

MONDAY



SALMON TACOS WITH AVOCADO SALSA

TUESDAY



ORANGE CHICKEN

WEDNESDAY



LEMON BROCCOLI PASTA SKILLET

THURSDAY



ROAST BEEF SANDWICH

FRIDAY



GRILLED BUFFALO CHICKEN

ONE SWEET MESS

GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

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

PRODUCE

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

DAIRY & REFRIGERATED ITEMS

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

FROZEN FOOD ITEMS

- 3/4 cup orange juice concentrate

MEAT, POULTRY, PORK & SEAFOOD

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

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