

## MONDAY



### Veggie Spaghetti

**Tip:**

Keep the pasta moving! This helps prevent sticking and releases starch for creaminess.

## TUESDAY



### Pan Seared Chicken

**Side Dish Ideas:**

- Sauteed Green Beans
- Air Fryer Potatoes

## WEDNESDAY



### Ground Beef and Peas

**Side dish ideas:**

- Basmati Rice
- Homemade Naan

## THURSDAY

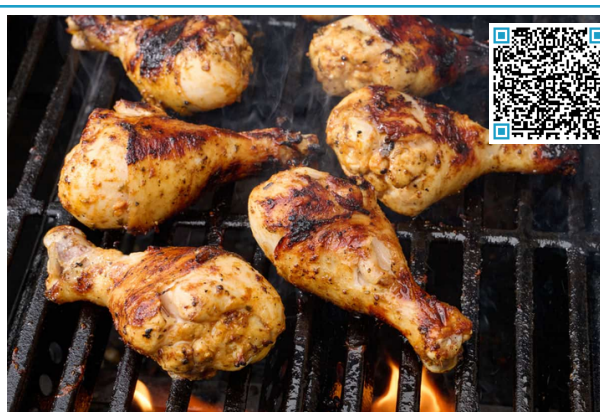


### Salmon Bowl

**Tip:**

Let the salmon develop color before adding the glaze to prevent burning the sauce.

## FRIDAY



### Grilled Chicken Drumsticks

**Side dish ideas:**

- Grilled Potatoes
- Zucchini Salad

## SNACK/DESSERT



### Lemon Bars

**Tip:**

Let the bars cool fully before cutting to help hold shape, especially since it's eggless.

**Produce**

yellow onions (2 large)  
garlic (2 bulbs)  
ginger root (4-inch piece)  
zucchini (1 medium)  
summer squash (1 medium)  
cherry tomatoes (1 pint)  
carrots (12 oz bag)  
Persian cucumbers (8)  
avocado  
lemons (8)

**Fresh Herbs** *optional*

fresh basil (1 bunch)  
green onions (1 bunch)

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**Refrigerated****Dairy**

Parmesan cheese (8 oz wedge)  
butter (1 stick)

**Frozen**

frozen peas (12 oz bag)  
shelled edamame (12 oz bag)

**Meat/Seafood**

boneless skinless chicken breasts (4, 8-oz ea)  
lean ground beef (1 lb)  
salmon fillets, skin removed (1½ lb)  
chicken drumsticks, skin-on (8, about 2 ½ lbs)

**Bakery**

naan (4-count package)

**Pantry**

olive oil or avocado oil  
coconut oil (14 oz jar)  
rice vinegar \*  
low-sodium soy sauce \*  
toasted sesame oil \*  
dried spaghetti (16 oz box)  
short-grain white rice (16 oz bag)  
fire-roasted diced tomatoes (14.5 oz can)  
tomato paste (6 oz can)  
full-fat coconut milk (13.5 oz can)  
sriracha  
honey  
maple syrup  
rolled oats (sm container)  
walnuts (8 oz bag)  
granulated sugar\*\*  
powdered sugar\*\*  
cornstarch

**Spices**

toasted sesame seeds  
Italian seasoning  
dried thyme  
paprika  
garlic powder  
curry powder  
ground coriander  
ground cumin  
turmeric  
onion powder  
dried oregano

**Ingredient notes**

\* This ingredient can be used for many more recipes!

\*\* You may have this staple on hand