

WEEK 3: DINNER & GROCERY LIST

Produce	Meats/Proteins	Other	Spices & Condiments	Dinner
Yellow Onions	Ground Beef		White Wine Vinegar	Saturday
Celery	Steak	Brown Rice	Balsamic Vinegar	<u>Fish Cakes</u>
Carrots	Chicken Thighs		Rice Vinegar	<u>Diced Potatoes</u>
Broccoli	Salmon	Arborio Rice	Chopped Garlic	<u>Green Beans</u>
Bell Peppers	White Fish		Minced Ginger	Sunday
Snow Peas	Ground Turkey	Rotini Pasta	Lemon Juice	<u>MBR Chicken Thighs</u>
Green Onions			Lime Juice	<u>Smashed Potatoes</u>
Green Beans		Rice Crumbs	Sea Salt	<u>Carrots & Broccoli</u>
Avocado			Seasoning Salt	Monday
Tomato		Chicken Broth	Italian Spice Mix	<u>Steak Rotini Stir Fry</u>
Spinach			Taco Seasoning	
Spring Mix		Beef Broth (optional)	Garlic Powder	Tuesday
Romaine			Onion Powder	<u>Italian Wedding Soup</u>
Baby Potatoes	Dairy	Coconut Milk	Celery Salt	
Russet Potatoes	Eggs		Cumin	Wednesday
Navel Orange	Butter	Black Beans	Coriander	<u>Curry Salmon Rice</u>
Mandarin Oranges	Cheddar		Paprika	<u>Mandarin Salad</u>
	Parmesan (optional)	Salsa	Curry Powder	
Frozen Peas			Turmeric Powder	Thursday
Frozen Corn		Miso Paste	Dried Rosemary	<u>Beef Bowlrito</u>
			Dry Mustard Powder	
Bulk		Oils	Five Spice Powder	
Slivered Almonds		Olive Oil	Dijon Mustard	Friday
		Avocado Oil	Tamari	<u>Lettuce Wraps</u>
			Maple Syrup	