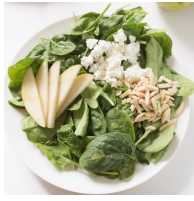


MONDAY



Pear & goat cheese spinach salad, warm bread

TUESDAY



Orange mustard salmon, brown rice, garlicky green beans

WEDNESDAY



Pesto stuffed chicken, sauteed kale, baked potatoes

THURSDAY



Ramen noodle Chinese chicken salad, pan fried potstickers

FRIDAY



Spicy pineapple beef lettuce wraps

Weekly Menu

April 27 - May 1, 2015

via www.tasteslovely.com

Shopping List

KITCHEN STAPLES YOU PROBABLY ALREADY HAVE

- olive oil (2 cup)
- honey (2 tsp)
- dijon mustard (2 tsp)
- butter (2 stick)
- ketchup (1 tbs)
- coconut oil (1 tbs)
- 1/2 cup dijon mustard
- vegetable oil (1-1/4 cup)
- rice vinegar (3 tbs)
- sesame seeds (2 tbs)
- soy sauce (1/2 cup)
- white sugar (1 tbs)
- apple cider vinegar (2 tbs)
- sriracha (2 tbs)

PRODUCE

- 2 lbs baby spinach
- 2 pears
- 2 oranges
- 1 lb green beans
- 1 head of garlic
- 1 pineapple
- 1 head boston or butter lettuce
- 8 oz arugula
- 1 bunch chives
- 1 pound kale
- 4 large russet potatoes
- 3 bunches green onions
- 2" piece of fresh ginger
- 1 head iceberg lettuce
- 14 oz bag shredded coleslaw mix
- 1 bunch cilantro
- 2 red bell pepper
- 1 carrot

MEAT AND SEAFOOD

- (4) 6-oz salmon filets
- 1 lb sirloin steak
- 4 boneless, skinless chicken breast
- 1 rotisserie chicken

DAIRY

- 6 ounces goat cheese
- grated parmesan cheese (1/2 cup)
- sour cream (8 oz)

FROZEN

- 1 bag frozen potstickers, whichever flavor your family prefers

DRY GOODS

- champagne vinegar (6 tbs)
- 1 baguette crusty bread
- Roasted slivered almonds (1.5 cups)
- white wine (1 bottle)
- chicken broth (1/2 cup)
- brown rice (2 cups)
- sesame seed oil
- sunflower seeds (1 cup)
- 1 package ramen noodle soup
- molasses (1/4 cup)