

MONDAY



Baked Spaghetti

Tip:
Make sure there is enough liquid to cover the pasta in the dish and adjust if needed.

TUESDAY



Shrimp Rice Bowl

Tip:
Residual heat from the hot rice cooks the shrimp fast; once pink & opaque, they're ready!

WEDNESDAY



Chickpea Shawarma

Tip:
Serve with leftover rice or a grain, in a pita or with lettuce and a quick tahini sauce.

THURSDAY



Chicken Broccoli Rice Soup

Tip:
Shred your own cheese for better melting and toss with cornstarch to help it blend.

FRIDAY



Baked Salmon

Side dish ideas:

- Baked Asparagus
- Greek Lemon Potatoes

SNACK/DESSERT



Chocolate Coconut Balls

Tip:
Let the chocolate coating completely set before serving for best texture.

Produce

- yellow onions (2 lb bag)
- garlic bulb (2)
- carrots (2 large)
- celery (1 bunch)
- green bell peppers (2)
- cauliflower (1 medium head)
- broccoli florets (1 lb)
- lemons (4)

Fresh Herbs *optional*

- fresh basil (1 bunch)
- fresh parsley (1 bunch)

Refrigerated

Dairy

- milk (1 quart)
- shredded mozzarella cheese (8 oz)
- sharp cheddar cheese (8 oz block)
- parmesan cheese (small container)

Frozen

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Meat/Seafood

- chicken breasts (1 lb)
- salmon fillets (1 ½ lb)
- large shrimp (1 lb)

Pantry

- olive oil
- low-sodium vegetable broth (32 oz box)
- chicken broth (32 oz box)
- spaghetti (16 oz box)
- long grain brown rice (1 lb bag)
- canned diced tomatoes (14.5 oz can)
- chickpeas (2 - 15 oz cans)
- marinara sauce (24 oz jar)
- tahini (1 jar)
- Dijon mustard (sm jar)
- maple syrup (sm bottle)
- cornstarch (1 tbsp)
- shredded coconut (16 oz bag)
- cashews (8 oz bag)
- coconut oil (sm jar)
- chocolate chips (1 bag)

Bakery

pita for serving, optional

Spices

- Italian seasoning
- cumin
- paprika
- cardamom
- crushed red pepper
- cinnamon
- oregano
- nutmeg
- dried thyme

Ingredient notes

* This ingredient can be used for many more recipes!
 ** You may have this staple on hand