

MONDAY



SALMON TACOS WITH AVOCADO SALSA

TUESDAY



ORANGE CHICKEN

WEDNESDAY



LEMON BROCCOLI PASTA SKILLET

THURSDAY



ROAST BEEF SANDWICH

FRIDAY



GRILLED BUFFALO CHICKEN



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 5 tbs. olive oil
- 3 tbs. vegetable oil
- salt and pepper
- 1 1/2 tsp. cumin
- 1 1/2 tsp. onion powder
- 1/2 tsp. paprika
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1/4 cup cornstarch
- 1/4 tsp. crushed red pepper flakes
- seasoned salt
- 4 tbs. unsalted butter

PRODUCE

- 2 limes
- 2 avocados
- 2 red onions
- 1 avocado
- 3 tbs. cilantro
- 1 jalapeno
- 2 cups purple cabbage
- 4 scallions
- 1 1/2 lbs. broccoli
- 6 cloves garlic
- 4 cups spinach
- 1 lemon
- 1 green pepper
- 1 large tomato

DAIRY & REFRIGERATED ITEMS

- 1/2 cup cotija cheese
- 1 cup grated parmesan
- 8 ounces mozzarella
- 6 oz. cheddar cheese

FROZEN FOOD ITEMS

- 3/4 cup orange juice concentrate

MEAT, POULTRY, PORK & SEAFOOD

- 1 1/2 lbs. salmon
- 2 1/2 lbs. chicken breast
- 1 lb. thinly sliced rare roast beef

GRAINS, LEGUMES & PASTA

- 16 oz. rotini pasta

CANNED & JARRED GOODS

- 1/4 cup soy sauce
- 3 tbs. barbecue sauce
- 1/4 cup Frank's Red Hot
- 3 tbs. honey

MISCELLANEOUS ITEMS

- 1 tsp. ancho chili powder
- 1/2 tsp. coriander
- 8 corn tortillas
- 2 tbs. sesame seeds, optional
- 1/4 cup brandy
- 8 slices French bread
- 1/2 tsp. smoked paprika