



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Dry Good & Miscellaneous	Staples	Spices
	Roasted Cauliflower & Potato Curry Soup	2 yellow onions	4 oz mozzarella cheese, shredded	1 lb chicken breast, boneless skinless	flour tortillas	red-wine vinegar	cayenne pepper
	Green Salad	1 red onion	sour cream	1/2 lb ground beef, lean	farro		chili powder
TUESDAY		2 russet potatoes		1 1/2 lbs halibut filets	whole wheat penne		cinnamon
	One-Pot Cheesy Pasta Bake	2 sweet potatoes		cedar grilling planks	1 can coconut milk, 14 oz		coriander
		1 garlic head			10 oz chicken stock		cumin
WEDNESDAY		1 red bell pepper			32 oz vegetable stock		turmeric
	Leftovers!!	3 carrots			1 tomato sauce, 14 oz		marjoram
		1 head cauliflower, small			1 can crushed tomatoes, 15 oz		oregano
THURSDAY		1 jalapeno					
	Grilled Chicken Ratatouille	1 lettuce, head					
	Farro	5 oz baby spinach					
FRIDAY		1 eggplant					
	Cedar-Planked Halibut Tacos with Citrus Slaw	ginger					
		1 napa cabbage, small					
		1 scallion, bunch					
		4 plum tomatoes					
		1 zucchini					
		1 lime					
		basil					