

Week of: 3/27-31

| | |
|------------------|--|
| Breakfast | Blueberry Scones |
| Lunch | Spring Salad + Grilled Chicken Breast |
| Dessert | Lemon Bars |
| Monday | Tuscan Chicken + Roasted Asparagus + Potato Wedges |
| Tuesday | Tacos Al Pastor + Rice + Black Beans |
| Wednesday | Sun Dried Tomato Chicken Breast + Spinach Salad |
| Thursday | Roasted Pork Tenderloin + Apple Coleslaw + Potato Wedges |
| Friday | Shrimp Scampi + Lemony Garlic Pasta + Arugula Salad |

| Fresh Produce | Meat/Eggs/Dairy | Pantry | Seasoning |
|---|--|--|---|
| Russet Potatoes, 5 Spinach, 2 bunches or 1 lb + 1 cup Butter Lettuce, 1 head Arugula, 4 cups Asparagus 3 bunches English Peas, 8 oz (can also use frozen) Sprouts, 1 cup Radishes, 1 bunch Shallot, 1 White Onion, 1 Green Cabbage, 1 head Fennel, 1 bulb Green Apples, 2 Pineapple, 1 Cilantro, 2 bunches Parsley, ¼ cup + garnish Mint, ¼ cup Basil, ¾ cup Dill, ¼ cup + 2 tbsp Garlic, 16 cloves Jalapeno, 1 Serrano Pepper, 1 Blueberries, 1 cup Lime Juice, ¼ cup (or 2 limes) Lemons, 3 Lemon Juice, 1 ¾ cups Orange Juice, 1 cup | Pork Tenderloin, 2, 1-lb tenderloins Pork Shoulder, boneless, 4-5 lbs Chicken Breast, boneless, skinless, 3 ½ lb Shrimp, 1 lb Eggs, 5 Heavy Cream, 1 ½ cups (12 fl oz) Butter, ½ cup (1 stick) Parmesan Cheese, 1 cup Mozzarella, 8 oz | Black Beans, 1 can White Rice, 1 cup Honey, ¾ cup + 1 tbsp Maple Syrup, 3 tbsp Brown Sugar, 2 tbsp Powdered Sugar, ¼ cup + topping All-Purpose or Gluten-Free Flour, 1 ¼ cup Baking Powder, 1 ½ tsp Slivered Almonds, ½ cup Cashews, 1 ½ cup Arrowroot, ¼ cup Mayonnaise, ⅓ cup Guajillo or Chipotle Peppers in Adobo, 4 Sun Dried Tomatoes, 1 cup Balsamic Vinegar, 1 tbsp Coconut Oil, ¼ cup Spaghetti, 12 oz Tortillas of Choice, for tacos White Wine, ¾ cup | Chili Powder, 2 tbsp + 1 tsp Oregano, 2 tbsp Paprika, 1 tbsp Ground Cinnamon, 1 tsp Garlic Powder, 1 tsp Red Pepper Flakes, for serving Spice Blend of Choice, 1 tbsp Vanilla Extract, 2 tsp |

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

Notes: Shopping list does not include ingredients for optional Creamy Chili Sauce for the potato wedges.