

MONDAY



Lemon Ricotta Pasta

Tip:

Use salty, starchy pasta water in your sauce for flavor & to help it cling to the pasta.

TUESDAY



Honey Lemon Salmon

Side dish ideas:

- Green Beans with Almonds
- Mixed Greens Salad

WEDNESDAY



Green Thai Curry

Tip:

Sauté the green curry paste with aromatics before adding coconut milk for max flavor.

THURSDAY



Grilled Fish Tacos

Tip:

Make sure to clean the grill grates with a grill brush and then oil them well before grilling.

FRIDAY



Pan-Seared Steaks

Side dish ideas:

- Air Fried Asparagus
- Lemon Rice

SNACK/DESSERT



Homemade Popsicles

Tip:

Such a fun treat for hot summer days. Choose from strawberry, mango, and kiwi!

Produce

yellow onion (1 small)
 garlic (1 bulb)
 ginger root (1 small piece)
 jalapeño (1)
 green bell pepper (1)
 cauliflower (1 small head)
 white cabbage (1 small head)
 carrot (1)
 baby spinach (5 oz container)
 lemons (5)
 limes (3)

For homemade popsicles, choose all or 1 fruit

- strawberries (1 lb container)
- mangoes (3 large)
- kiwis (8)

Fresh Herbs *optional*

fresh parsley (1 bunch)
 fresh cilantro (1 bunch)
 fresh basil (1 small package)
 fresh rosemary or thyme (1 small package, optional)

Refrigerated

orange juice (12 oz bottle)

Dairy

whole-milk ricotta (15 oz container)
 parmesan cheese (8 oz wedge)
 plain Greek yogurt (sm container)
 unsalted butter (1 stick)

Frozen

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Meat/Seafood

boneless skinless chicken breast (1 ½ lbs)
 NY strip steaks (2 - 12 oz steaks, 1-in thick)
 skinless salmon fillets (4 - 6 oz each)
 mahi mahi or cod fillets (1 ½ lbs)

Pantry

olive oil
 soy sauce*
 spaghetti or pasta of choice (16 oz box)
 white rice
 coconut milk (2 - 14.5 oz cans)
 green curry paste (4 oz jar)
 mayonnaise
 honey

Bakery

white corn tortillas (10-count)

Spices

taco seasoning
 garlic powder
 ground cumin
 crushed red pepper flakes

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand