

MONDAY

**Zucchini Soup****Tip:**

Drain and rinse canned beans well to remove sodium and any metallic taste.

TUESDAY

**Chicken Teriyaki Bowl****Tip:**

The teriyaki sauce has sriracha, so if you're sensitive, omit it or add more for extra heat.

WEDNESDAY

**Ground Beef and Eggs****Side dish ideas:**

- [Pita Bread](#)
- [Labneh](#)

THURSDAY

**Spicy Shrimp Pasta****Tip:**

Don't like spicy? Skip the flakes! You can also use any pasta you like.

FRIDAY

**Grilled Chicken Sandwich****Side dish ideas:**

- [Zucchini Tater Tots](#)
- [Mediterranean Rice Salad](#)

SNACK/DESSERT

**Edible Cookie Dough****Tip:**

Because almond flour varies by brand, adjust consistency with more almond flour.

Produce

yellow onions (2)
garlic (2 bulbs)
ginger root (1 small piece)
leeks (3)
zucchini (3 medium)
broccoli (1 head)
lettuce (1 head)
tomatoes (2 medium)
lemons (2)

Fresh Herbs *optional*

basil (2 oz package)
parsley (1 bunch)
scallions (1 bunch)

Bakery

brioche buns (4-count package)

Refrigerated**Dairy**

large eggs (1 dozen)
Parmesan cheese, block or grated (8 oz)
unsweetened almond milk (1 quart)

Frozen

n/a

Meat/Seafood

boneless skinless chicken breasts (2½ lb)
lean ground beef (1 lb)
shrimp, peeled and deveined (1 lb)

Pantry

olive oil or avocado oil
toasted sesame oil *
rice vinegar *
soy sauce *
penne pasta (16 oz)
brown rice (1 lb)
cannellini beans (15 oz can)
tomato sauce (24 oz jar)
mayonnaise (15 oz jar)
ketchup
Dijon mustard
Sriracha
cornstarch
almond flour (16 oz bag)
granulated sugar
light brown sugar
coconut oil (sm jar)
vanilla extract
mini chocolate chips (sm bag)

Spices

Italian seasoning
crushed red pepper
7 spice
cinnamon
paprika
garlic powder
cumin
smoked paprika
toasted sesame seeds

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand