

Week of: 5/15-19

Breakfast	Egg Muffin Cups
Lunch	Chicken Caesar Wraps
Monday	Lemon Garlic Chicken Thighs + Orzo with Roasted Vegetables
Tuesday	Turkey Meatloaf + Mashed Potatoes + Steamed Green Beans
Wednesday	Chimichurri Beef Sheet Pan Dinner
Thursday	Easy Baked Tilapia + White Rice + Asparagus
Friday	Copycat Cheesy Gordita Crunch
Dessert	Blueberry Bars

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Green onions (optional), for garnish Green Leaf Lettuce, 5 pieces Finely Chopped Chives, ¼ cup Garlic Cloves, 12 Lemons, 4 Yellow Onion, 1 Flat-Leaf Parsley, 2 bunches Yukon Gold or Russet Potatoes, 2 pounds Green Beans, 1 pound Cilantro, 1 head Fresh Oregano, ½ tablespoon Sweet Potatoes, 4 Broccolini, 1 head Limes, 4 Asparagus, 2 bunches Shredded lettuce, for serving Chopped tomatoes, for serving Jalapeno, 1 Blueberries, 1 pint Red bell pepper, 1 Orange bell pepper, 1 Eggplant, 1 Zucchini, 1 Carrots, 6	Bacon, 8 ounces Eggs, 14 Shredded Cheddar Cheese, 1 cup Feta cheese, 16 ounces Heavy Cream or Milk Dairy or Non-Dairy, ⅓ cup Chicken Breast, 1 ¼ pound Boneless, Skinless Chicken Thighs, 1 ½ pounds Ground Turkey, 2 pounds Milk or Heavy Cream, ¼ cup Tilapia Filets, 4 (about 1 pound) Ground Beef, 1 pound Shredded Mexican-blend Cheese, 2 cups Butter, 1 stick Sirloin or Flank Steak, 1½-2 pounds	Ceasar Dressing, ½ cup Kalamata Olives Pitted, ½ cup Capers, ¼ cup Panko Breadcrumbs, ½ cup Ketchup, ½ cup Yellow Mustard, 6 tablespoons Honey, ¼ cup Red Wine Vinegar, 2½ tablespoons White Rice, 1 cup Flour Tortillas, 11 Crunchy Taco Shells, 6 Mayo, ¾ cup Flour, 1½ cups Oats, 1½ cups Brown Sugar, 1½ cups Sugar, ⅓ cup Cornstarch, 1 Tablespoon Orzo, 16 ounces	Dried Thyme, ¼ teaspoon Dried Oregano, ½ teaspoon Red Pepper Flakes, ½ teaspoon Dried Dill, 1 teaspoon Dried Parsley, 1 teaspoon Taco Seasoning, 2 tablespoons

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

Notes: This shopping list calls for pre-made/store bought Ceasar dressing. If you would prefer to make homemade, you can find the recipe [here](#). It also calls for pre-made/store bought taco seasoning. If you would prefer to make homemade, you can find the recipe [here](#). This shopping list includes the ingredients for homemade [Jalapeno Ranch Dressing](#).