

Week of: 5/29-6/2

Breakfast	Balanced Breakfast Jars
Lunch	Thai-Inspired Buddha Bowls
Monday	Instant Pot Salsa Chicken + Rice
Tuesday	Zucchini Enchilada Boats
Wednesday	Lemon Garlic Chicken Thighs + Oven Roasted Potatoes
Thursday	Sausage and Cabbage Sheet Pan Dinner
Friday	Sheet Pan Chicken Thighs and Veggies
Dessert	Rolo Pretzels

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Sweet Potatoes, 1½ pounds Kale, 1 bunch Red Bell Pepper, 1 Shredded Carrots, 1 cup Purple Cabbage, 2 heads Cucumber, 1 Mung Bean Sprouts, 1 cup Shelled Edamame, 2 cups Cilantro, 1 head Limes, 3 Red onion, 2 Small Yellow Onion, 1 Garlic Cloves, 7 Zucchini, 4 Avocado, 1 Chopped Chives, ¼ cup Green Cabbage, 1 head Redskinned Potatoes, 3 pounds Flat Leaf Parsley, for garnish, 2 tablespoons Green Beans, 12 ounces Carrots, 3 Cherry Tomatoes, 1 pint Lemons, 3 Yukon Gold Potatoes, 1½ pounds	Eggs, 4 Whole Milk Greek Yogurt, 1 cup Boneless Skinless Chicken Thighs, 4½ pounds Shredded Monterey Jack Cheese, 1 cup Sour Cream for garnish, ½ cup Sausage (such as bratwurst), 1 pound	Tri-color Quinoa, 1 cup Chickpeas, 1, 15-ounce can Red Curry Paste, 2 tablespoons Salsa Verde, 1½ cups White Rice, 1 cup Black Beans, 2, 15-ounce cans Red Enchilada Sauce, 1 cup Rolo Chocolate Candies, 1 bag Pretzels, 8 ounces	Bay Leaf, 1 Ground Cumin, 1 teaspoon Red Pepper Flakes, ¼ teaspoon Dried Dill Weed, 1 teaspoon Garlic Powder, ½ teaspoon Italian Seasoning, 1 tablespoon Garlic Powder, 1 teaspoon

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