

Week of: 6/5-9

<b>Breakfast</b>	<a href="#">Green Smoothie Bowls</a>
<b>Lunch</b>	<a href="#">Greek-Inspired Chicken Salad Lunch Bowl</a>
<b>Monday</b>	<a href="#">Chicken Burgers</a> + <a href="#">Arugula Salad</a>
<b>Tuesday</b>	<a href="#">Beef Taco Salad</a>
<b>Wednesday</b>	<a href="#">Instant Pot Island Chicken Bowls</a>
<b>Thursday</b>	<a href="#">Grilled Chicken</a> with <a href="#">Honey Mustard Marinade</a> + <a href="#">Grilled Zucchini</a>
<b>Friday</b>	<a href="#">Shrimp Boil</a>
<b>Dessert</b>	<a href="#">Chocolate Covered Cookie Dough Bites</a>

<b>Fresh Produce</b>	<b>Meat/Eggs/Dairy</b>	<b>Pantry</b>	<b>Seasoning</b>
Bananas, 5 Mango Chunks, 2½ cups Avocado, 4 Spinach, 11 cups Cucumber, 1 large Cherry Tomatoes, 1 cup Garlic Cloves, 12 Parsley, 1 head Arugula, 4 cups Romaine Lettuce, 2 heads Medium Tomatoes, 3 Red Onion, 2 Cilantro, 2 heads Guacamole, for garnish Fresh Ginger, ½ - 1 inch Diced Pineapple, 2 cups Small Jalapeno, 1 small Zucchini, 4 medium Red Potatoes, 3 pounds Ears of Corn, 4 Chives, 1 bunch Lemons, 5 Limes, 6	Milk, 2½ cups Chicken breasts, 3 pounds Hummus, 1 cup Tzatziki, 1 cup Crumbled Feta, ½ cup Ground Chicken, 1 pound Ground Beef, 2 pounds Mexican-blend cheese, 1½ cups Sour cream, for garnish Chicken Thighs, 2 pounds Andouille Sausage, 12 ounces Large Shell-on Shrimp, 2 pounds	Protein Powder, 5 scoops Kalamata Olives, ⅓ cup Red Wine Vinegar, 2 tablespoons Olive Oil, ¾ cup Panko Bread Crumbs, ¼ cup Dijon mustard, ½ cup + 1 tablespoon Ground Flaxseed, 1 tablespoon Corn, 1, 8.5- ounce can Black Beans, 1, 15.5-ounce can Pickled Jalapenos, for garnish Coconut Aminos, 1 cup Pineapple Juice, ⅓ cup Sriracha, optional, 2 tablespoons Sesame Oil, 1 teaspoon Arrowroot or Tapioca starch, 2 tablespoons White Rice, 2 cups Honey, 2 tablespoons Cashew Butter, 1 cup Maple Syrup, 3 tablespoons Vanilla Extract, 1 teaspoon Oat Flour or Almond Flour, 3-4 tablespoons Mini Dark Chocolate Chips, 12 ounces Coconut Oil, 2 teaspoons	Dried Basil, 1½ teaspoons Dried Oregano, 2½ teaspoons Garlic Powder, 2½ teaspoons Red Pepper Flakes, ¼ teaspoon Mild Chili Powder, 3 tablespoons Cumin, 1 teaspoon Onion Powder, ½ teaspoon Spice Blend of Choice, 1 tablespoon Old Bay seasoning or other Cajun seasoning, ¼ cup Bay Leaves, 2

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