

Week of: 6/26-30

Breakfast	Mango Smoothie Bowls
Lunch	BBQ Chicken Salad with Jalapeno Ranch Dressing
Monday	Grilled Hamburgers + Mexican Street Corn Salad
Tuesday	Lemon Pepper Yogurt Grilled Chicken
Wednesday	Grilled Skirt Steak (with Skirt Steak Marinade) and Potato Wedges
Thursday	Shrimp Tacos
Friday	Pork Spare Ribs + Yogurt Fruit Salad
Dessert	5-Ingredient S'mores Bars

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Frozen mango, 10 cups Romaine lettuce, 1 head Avocado, 2 Cherry tomatoes, ½ cup Red onion, 1 Cilantro, 2 bunches Jalapeno, 1 Sliced tomatoes, for serving Lettuce, for serving Ears of corn, 4 (or 3 cups frozen) Poblano peppers, 2 Garlic cloves, 4 Orange juice, 2 tablespoons Purple cabbage, shredded, for garnish Limes, 5 Lemons, 8 Blueberries, 1 cup Green grapes, 1 cup Mandarin oranges, 4 Pineapple, 1 cup Strawberries, 1 cup Fresh mint, for garnish Russet potatoes, 4	Full-fat unsweetened Greek yogurt, 3¼ cups Milk of choice, 2½ cups Chicken breast, boneless, skinless, 2½ pounds Hard-boiled eggs, 2 Thick-cut bacon, 4 slices Ground beef, 2 pounds Sour cream, 3 tablespoons Cotija cheese, ½ cup, plus more for garnish Whole milk yogurt, 2 cups Flank steak, 1 pound Jumbo shrimp, 1½ pounds Crumbled queso fresco or Cotija cheese, for serving Pork spare ribs, 3½ pounds	BBQ sauce, ⅓ cup Mayonnaise, 1 cup Hamburger buns, 6 Chipotle lime mayo, for serving Coconut aminos, ½ cup Corn tortillas, 8 Coconut sugar, 2 tablespoons Molasses, ½ cup Apple cider vinegar, ¼ cup, plus 1 tablespoon Tamari or soy sauce, ¼ cup Honey, ¼ cup, plus 2 teaspoons Graham crackers, 1, 8-ounce box Brown sugar or coconut sugar, optional, 2 tablespoons Semi-sweet chocolate chips, 1 cup Mini marshmallows, 1, 10-ounce bag Tomato paste, 1, 6-ounce can	Ground cardamom, 1¼ teaspoon Turmeric, 1¼ teaspoon Chili powder, 2 tablespoons Garlic powder, 2 teaspoons, plus ½ tablespoon Cumin, ½ tablespoon, plus 1 teaspoon Oregano, 1 teaspoon Paprika, 1 tablespoon Onion powder, ½ tablespoon Chipotle chili powder, ½ tablespoon Ancho chili powder, 1 tablespoon Poppy seeds, 1 teaspoon

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

Notes: This shopping list uses store-bought BBQ sauce for the BBQ Chicken Salad. You can find our homemade BBQ sauce [here](#) if you want to make your own. This shopping list includes ingredients for homemade BBQ sauce for the Pork Spare Ribs.