

August 3-7 Ingredient List

Protein

- ☐ 1 1/4 to 1 1/2 pounds beef flank steak
- ☐ 1 1/4 pounds salmon fillet
- ☐ 4 eggs
- ☐ 2 1/2 cups shredded rotisserie chicken
- ☐ 1 pound shrimp

Produce

- ☐ 3 medium zucchini
- ☐ 1 cucumber
- ☐ 2 tablespoons finely chopped red onion
- ☐ 2 teaspoons minced garlic
- ☐ 2/3 cup chopped carrots
- ☐ 1 cup frozen peas
- ☐ 6 green onions
- ☐ 7 cloves garlic
- ☐ 2 poblano peppers
- ☐ 1 yellow or orange bell pepper
- ☐ 1 white onion
- ☐ 1 shallot
- ☐ 2 cups cherry tomatoes
- ☐ 1/4 cup flat-leaf parsley
- ☐ 4 teaspoons chopped fresh basil
- ☐ 1 lemon
- ☐ 2 cups baby spinach
- ☐ 10 ounces baby spinach
- ☐ 2 cups blueberries
- ☐ 8 ounces strawberries
- ☐ 1 pound strawberries
- ☐ cilantro

Grains

- ☐ 1 1/8 cups panko breadcrumbs
- ☐ 4 brioche buns
- ☐ 4 cups cooked rice
- ☐ 3 cups broken tortilla chips
- ☐ 8 ounces fettuccine pasta
- ☐ Corn Tortillas

Pantry

- ☐ 2 tablespoons ketchup
- ☐ 3 teaspoons light brown sugar
- ☐ 4 tablespoons white wine vinegar
- ☐ 1/8 teaspoon ground white pepper
- ☐ 4 tablespoon olive oil
- ☐ 2 tablespoons dijon mustard
- ☐ 1/2 cup mayonnaise
- ☐ Pinch of cayenne pepper
- ☐ 4 tablespoons canola oil
- ☐ Salt
- ☐ Pepper
- ☐ 1/4 cup tamari sauce
- ☐ 1 1/2 teaspoons chili powder
- ☐ 1/2 teaspoon ground cumin
- ☐ 1/4 teaspoon garlic powder
- ☐ 4 tablespoons butter
- ☐ 2 tablespoons all-purpose flour
- ☐ 1 1/4 cups chicken broth
- ☐ 1/2 teaspoon red pepper flakes
- ☐ 1/2 cup dry white wine

Canned Goods

- ☐ 1 (10 ounce) can diced tomatoes and green chiles
- ☐ 1 (15 ounce) can pinto beans

Dairy

- ☐ 1/3 cup crumbled goat cheese

- ☐ 3/4 cup crumbled feta cheese
- ☐ 2 cups sharp Cheddar cheese
- ☐ 1 cup heavy cream

Nuts & Seeds

- ☐ 1/2 cup walnuts

Condiments

- ☐ Tartar sauce
- ☐ 1/4 cup sweet chili sauce
- ☐ Chili Crisp