

Week of: 8/28-9/1

Breakfast	Blueberry Baked Oatmeal
Lunch	Italian Collard Green Wraps
Monday	Instant Pot Tikka Masala
Tuesday	Teriyaki Beef Sheet Pan Dinner
Wednesday	Herb Crusted Salmon and Potato Bake
Thursday	BBQ Chicken Tacos with Black Bean and Corn Salsa
Friday	Pesto Chicken and Potatoes Sheet Pan Dinner
Dessert	Slow Cooker Chocolate Chip Cookie Cake

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Fresh or frozen blueberries, 1 cup Large collard green leaves, 4 Yellow onion, 1 Garlic cloves, 6 Fresh ginger, about a 3 inch piece Limes, 4 Cilantro, 1 bunch Jalapeno, 2 Broccoli, 2 large or 3 small heads Green onions, for garnish Baby potatoes, 2 pounds Lemons, 3 Parsley, 1 bunch + additional for garnish Thyme, 1 bunch Red onion, 1 Spinach, 3 cups Red potatoes, 1 ½ pounds	Eggs, 4 Milk of choice, 1¾ cups Salami, 16 slices Capicola, 8 slices Prosciutto, 4 slices Provolone cheese, 8 slices Boneless skinless chicken thighs, 3 ½ pounds Full-fat yogurt, 1 cup Sirloin or flank steak, 1 ½ pounds Whole salmon filet, 1-1 ½ pounds Chicken breast tenders, 1 ½ pounds Shredded parmesan cheese, ½ cup Butter, 2 sticks Vanilla ice cream, for serving, if desired	Pure maple syrup, ⅓ cup Vanilla extract, 3 teaspoons Baking soda, 2 teaspoons Rolled oats, 2 cups Raw chopped pecans, ¾ cup Red wine vinegar, 2 tablespoons Tomato paste, 1 tablespoon Tomato sauce, 14 ounces White rice, for serving Coconut aminos, 8 ounces Rice vinegar, 1 tablespoon Sesame oil, 2 teaspoons Fish sauce, ½ teaspoon Paleo mayo, ½ cup BBQ sauce, 1 cup Black beans, 1, 15- ounce can Corn, 1, 15- ounce can Corn tortillas, 8 Raw walnut halves, ½ cup Gluten-free flour, 2 ½ cups White sugar, ¾ sugar Brown sugar, ¾ sugar Dark chocolate chips, 2 cups	Ground cinnamon, 1 teaspoon Italian seasoning, 1 teaspoon Garam masala, 1 tablespoon Turmeric powder, 2 teaspoons Ground coriander, ½ teaspoon Ground cumin, ½ teaspoon Red pepper flakes, ¼ teaspoon Garlic powder, ¾ teaspoon Ginger powder, ¼ teaspoon Sesame seeds, for garnish

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