

MONDAY



15 minute creamy pesto pasta, warm bread

Weekly Menu

May 4 - 8, 2015

via www.tasteslovely.com

Shopping List

TUESDAY



Crispy coconut shrimp tacos served with chips and salsa

WEDNESDAY



Rosemary lemon chicken, roasted potatoes & carrots

THURSDAY



Asian turkey lettuce wraps

FRIDAY



Caesar salmon patties, caesar salad

KITCHEN STAPLES YOU PROBABLY ALREADY HAVE

- butter (1 stick)
- mayonnaise (3/4 cup)
- coconut oil (1/4 cup)
- olive oil (1 cup)
- soy sauce (1/4 cup)
- peanut butter (1 tbs)
- Dried herbs: chili powder (1 tsp), dried oregano (1 tsp), smoked paprika (1 tsp)

PRODUCE

- 1 head garlic
- 1 head green cabbage
- 2 limes
- 1 medium papaya
- 3 medium mangos
- 1 bunch cilantro
- 1 medium red onion
- 2 lemons
- 1 bunch fresh rosemary
- 3 pounds yukon gold potatoes
- 4 pounds carrots
- 1 medium yellow onion
- 3" long piece of ginger
- 1 head Butter, Bibb or Boston lettuce
- 1 bunch scallions
- 1 red bell pepper
- 2 heads romaine lettuce
- 1 pint cherry tomatoes

MEAT AND SEAFOOD

- 2 pounds peeled, deveined shrimp
- 4 skinless, boneless chicken breast
- 1 pound ground turkey

DAIRY / REFRIGERATED

- 1 pint heavy cream
- 1 pint 1% milk
- 1 container pesto sauce
- 2 cup parmesan cheese
- dozen eggs (need 3)

DRY GOODS

- 1 pound fettuccine pasta
- 1 loaf crusty bread
- panko bread crumbs (1/2 cup)
- 12 white flour taco tortillas
- unsweetened shredded coconut (1/2 cup)
- sweet chili sauce (1 cup)
- roasted, salted peanuts (1/2 cup)
- (2) 2.5 oz salmon pouches
- 1 jar of your favorite caesar dressing
- breadcrumbs (3/4 cup)
- 1 bag caesar croutons