Breakfast Casserole</a>
<b>Lunch</b>	<a href="#">Mediterranean Chickpea Salad</a>
<b>Monday</b>	<a href="#">Cheeseburger Macaroni</a>
<b>Tuesday</b>	<a href="#">Black Bean Tacos</a>
<b>Wednesday</b>	<a href="#">Sheet Pan Chicken Thighs &amp; Veggies</a>
<b>Thursday</b>	<a href="#">Baked Feta Pasta</a>
<b>Friday</b>	<a href="#">Baked Chicken and Rice</a>
<b>Dessert</b>	<a href="#">Cherry Dump Cake</a>

<b>Fresh Produce</b>	<b>Meat/Eggs/Dairy</b>	<b>Pantry</b>	<b>Seasoning</b>
Frozen hashed browns, 1 pound Frozen spinach, 1 pound Cucumber, 1 large Cherry tomatoes, 1 cup Red onions, 3 Yellow onion, 1 Garlic cloves, 6 Parsley, 1 head Dill, 1 head Cilantro, 1 bunch Avocado, 1 Green beans, 12 ounces Carrots, 3 Cherry tomatoes, 1 pint Fresh basil, 1 bunch Fresh chopped herbs for garnish, optional Frozen cherries, 3 pounds Limes, 2 Lemons, 4	Eggs, 18 Crumbled feta cheese, ½ cup Ground beef, 2 pounds Milk, 3 cups Shredded cheddar cheese, 3 cups Mexican-blend shredded cheese, 1½ cups Boneless, skinless, chicken thighs, 3 pounds Feta cheese, 1, 8- ounce block Butter, 1 ½ sticks Vanilla ice cream, for serving	Garbanzo beans, 2 cans Kalamata olives, ¼ cup Red wine vinegar, 1 tablespoon Tomato paste, 2 tablespoons Elbow macaroni, 12 ounces Beef broth, 3 ½ cups Black beans, 1, 15.5-ounce can White corn tortillas, 12 Coconut milk, ½ cup Penne pasta, 12 ounces Chicken broth, 4 ½ cups White rice, 1 cup Dry yellow cake mix, 1 box Apple cider vinegar, 1 ½ - 2 cups	Paprika, 3 teaspoons Garlic powder, 4 teaspoons Chili powder, 1 tablespoon Onion powder, ½ teaspoon Cumin, ½ teaspoon Italian seasoning, 1 tablespoon Seasoning blend of your choice, 1 tablespoon Black peppercorns, 1 teaspoon

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