

MONDAY

**Pesto Grilled Chicken****Side dish ideas:**

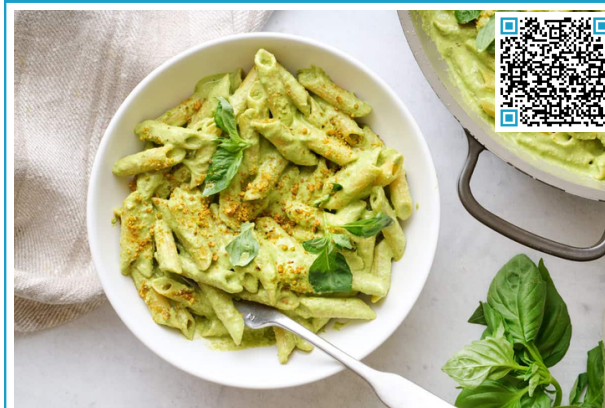
- Grilled Veggies
- Grilled Sweet Potato Wedges

TUESDAY

**Tofu Tacos****Tip:**

Don't skip pressing the tofu! Allow it to press for about 30 minutes for best texture.

WEDNESDAY

**Pistachio Pasta****Tip:**

If using the recommended *chickpea pasta*, rinse first. If using regular pasta, don't rinse!

THURSDAY

**Shrimp Orzo Salad****Tip:**

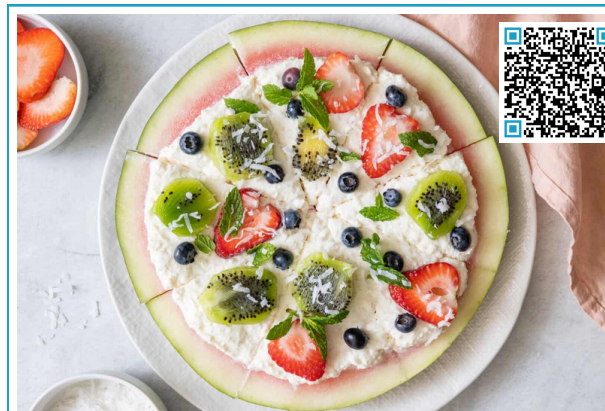
Use any size of shrimp, but for large shrimp, cut into thirds for easy one-bite eating.

FRIDAY

**West African Beef Kabobs****Side dish ideas:**

- Jollof Rice
- Arabic pita with tomatoes and onions

SNACK/DESSERT

**Watermelon Pizza****Side dish ideas:**

Spread the cream cheese ricotta mixture on thick a top with whatever fruits you like!

Produce

yellow onions (2)
red onion (1)
shallot (1)
garlic (1 bulb)
shredded cabbage (14 oz bag)
avocados (2)
Persian cucumbers (1 package)
cherry tomatoes (1 pint)
tomato (1)
lemons (3)
lime (1)
large watermelon (1)
strawberries (1 lb container)
blueberries (1 pint)
kiwi (2)

Fresh Herbs *optional*

green onions or scallions (1 bunch)
fresh basil (1 large bunch)
fresh cilantro (1 bunch)
fresh dill (1 bunch)
fresh mint (1 bunch)

Refrigerated**Dairy**

firm tofu (14 oz package)
Stonyfield whole milk Greek yogurt
milk of choice
crumbled feta cheese (4 oz container)
whole-milk ricotta cheese (15 oz container)
whipped cream cheese (8 oz tub)

Frozen

n/a

Meat/Seafood

boneless skinless chicken breasts (1½ lbs)
med-lg peeled and deveined shrimp (1 lb)
NY strip or sirloin steak (1 lb)

Pantry

olive oil or avocado oil
balsamic vinegar *

Chickapea penne pasta (8 oz box)
or regular penne pasta

orzo (16 oz box)
tomato paste (6 oz can)
prepared pesto (6 oz jar)
creamy unsalted peanut butter (16 oz jar)
Dijon mustard *
maple syrup *
honey*

shelled pistachios (6 oz bag)
shredded coconut (7 oz bag)

Bakery

small flour or corn tortillas
Arabic pita bread

Spices

taco seasoning
ground cumin
dried oregano
ground allspice
crushed red pepper flakes
ground ginger

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand