

Ingredients	Total	Unit	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday or Saturday
			Chipotle Chicken Sweet Potatoes	Roasted Veggies & Pesto with Roasted Chicken	Thai Chicken Soup	Fall Superfood Salad with Apple Cider Vinaigrette	Crock Pot BBQ Ribs	Veggie Spring Rolls with Almond Butter Dipping Sauce
Produce								
Baby Spinach	3	cups	3 cups					
Basil - Fresh	2 1/2	cups		2 cups				1/2 cup
Beets - Golden	2	#		2				
Beets - Red	2	#				2		
Bell Pepper - Red	2	#			1			1
Broccoli	3	#		1 head	2 heads			
Cabbage - Red	1/4	head						1/4 head
Carrots	5	#		3				2
Cauliflower	1	head		1 head				
Cilantro	1/2	cups	1/4 cup for garnish		1/4 cup for garnish			
Delicata Squash	1	#				1		
Garlic Cloves	7	#	2	2	2	1		
Green Onions	1/4	cups			1/4 cup for garnish			
Lemons	2	#		Juice of 1/2		1 1/2 tbsp fresh juice		
Limes	4	#	1 tbsp		Juice of 2			1 tbsp
Mixed Greens	6	cups				6 cups		
Mushrooms - Button	9	#			9			
Onions	3	#	1	1	1			
Serano Pepper	2	#			2 for garnish			
Sweet Potatoes	4	#	3	1				
Tomatoes	2	#		2				
Yellow Summer Squash	2	#		1				1
Zucchini	3	#		2				1
Middle Aisles								
Almond Butter	1/3	cups						1/3 cup
Apple Cider Vinegar	1/4	cups				1/4 cup		
BBQ Sauce	1/2	cups					1/2 cup	
Canned Coconut Milk	1	cans			1 can			
Chili Garlic Sauce - Found in the Asian Foods Aisle	3	#	3 peppers					
Chipotle Peppers in Adobe	3	#	3 peppers					
Coconut Oil	7	tbsp	1 tbsp	2 tbsp	2 tbsp	2 tbsp		
Curry Paste - Red - Taste of Thai Brand in the Asian Foods Aisle	1	#			1 4 oz jar			
Dijon Mustard	1	tbsp				1 tbsp		
Fish Sauce - Found in the Asian Foods Aisle	1	tbsp			1 tbsp			
Honey	1 of each	tsp/tbsp				1 tbsp		1 tsp
Olive Oil	1 1/4	cups	1/4 cup	1/2 cup		1/2 cup		
Pine Nuts	1	cups				1 cup		
Rice Paper - Found in the Asian Foods Aisle (usually 10 sheets/pack)	20	sheets						20 sheets
Sriracha	1	tbsp			For garnish			
Soy Sauce (GF Tamari)	1	tbsp						1 tbsp
Veggie Broth	1	#			32 oz box			
White Rice	1	cups						1 cup
Meats, Chicken, Eggs								
Baby Back Ribs	1 1/2	lbs					1 1/2 lbs	
Bacon	6	slices				6		
Chicken Breasts	6	#	2	2	2			
Dairy								
Goat Cheese	1/3	cups				1/3 cup		
Spices								
Chili Powder	2	tbsp	2 tbsp					
Dried Oregano	1	tsp	1 tsp					
Garlic Powder	1	tsp					1 tsp	
Pepper	1	tsp	to taste	1/2 tsp + more for pesto		to taste	1/2 tsp	
Salt	3 1/2	tsp	to taste	1 1/2 tsp + more for pesto	1 tsp	to taste	1 tsp	