

Week of: 6/12-16

Breakfast	Banana Nut Overnight Oats
Lunch	Curried Chicken Salad
Monday	Stir Fry Beef + White Rice
Tuesday	Instant Pot Chicken Fajitas
Wednesday	Salmon Burgers + Spicy Watermelon Salad
Thursday	Easy Chicken and Veggie Kabobs
Friday	Slow Cooker BBQ Pulled Pork Sandwiches + Green Apple Coleslaw
Dessert	No Bake Peanut Butter Chocolate Oatmeal Cookies

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Bananas, medium, 2 Jicama, 1 Cilantro, 2 heads Jalapeno peppers, 3 Orange juice, 1 cup Snow Peas, 1 pound Red Onions, 2 Carrots, 3 Broccoli, 1 head Garlic Cloves, 13 Red Bell Pepper, 2 Yellow Bell Pepper, 1 Chives, 1 bunch Butter Lettuce, for serving Tarragon Leaves, ¼ cup Watermelon, 1 small Zucchini, 2 Fresh Dill, 1 bunch Green Cabbage, 1 head Green Apples, 2 Limes, 7 Lemons, 4 Flat-leaf Parsley, 1 bunch	Milk of Choice (whole, almond, or cashew), 2 cups Flank Steak, 1 pound Chicken Breast Tenders, 1½ pounds Salmon, 1 pound Egg, 1 Crumbled Feta, for serving Sour Cream, ½ cup Boneless, Skinless Chicken Breast, 1½ pounds Greek Yogurt, 1 cup Boneless Pork Shoulder, 3-5 pounds	Vanilla Extract, 2 teaspoons Rolled Oats, 4 cups Chia Seeds, 4 teaspoons Walnuts, ¼ cup Canned Chicken, 6, 5-ounce cans Mayonnaise, ½ cup Soy Sauce, ½ cup Honey, ½ cup + 3 tablespoons Chili Garlic Sauce, 2 tablespoons Sesame Oil, 1 tablespoon Cornstarch, 1 tablespoon White Rice, 2½ cups Chicken Broth, 1½ cups Coconut Aminos, 1 tablespoon Bread Crumbs, ½ cup Hamburger Buns, 4 Pickled Onions, ¼-½ cup Skewers, 6-8 BBQ Sauce, 16 ounces Avocado Oil Mayonnaise, ⅓ cup Slivered Almonds, ½ cup Coconut Oil, ¼ cup Cocoa Powder, ¼ cup Natural Peanut Butter, 1 cup	Curry powder, 4 heaping tablespoons Garlic Powder, 2 tablespoons + ½ teaspoon Turmeric Powder, 2 tablespoons Sesame Seeds, for garnish Chili Powder, 1½ teaspoons Cumin, 1 teaspoon Oregano, ½ teaspoon

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