



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Frozen	Dry Good & Miscellaneous	Staples	Spices
	Moroccan-Spiced Chickpea Glow Bowl with Bulgur	1 garlic	4 oz Monterey Jack cheese	2 lbs chicken thighs, boneless skinless	1 frozen pitted cherries, 10 oz	8 whole-wheat bread crumbs	sugar	chili powder
		1 white onion, large	sour cream	12 oz lean ground beef		8 6-inch tortillas or tostadas	4 oz cider vinegar	cumin
TUESDAY		1 yellow onion				4 whole-wheat English muffins or hamburger buns	balsamic vinegar	cinnamon
	Cherry Burgers	1 sweet onion				8 oz whole wheat vermicelli or spaghetti	Dijon mustard	cayenne pepper
	Grilled Asparagus	1 scallion, bunch				couscous or bulgar	Worcestershire sauce	turmeric
WEDNESDAY		1 lettuce, head				brown rice		garam masala
	Sopa Seca	1 lb asparagus				1 wild Alaskan salmon, boneless skinless, 6 oz can		curry powder
	Green Salad	1 cucumber				1 jar pickled jalapenos		allspice
THURSDAY		2 cups coleslaw mix or cabbage				1 diced tomatoes, 15 oz can		ground cardamom
	Chicken Curry Bar with Brown Rice	1 avocado				2 fire roasted tomatoes, 15 oz can		ground ginger
	Broccoli	cilantro				1 chipotle peppers in adobo, 4 oz can		crushed red pepper
FRIDAY		1 mint				1 chickpeas, 15 oz can		
	Black Bean & Salmon Tostadas	1 lemon				2 black beans, 15 oz can		
		1 lime				24 oz chicken stock, low-sodium		
						salsa		
						1 coconut milk, 14 oz can		
						dried banan chips		
						golden raisins		
						dried cherries		
						unsweetened coconut flakes		
						slivered almonds		