



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Frozen	Dry Good & Miscellaneous	Staples	Spices
	30-Minute Pineapple Teriyaki Chicken with Sesame Ginger Broccoli	2 yellow onions	4 oz goat cheese	1 andouille sausage, 12 oz pack	peas	farro	sesame oil	cinnamon
	Brown Rice	1 sweet onion	1 egg	2 lbs chicken breast, boneless skinless		white rice	sherry or white wine vinegar	cumin
TUESDAY		garlic	12 oz milk	9 oz chicken sausage		brown rice	honey	smoked paprika
	Crockpot Moroccan Lentil and Chickpea Soup	1 lettuce, head		1/2 lb raw shrimp, peeled and de-veined		BBQ sauce	molasses	sesame seeds
	Green Salad	1 scallion				1 crushed tomatoes, 28 oz	soy sauce, reduced sodium	cajun seasoning (or homemade)
WEDNESDAY		1 collard greens, bunch				1 tomato paste, 6 oz can	corn meal	
	Slow Cooker Jambalaya	2 broccoli, bunches				1 diced tomatoes, 15 oz	flour	
		1 red bell pepper				2 cups chicken stock	sugar	
THURSDAY		1 bunch arugula, chard or beet greens				4 cups veggie or chicken stock	baking powder	
	Spring Vegetable Grain Bowl	5 carrots				1 chickpeas, 15 oz can	baking soda	
	Grilled Meat (optional)	1 celery stalk				2 great northern beans, 15 oz		
FRIDAY		1 fresno chile pepper				1.5 cups green lentils		
	BBQ Baked Beans & Sausage with Collards	2-3 jalapenos						
	Corn Bread	ginger						
		cilantro						
		2 limes						
		1 pineapple, small						