

Week of: 6/19-23

Breakfast	Blueberry Sweet Potato Breakfast Meatballs
Lunch	Burrito Bowls
Monday	Instant Pot Bourbon Chicken
Tuesday	BBQ Ranch Meatloaf Stuffed Tomatoes
Wednesday	Salmon Tacos
Thursday	Dry Rub Chicken Wings + Potato Wedges
Friday	Asian-Inspired Chopped Chicken Salad
Dessert	Strawberry Jam & Cream Pops

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Sweet Potato, 1 large Kale, 1 head Blueberries, 2/3 cup Fresh Thyme, 1 1/2 teaspoons Fresh Sage, 1 1/2 teaspoons Cilantro, 2 heads Frozen Corn, 1 cup Red Bell Pepper, 1 Jalapeno, 3 Red Onion, 1 Guacamole, for serving, 1 cup Pico de Gallo or Salsa, for serving, 1 cup Shredded Romaine Lettuce, for serving, 1 1/2 cups Tomatoes, 8 medium sized Pineapple, 2 cups Large Avocado, 1 Russet Potatoes, 4 large Napa Cabbage, 1 head Shredded Carrots, 1 cup Green Onion, 1 bunch Ginger Root, 1/2 inch Strawberries, 1 pound Limes, 6 Fresh Lemon Juice, 6 tablespoons or 3 lemons	Ground Pork, 2 pounds Ground Beef, 2 1/2 pounds Shredded Monterey Jack cheese, for serving, 1 cup Boneless Skinless Chicken Thighs, 3 1/2 pounds Salmon, 1 1/2 pounds Chicken Wings, 2 pounds	Pure Maple Syrup, 1 tablespoon White Rice, 1 cup Black Beans, 1 (16-ounce) can Coconut Aminos, 1 cup Bourbon, 3 tablespoons Coconut Sugar, 6 tablespoons Apple Cider Vinegar, 2 tablespoons Sesame Oil, 1 teaspoon Cornstarch or Arrowroot Starch, 1 1/2 tablespoons BBQ Sauce, 1/2 cup Ranch Dressing, 2 tablespoons Corn Tortillas, for serving Avocado Oil Mayo, 1/2 cup Honey, 2 tablespoons + 2 teaspoons Sesame Oil, 1 teaspoon Full-fat Coconut Milk, 13.5 ounce can Chili Garlic Sauce, 1 tablespoon	Chili Powder, 2 tablespoons Cumin, 2 teaspoons Oregano, 2 1/2 teaspoons Garlic Powder, 1 tablespoon + 1 1/2 teaspoons Paprika, 1 teaspoon Onion Powder, 1 tablespoon + 1 teaspoon Ancho Chili Powder, 1 1/2 teaspoons Smoked Paprika, 2 tablespoons Coriander, 2 teaspoons Red Pepper Flakes, 1/4 teaspoon

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