



MONDAY	Menu	Produce	Dairy & Refrigerated	Meat, Poultry & Fish	Dry Good & Miscellaneous	Staples	Spices
	White Turkey Chili	3 yellow onions	feta	1 lb mahi mahi filets	4 pita pockets, whole-wheat	sugar	sesame seeds
		4 sweet potatoes	16 oz greek yogurt	3 lbs pork shoulder	bulgur	soy sauce	garlic powder
<b>TUESDAY</b>		garlic	sour cream	1 lb ground turkey, lean	whole wheat spaghetti	fish sauce	ground coriander
	Bangkok Coconut Curry Noodle Bowls	ginger			jasmine or basmati rice	rice vinegar	ground cumin
		1 scallion, bunch			tahini	sesame oil	ground ginger
<b>WEDNESDAY</b>		2 shallots			36 oz chicken stock	Sriracha or chili paste	onion powder
	Everything Greek Pork Pitas	2-4 zucchini			2 white beans, 15 oz		oregano
	Green Salad	1 lettuce, head			1 chickpeas, 15 oz		white pepper
<b>THURSDAY</b>		1 jalapeno			2 green chiles, 4 oz		smoked paprika
	30-Minute Pineapple Teriyaki Chicken with Sesame Ginger Broccoli	2 chipotle chiles			2 coconut milk, 14 oz		chili powder
		1 cucumber			1 red curry paste		cayenne pepper
<b>FRIDAY</b>		1 asparagus, bunch			unsweetened coconut flakes		
	Chipotle Mahi Mahi Burrito Bowls	1 broccoli, head					
	Strawberry-Mango Salsa	1 lb carrots					
	Grilled Corn	4 corn, ears					
	Coconut Cilantro Lime Rice	cilantro					
		1 avocado					
		1 mango					
		1 strawberry, quart					
		3 limes					