

# WEEK 4: DINNER & GROCERY LIST

| Produce            | Meats/Proteins  | Other              | Spices & Condiments  | Dinner                               |
|--------------------|-----------------|--------------------|----------------------|--------------------------------------|
| Yellow Onions      | Ground Beef     |                    | White Wine Vinegar   | <b>Saturday</b>                      |
| Cucumber           | Steak           | Brown Rice         | Rice Vinegar         | <u>Chicken &amp; Kale Fried Rice</u> |
| Celery             | Chicken Breasts |                    | Chopped Garlic       |                                      |
| Carrots            | Chicken Thighs  | Rice Stick Noodles | Minced Ginger        | <b>Sunday</b>                        |
| Broccoli           | Ground Turkey   |                    | Lemon Juice          | <u>Turkey Meatloaf</u>               |
| Bell Peppers       | Salmon          | Quinoa             | Lime Juice           | <u>Rice Pilaf</u>                    |
| Cauliflower        | Dried Chorizo   |                    |                      | <u>Cauliflower &amp; Chickpeas</u>   |
| Leeks              |                 | Chicken Broth      | Dried Basil          | <b>Monday</b>                        |
| Green Onions       |                 |                    | Cayenne Powder       | <u>Thai Curry Chicken Noodles</u>    |
| Kale               |                 | Beef Broth         | Garlic Powder        |                                      |
| Romaine            |                 |                    | Dried Marjoram       | <b>Tuesday</b>                       |
| Spinach            |                 | Chickpeas          | Onion Powder         | <u>Jambalaya Soup</u>                |
| Parsley (optional) |                 |                    | Dried Rosemary       |                                      |
|                    | <b>Dairy</b>    | Diced tomatoes     | Dried Thyme          |                                      |
|                    | Eggs            |                    |                      | <b>Wednesday</b>                     |
| Frozen Edamame     | Feta (optional) | Tomato Soup        | Peanut Butter        | <u>Korean Beef</u>                   |
|                    |                 |                    | Seeded Dijon Mustard | Salad                                |
|                    |                 | Coconut Milk       | Bouillon             |                                      |
|                    |                 |                    | Red Curry Paste      | <b>Thursday</b>                      |
|                    |                 | Nori seaweed       | Sriracha             | <u>Salmon Bowl</u>                   |
|                    |                 |                    | Vegenaise            |                                      |
| <b>Bulk</b>        |                 | <b>Oils</b>        | Fish Sauce           | <b>Friday</b>                        |
| Peanuts (optional) |                 | Olive Oil          | Tamari               | <u>Stuffed Peppers</u>               |
| Pecans             |                 | Avocado Oil        | Maple Syrup          | Salad                                |
| Craisins           |                 | Sesame Oil         | Cornstarch           |                                      |