

WEEK 2: DINNER & GROCERY LIST

Produce	Meats/Proteins	Other	Spices & Condiments	Dinner
Yellow Onions	Chuck Roast		Apple Cider Vinegar	Saturday
Red Onion	Chicken Wings	Brown Rice	Balsamic Vinegar	<u>Shrimp Paella</u>
Carrots	Chicken Breasts		Chopped Garlic	
Broccoli	Ground Turkey	Arborio Rice	Minced Ginger	Sunday
Bell Peppers	Shrimp		Lemon Juice	<u>Roast Beef w/Potatoes</u>
Green Beans	Dried Chorizo	Penne Pasta	Lime Juice	<u>Carrots & Broccoli</u>
Green Onions			Sea Salt	
Spinach		Chicken Broth		Monday
Romaine			Bay Leaves	<u>Chicken Penne Florentine</u>
Tomato		Sundried Tomatoes	Garlic Powder	
Fresh Basil			Coriander	Tuesday
Kale		Coconut Milk	Cumin	<u>Carrot Soup</u>
Purple Cabbage			Dried Rosemary	Chicken Wings or Sandwiches
Sweet Potato	Dairy	Tortillas	Dried Thyme	
Russet Potatoes	Cheddar (optional)		Paprika	Wednesday
	Sour Cream (optional)	Salsa		<u>Turkey Meatballs</u>
			Red Curry Paste	Rice
Frozen Peas			Dijon Mustard	<u>Kale Salad</u>
			Sriracha	Thursday
			Vegenaise	<u>Buddha Bowl</u>
Bulk		Oils	Fish Sauce	
Pumpkin Seeds		Olive Oil	Tamari	Friday
Craisins (optional)		Avocado Oil	Maple Syrup	<u>Fajitas</u>
		Coconut Oil (optional)	Cornstarch	