

Week of: 8/21-25

Breakfast	Sheet Pan Sweet Potato Hash
Lunch	Mason Jar Antipasto Salad
Monday	Teriyaki Slow Cooker Pork Tenderloin
Tuesday	Chicken Tinga Tacos
Wednesday	Pork Chili Verde
Thursday	One Pot Pasta with Italian Sausage and Kale
Friday	Cajun Shrimp Sheet Pan Dinner
Dessert	Air Fryer Chocolate Chip Cookies

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Sweet potatoes, 1 pound Onions, 2 Red bell pepper, 2 Flat-leaf parsley, 1 bunch Tomatoes, 1 pound Head of romaine, 1 large bunch Garlic cloves, 8 Fresh ginger, 1 inch Baby bok choy, 1 pound Cilantro, 1 bunch Avocado, for serving Jalapeno, 1 Lacinato kale, 2 heads Red potatoes, 1 ½ pounds Okra, ½ pound Green bell pepper, 1 Limes, 9 Lemons, 5	Breakfast sausage, 1 pound Chicken breast, 1 pound Cubed cheese of choice, 8 ounces Salami, 4 ounces Pork tenderloin, 2, 1 pound each Chicken tenders, 1½ - 2 pounds Sour cream, ¼ cup Sour cream, for serving Fully cooked Italian sausage, 12 ounces Shredded parmesan cheese, ¼ cup Andouille sausage, 12 ounces Medium-large shrimp, 1 pound Chocolate chip cookie dough, 1 package	Assorted brined olives, 1 ½ cups Pickled garlic, ¾ cup Pickled artichoke hearts, 2 cups Red wine vinegar, 2 tablespoons Coconut aminos, 1 cup Sesame oil, 1 tablespoon White rice, 2 cups Cornstarch or arrowroot starch, 1 tablespoon Chipotle chiles in adobo, 3 Tomato paste, 1, 6- ounce can, Corn tortillas, for serving Salsa verde, 1, 16- ounce jar Green chilis, 1, 4- ounce Full-fat coconut milk, 1, 13.5- ounce can Pinto beans, 2, 15- ounce cans Spaghetti or linguine, 12 ounces Capers, ¼ cup + 1 tablespoon Mayonnaise, 1 cup Spicy brown mustard, ¼ cup Hot pepper sauce, 1 tablespoon	Red pepper flakes, 1 teaspoon + a pinch Dried oregano, 2 teaspoons Ground cumin, 1 teaspoon Italian seasoning, 1 tablespoon Ground cumin, 1 teaspoon Cajun seasoning, 1 tablespoon Dried parsley, for garnish Garlic powder, ¼ teaspoon Onion powder, ¼ teaspoon

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