

Week of: 7/31-8/4

<b>Breakfast</b>	<a href="#">Blueberry Smoothie Bowls</a>
<b>Lunch</b>	<a href="#">Southwestern Quinoa Salad</a>
<b>Monday</b>	<a href="#">Flank Steak with Chimichurri</a> + <a href="#">Orzo with Roasted Veggies</a>
<b>Tuesday</b>	<a href="#">Slow Cooker Carnitas Tacos</a>
<b>Wednesday</b>	<a href="#">Salmon Cakes</a> + <a href="#">Sautéed Green Beans</a>
<b>Thursday</b>	<a href="#">Loaded Carnitas Nachos</a>
<b>Friday</b>	<a href="#">Shrimp Rolls</a>
<b>Dessert</b>	<a href="#">Peach Cobbler Dump Cake</a>

<b>Fresh Produce</b>	<b>Meat/Eggs/Dairy</b>	<b>Pantry</b>	<b>Seasoning</b>
Frozen blueberries, 5 cups Bananas, 5 Red bell peppers, 3 Cilantro, 2 bunches Green onions, 2 bunches Avocados, 3 Sweet potato, 1 large Garlic cloves, 5 Fresh pico de gallo, 1 ½ cups Flat-leaf parsley, 2 bunches Oregano, 1 tablespoon Orange bell pepper, 1 Eggplant, 1 Purple onion, 1 Zucchini, 1 Carrots, 6 Orange juice, ½ cup Peaches peeled, pitted, and sliced, fresh or frozen, 3 pounds Green beans, 1 pound Radishes, 5 Jalapeno, 1 Celery, 2 stalks Butter lettuce, for serving Chives, for garnish Lemons, 7 Limes, 7	Milk of choice, 2 ½ cups Chicken breast, 2 pounds Flank steak, 1½ pounds Boneless pork shoulder, 4-5 pound, 1 Vanilla ice cream for serving, if desired Butter, 1 ½ sticks Salmon filet, 1 ¼ pounds Eggs, 2 large Pork butt shoulder, 2 pounds Sour cream, ½ cup Shrimp peeled and deveined, 1 pound Crumbled feta, 16 ounces	Protein Powder, 5 scoops Quinoa, 1 ⅓ cups Corn kernels, 1 cup Black beans, 1 cup Full-fat coconut milk, 13.5 ounce can, 1 Nutritional yeast flakes, 2/3 cup Red wine vinegar, ⅓ cup Orzo, 16 ounces Corn tortillas, for serving Dry yellow cake mix, 1 box Mayonnaise, ½ cup + 2 tablespoons Bread crumbs, ¾ cup All-purpose flour, ⅓ cup Dijon mustard, 2 tablespoons Jackson's honest purple heirloom potato chips (or blue corn tortillas chips), 1 bag Rolls or hot dog buns, for serving	Garlic powder, 1 ¾ teaspoons Red pepper flakes, ½ teaspoon + more for garnish Chili powder, 4 teaspoons Ground cumin, 2 teaspoons Flaky sea salt, for garnish

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

Notes: