

Week of: 9/4-8

<b>Breakfast</b>	<a href="#">Balanced Breakfast Egg Cups</a>
<b>Lunch</b>	<a href="#">Smoky Chicken Salad*</a>
<b>Monday</b>	<a href="#">Enchilada Verde Turkey Meatballs</a> + <a href="#">Perfect White Rice</a>
<b>Tuesday</b>	<a href="#">Teriyaki Chicken Thighs with Bok Choy</a>
<b>Wednesday</b>	<a href="#">Chicken Enchilada Casserole</a>
<b>Thursday</b>	<a href="#">No Boil Chicken Alfredo Bake</a>
<b>Friday</b>	<a href="#">Mexican Picadillo</a>
<b>Dessert</b>	<a href="#">3-Ingredient Peanut Butter Cookies</a>

<b>Fresh Produce</b>	<b>Meat/Eggs/Dairy</b>	<b>Pantry</b>	<b>Seasoning</b>
Spaghetti squash, 1 small Frozen spinach, 10 ounce bag Chives, for garnish Limes, 8 Garlic cloves, 12 Cilantro, 3 bunches Poblano peppers, 3-4 large Red onion, 1 Tomatillos, 1 pound, about 14 Yellow onion, 2 Jalapenos, 4 Baby bok choy, 1 pound Avocado, 1 large Lemon, 1 Mushrooms, 8 ounces Fresh parsley, for garnish Yukon gold potatoes, 1 pound Green bell pepper, 1	Skinless chicken breasts, 5 ½ pounds Bacon, 4 slices Eggs, 14 Ground turkey, 2 pounds Bone-in, skin-on, chicken thighs, 1 pound Shredded Mexican blend cheese, 4 cups Sour cream, ½ cup Parmesan cheese, for garnish Ground beef, 2 pounds	Mayo, ½ cup + 2 tablespoons Dijon mustard, 2 tablespoons Crackers, for serving White rice, 1 cup Coconut aminos, 1 cup Apple cider vinegar, 3 tablespoons Fish sauce, ¼ teaspoon Tomato sauce, 2, 8- ounce cans Tomato paste, 2 tablespoons Chicken broth, 3 cups Corn tortillas, 6 Penne pasta, 12 ounces Alfredo sauce, 30 ounces Diced tomatoes, 14.5 - ounce can Beef broth, 2 cups Creamy peanut butter, 1 cup Granulated cane sugar, ⅔ cup	Garlic powder, 2 ¾ teaspoon Smoked paprika, 1 teaspoon Ancho chili powder, 1 teaspoon Ground cumin, 2 tablespoons + 3 teaspoons Mild Chili Powder, 5 tablespoons + 1/2 teaspoon Ground ginger, ¼ teaspoon White sesame seeds, 2 teaspoons Oregano, 4 teaspoons Italian seasoning, 1 tablespoon Bay leaf, 1

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

\*This recipe is doubled in the shopping list.