

MONDAY



Chickpea Burgers

Tip:
Process the mixture just until it forms a ball with chunks of feta and sundried tomatoes.

TUESDAY



Taco Salad

Side dish ideas:

- [Corn Salsa](#)
- [Cilantro Lime Rice](#)

WEDNESDAY



Grilled BBQ Shrimp

Tip:

- [Macaroni Salad](#)
- [Grilled Green Beans](#)

THURSDAY



Grilled Chicken Tenders

Tip:
Marinate for 15 minutes up to 4 hours to tenderize and flavor chicken.

FRIDAY



Grilled White Fish

Side dish ideas:

- [Mango Salsa](#)
- [Basmati Rice](#)

SNACK/DESSERT



Cherry Bars

Tip:
Flatten the dough evenly before you add the cherry filling. Uneven dough = uneven bars.

Produce

red onion (1 medium)
yellow onion (1 medium)
garlic (1 bulb)
lemons (2)
romaine lettuce (2 large heads or 2 hearts packages)

burger toppings: tomato, lettuce, pickles, avocado, etc.

Fresh Herbs *optional*

parsley (1 bunch)

Refrigerated

Dairy

crumbled feta cheese (4 oz container)
shredded Mexican blend cheese(8 oz bag)
sour cream (8 oz)
unsalted butter (1 stick)
pico de gallo (16 oz container)
large eggs

Frozen

frozen pitted cherries (16 oz bag)

Meat/Seafood

lean ground beef (1 lb)
jumbo shrimp, peeled and deveined (1 lb)
chicken breast tenders (1.5 lbs)
mahi mahi fillets (4 6-oz fillets)

Pantry

olive oil (1 bottle)
avocado oil *
rolled oats (18 oz container)
canned chickpeas (15-oz can)
black beans (15-oz can)
sundried tomatoes, drained (8-oz jar)
tomato paste (6-oz can)
all-purpose flour**
granulated sugar (2 lb bag)
cornstarch
almond extract
tortilla strips (1 bag)

wooden skewers

Bakery

burger buns (1 package)

Spices

oregano
taco seasoning (1 packet)
BBQ seasoning
dried thyme
garlic powder
paprika
onion powder

Ingredient notes

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