

WEEK 1: DINNER & GROCERY LIST

Produce	Meats/Proteins	Other	Spices & Condiments	Dinner
Yellow Onions	Ground Beef		Rice Vinegar	Saturday
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	Sunday
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 & Broccoli</u>
Green Beans	Hummus	Rice Crumbs	Italian Spice Mix	Monday
Snow Peas			Cajun Spice	<u>Szechuan Noodles</u>
Green Onions		Chicken Broth	Garlic Powder	
Avocado			Greek Spice Mix	Tuesday
Cherry tomatoes		Chickpeas	Cumin	<u>Chicken Noodle Soup</u>
Spinach			Coriander	
Coleslaw	Dairy	Tortillas	Dried Basil	
Romaine (optional)	Butter		Dried Oregano	Wednesday
Baby Potatoes	Eggs	Olives (optional)	Chili Powder	<u>Crab Cakes</u>
Mango	Feta (optional)		Onion Powder	Rice
			Dried Thyme	<u>Green Beans</u>
			Cayenne Powder	Thursday
			Chile Paste	<u>Mediterranean Bowl</u>
			Sriracha	
Bulk		Oils	Vegenaise	
Peanuts (optional)		Olive Oil	Fish Sauce	Friday
		Avocado Oil	Tamari	<u>Fish Tacos</u>
		Sesame Oil	Maple Syrup	
			Cornstarch	