

MONDAY



Cauliflower Pita Sandwich

Side dish ideas:

- [Quinoa Avocado Salad](#)
- [Bean Salad](#)

TUESDAY



Grilled Chicken Wings

Side dish ideas:

- [Peach Salad](#)
- [Grilled Sweet Potato Wedges](#)

WEDNESDAY



Salmon Kabobs

Tip:

Soak [wooden skewers](#) for at least 30 minutes before use to prevent burning during cooking.

THURSDAY



Grilled Chicken Salad

Tip:

Cook the chicken undisturbed until each side releases easily from the grill.

FRIDAY



Homemade Hamburgers

Side dish ideas:

- [Mustard Potato Salad](#)
- [Broccoli Slaw](#)

SNACK/DESSERT



Peach Crisp

Tip:

Cut the peaches into large slices or chunks to help them stand out after baking.

Produce

red onions (2 medium)
 garlic (1 bulb)
 cauliflower (1 head)
 zucchini (2 medium)
 romaine lettuce (3-count bag)
 shredded lettuce (8 oz bag)
 cherry tomatoes (1 pint)
 tomatoes (2 medium)
 corn (2 ears)
 avocado (1 large)
 lemons (4)
 peaches (10 medium)
burger toppings of choice

Fresh Herbs *optional*

fresh thyme (1 package)

Refrigerated**Dairy**

crumbled feta cheese (4 oz container)
 unsalted butter (1 lb box)
 large eggs (1 dozen)
 sliced cheese of choice (for burgers)

Frozen

vanilla ice cream

Meat/Seafood

chicken wings, split flats and drumettes (3 lbs)
 boneless skinless chicken breasts (1 ½ lb)
 center-cut salmon filet, skin removed (1 ½ lb)
 ground beef, 85% lean (1 lb)

Pantry

olive oil or avocado oil
 Worcestershire sauce**
 Dijon mustard
 hot sauce (12 oz bottle)
 tahini sauce *for serving*
 tartar sauce *for serving*
 honey*
 fine breadcrumbs (15 oz container)
 rolled oats (1 cup)
 all-purpose flour (1 cup*)
 granulated sugar*
 light brown sugar*
 cornstarch*
 wooden skewers (1 pack)

Bakery

small pita breads (1 package)
 hamburger buns (1 package)

Spices

cumin
 paprika
 smoked paprika
 coriander
 garlic powder
 onion powder
 dried oregano
 cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand