

Week of: 5/1-5

<b>Breakfast</b>	<a href="#">Chorizo Potato Breakfast Meatballs</a>
<b>Lunch</b>	<a href="#">Greek-Inspired Chicken Salad Bowls</a>
<b>Monday</b>	<a href="#">Citrus Roasted Salmon</a> + <a href="#">Oven Roasted Green Beans</a> + <a href="#">Roasted Potatoes</a>
<b>Tuesday</b>	<a href="#">Lemon Chicken and Rice Skillet</a>
<b>Wednesday</b>	<a href="#">Sausage and Cabbage Sheet Pan Dinner</a>
<b>Thursday</b>	<a href="#">Sweet and Sour Chicken</a> + <a href="#">Rice</a>
<b>Friday</b>	<a href="#">Black Bean Tacos</a>
<b>Dessert</b>	<a href="#">Strawberry Yogurt Pie</a>

<b>Fresh Produce</b>	<b>Meat/Eggs/Dairy</b>	<b>Pantry</b>	<b>Seasoning</b>
Avocado, 2 Strawberries, 1 cup Red Bell Pepper, 2 White Onion, 1 Red Onion, 1 Cilantro, 2 bunches Flat-Leaf Parsley, for garnish, 1 bunch Thyme, 4 sprigs + garnish Green Beans, 1 lb Cucumber, 1 Purple Cabbage, 1 head Green Cabbage, 1 head Cherry Tomatoes, 1 cup Spinach, 7 ½ cups Garlic Cloves, 2 Lemons, 6 Orange, 1 Lime, 3 Russet Potato, 1 Yukon Gold Potatoes, 4 ½ lbs Hummus, 1 cup	Chicken Thighs, boneless, skinless, 5 ½ lbs Ground Pork, 2 lbs Bratwurst (or sausage of choice), 1 lb Salmon Filet, 1 ¼ lb Tzatziki, 1 cup Feta, crumbles, ½ cup Shredded Cheese, Mexican Blend, 1 ½ cups Butter, 6 tablespoons Heavy Cream, 1 pint Strawberry Yogurt, 2 cups	Kalamata Olives, ⅔ cup Black Beans, 1, 15.5 oz can Red Wine Vinegar, 2 tablespoons Rice Vinegar, ¼ cup Apple Cider Vinegar, ½ cup + 3 tablespoons Soy Sauce, 3 tablespoons Ketchup, ¼ cup Chicken Broth, 1 ¾ cup Coconut Milk ½ cup Pineapple Juice, 6 ounces Rice, 2 cups Brown Sugar, ½ cup Arrowroot Starch, ½ cup + 1 tablespoon White Rice Flour, ½ cup Graham Crackers, 1 box Honey, optional, 2 teaspoons White Corn Tortillas, 12	Paprika, 1 tablespoon + 2 teaspoons Chili Powder, 1 tablespoon Ancho Chili Powder, 2 teaspoons Basil, 1 ½ teaspoons Oregano, 1 ½ teaspoons Garlic Powder, 6 teaspoons Cumin, 1 ½ teaspoon Oregano, 1 teaspoon Onion Powder, 1 ½ teaspoon Dried Dill, 1 teaspoon Cayenne Pepper, optional, ¼ teaspoon Vanilla Extract, 1 teaspoon Black Peppercorns, ½ teaspoon

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

Notes:

\*Sub chicken thighs in the lemon chicken and rice skillet and the chicken bowls get the value pack of chicken thighs and save.

\*Use Yukon gold potatoes for the oven roasted potatoes and the sausage and cabbage sheet pan dinner to save.