

August 10-14 Ingredient List

Produce

- ☐ 2 red bell peppers
- ☐ 1 small red onion
- ☐ 1 small napa cabbage (2 1/2 lbs)
- ☐ 3 cloves garlic
- ☐ 3 medium jalapeños
- ☐ 2 limes
- ☐ Chopped fresh cilantro (plus more for garnish, optional)
- ☐ 1 English cucumber
- ☐ 1 pint cherry tomatoes
- ☐ 1/4 cup slivered red onion
- ☐ 1/4 cup chopped fresh parsley
- ☐ 2 medium carrots
- ☐ 1 (10-ounce) container grape tomatoes
- ☐ 2 small seedless cucumbers
- ☐ 1 cup frozen petite green peas
- ☐ 1/2 cup chopped celery
- ☐ 2 tablespoons chopped fresh chives
- ☐ 2 tablespoons chopped fresh dill
- ☐ 2 tablespoons chopped fresh oregano
- ☐ 2 cups fresh arugula
- ☐ 1 large mango
- ☐ 2 large plum tomatoes
- ☐ 2 tablespoons lemon juice
- ☐ Asparagus

Protein

- ☐ 4 (6-oz) boneless, skinless chicken breasts
- ☐ 4 (6-ounce) skin-on salmon fillets
- ☐ 1 pound boneless, skinless chicken thighs
- ☐ 1 lb flank steak

Pantry

- ☐ 1 teaspoon light brown sugar
- ☐ 1 1/2 tablespoons fish sauce
- ☐ 2 1/2 tablespoons soy sauce or tamari
- ☐ 1 teaspoon sambal oelek
- ☐ 8 tablespoons natural creamy peanut butter
- ☐ 3/4 teaspoon kosher salt
- ☐ Olive oil (for baking sheet and brushing)
- ☐ Chili crisp (optional)
- ☐ 1/4 cup honey
- ☐ 2 tablespoons apple cider vinegar or rice wine vinegar
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon paprika
- ☐ 1/4 teaspoon cayenne pepper
- ☐ 2 cups hummus
- ☐ 1/2 teaspoon ground black pepper
- ☐ 1/3 cup toasted pine nuts

Dairy

- ☐ 1 cup plain Greek yogurt
- ☐ 1/2 cup mayonnaise
- ☐ 1/4 cup whole milk
- ☐ 1/2 cup freshly grated Parmesan cheese
- ☐ Sour cream (for serving)

Grains

- ☐ 1 (16-ounce) package medium shell pasta
- ☐ Steamed rice (for serving)
- ☐ 8 (6-inch) corn tortillas

Nuts & Seeds

- ☐ 1/3 cup roasted unsalted peanuts

