

# WEEK 1: DINNER & GROCERY LIST

Produce	Meats/Proteins	Other	Spices & Condiments	Dinner
Yellow Onions	Ground Beef		Rice Vinegar	<b>Saturday</b>
Red Onion	Whole Chicken	Brown Rice	Chopped Garlic	<u>Egg Roll in a Bowl</u>
Cucumber	Chicken Breasts		Minced Ginger	
Celery	White Fish	Rice Stick Noodles	Lemon Juice	<b>Sunday</b>
Carrots	Cans of Crab		Lime Juice	<u>Whole Chicken</u>
Broccoli		Rotini Pasta	Sea Salt	<u>Cajun Potatoes</u>
Bell Peppers	Extra Firm Tofu		Paprika	<u>Carrots &amp; Broccoli</u>
Green Beans	Hummus	Rice Crumbs	Italian Spice Mix	<b>Monday</b>
Snow Peas			Cajun Spice	<u>Szechuan Noodles</u>
Green Onions		Chicken Broth	Garlic Powder	
Avocado			Greek Spice Mix	<b>Tuesday</b>
Cherry tomatoes		Chickpeas	Cumin	<u>Chicken Noodle Soup</u>
Spinach			Dried Basil	
Coleslaw	<b>Dairy</b>	Tortillas	Dried Oregano	
Romaine (optional)	Butter		Chili Powder	<b>Wednesday</b>
Baby Potatoes	Eggs	Olives (optional)	Onion Powder	<u>Crab Cakes</u>
Mango	Feta (optional)		Dried Thyme	Rice
			Cayenne Powder	<u>Green Beans</u>
			Chile Paste	<b>Thursday</b>
			Sriracha	<u>Mediterranean Bowl</u>
			Vegenaise	
<b>Bulk</b>		<b>Oils</b>	Fish Sauce	
Peanuts (optional)		Olive Oil	Tamari	<b>Friday</b>
		Avocado Oil	Maple Syrup	<u>Fish Tacos</u>
		Sesame Oil	Cornstarch	