

MONDAY



Springtime vegetarian minestrone soup and crusty bread

TUESDAY



Blackened cajun mahi mahi, coconut lime rice, broccoli

WEDNESDAY



Skirt steak Chimichurri sauce, roasted potatoes, zucchini

THURSDAY



Chicken Satay Salad

FRIDAY



Grilled lemon rosemary flat chicken, carrots, parsnips

Weekly Menu

April 20-24, 2015

via www.tasteslovely.com

Shopping List

PANTRY STAPLES YOU PROBABLY ALREADY HAVE

- White Rice (2 cup)
- Olive Oil
- Coconut Oil (2 tbs)
- Red wine vinegar (1/4 cup)
- Soy sauce (2 tbs)
- Tomato paste (3 tbs)
- Peanut butter (1/3 cup)
- Rice wine vinegar (1/3 cup)
- Sesame seed oil (3 tbs)
- Brown sugar (1 tbs)
- Dried herbs: parsley, oregano, thyme, paprika, cayenne pepper, onion powder, garlic powder, red pepper flakes, italian seasoning

PRODUCE

- 10 carrots
- 3 parsnips
- 2 stalks celery
- 1 large onion
- 2 limes
- 2 lemons
- 2 heads broccoli
- 5 med. zucchini
- baby spinach (2 cups)
- 1.5 lbs yukon gold potatoes
- 1 bunch parsley
- 1 bunch cilantro
- 1 bunch cilantro
- 1 bunch fresh rosemary
- 1 yellow bell pepper
- 1 head of cabbage
- 1 cup bean sprouts
- 1 bunch green onions
- 2" piece of ginger
- 1 head garlic
- 2 avocados

MEAT AND SEAFOOD

- 4 mahi mahi filets
- 2 pound skirt or flank steak
- 4 boneless skinless chicken breast
- 4-6 lb whole chicken

DRY GOODS

- Vegetable Broth (6 cups)
- 1 28oz can diced tomatoes
- 1 15oz can kidney beans
- Salted peanuts (1/3 cup)
- Wooden Skewers (12)
- 1 loaf crusty bread
- penne pasta