Week of: 5/8-12

Breakfast	Sheet Pan Sweet Potato Hash
Lunch	Pesto Chicken Salad
Monday	Baked Hot Honey Chicken + Potato Wedges
Tuesday	Teriyaki Salmon Bowls
Wednesday	Sheet Pan Chicken Fajitas
Thursday	Egg Roll in a Bowl
Friday	Greek-Inspired Meatballs with Quinoa + Arugula Salad
Dessert	Chocolate Chia Pudding

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Sweet Potatoes, 1 pound White or Yellow Onion, 2 Red Bell Pepper, 2 Parsley, 1 head Fresh Basil Leaves, 2 cups Garlic Bulb, 2 Russet Potatoes, 4 Diced Mango, 2 cups (~2 medium mangos) Serrano Pepper, 1 Purple Onion, 2 Cilantro, 1 head Garlic Cloves, 6 Yellow Bell Pepper, 1 Guacamole, for serving (optional) Fresh Ginger, ½ -1 inch Green or Purple Cabbage, 1 head Shredded Carrots, 1 cup Green Onions, 1 bunch Arugula, 4 cups Fresh berries, for topping (optional) Limes, 4 (plus additional for serving, optional) Lemons, 5 (plus additional for serving, optional)	Breakfast Sausage, 1 pound Chicken Breasts, 4 breasts Eggs, 2 Chicken Thighs, 1½ pounds Salmon, 1½ pounds Chicken Tenders, 1½ pounds Ground Pork, 2 pounds Ground Beef, 1½ pounds	Pine Nuts, ½ cup + 2 tablespoons Extra-Virgin Olive Oil, ½ cup Chili Garlic Sauce, 3 tablespoons Panko Bread Crumbs, 2 cups Spray Oil Honey, ½ cup + 1 tablespoon Avocado Oil Mayo, ½ cup White Rice, 1 cup Teriyaki Sauce, 2 tablespoons Corn Tortillas, for serving Rice, for serving (optional) Beans, for serving (optional) Coconut Aminos, ½ cup Rice Vinegar, 2 tablespoons Toasted Sesame Oil, 1 teaspoon White Quinoa, 1 cup Raisins, ⅓ cup Full-Fat Coconut Milk, 1, 13.5-ounce can Maple Syrup, 4 tablespoons Collagen Peptides (optional), ⅓ cup Cocoa Powder, 4 tablespoons Chia Seeds, ½ cup	Garlic Powder, 1 teaspoon Cayenne Pepper, ¼ teaspoon Chili Powder, 1 tablespoon Oregano, 1 teaspoon Red Pepper Flakes, ½ teaspoon Sesame Seeds, 1 teaspoon Cinnamon, ½ teaspoon Coriander, ½ teaspoon Cayenne Pepper (optional), a pinch Vanilla Extract, 2 teaspoons

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