

MONDAY



# Weekly Menu

May 25 - 29, 2015  
via [www.tasteslovely.com](http://www.tasteslovely.com)

Turkey burgers with feta and grilled onions, baked wedge fries

## Shopping List

### KITCHEN STAPLES YOU PROBABLY ALREADY HAVE

TUESDAY



Rainbow chopped thai chicken salad

- bread crumbs (1/2 cup)
- butter (2 tbs)
- balsamic vinegar (1 tbs)
- maple syrup (1 tbs)
- olive oil (3 cups)
- honey (3 tbs)
- peanut butter (2 tbs)
- coconut oil (2 tbs)
- rice wine vinegar (1/2 cup)
- spices: salt, pepper, garlic powder, dried oregano, red pepper flakes

WEDNESDAY



Lemon garlic salmon, garlicky green beans

### PRODUCE

- 1 head of garlic
- 1 cup baby spinach
- 3 medium yellow onions
- 8 medium russet potatoes
- 1 bottle fresh ginger paste
- 1 lime
- 1 head napa cabbage
- 1 head red cabbage
- 1 bunch cilantro
- 2 yellow bell peppers
- 1 english cucumber
- 2 bunches green onions
- 1 carrot
- 2 lemons
- 1 lb green beans
- 2 zucchini
- 1 red bell pepper
- 8 oz cremini mushrooms
- 2 cups baby arugula

THURSDAY



Coconut chicken and vegetable thai curry over rice

### MEAT AND SEAFOOD

- 3 lbs ground turkey
- 1 rotisserie chicken
- (4) 4-oz wild caught salmon
- 8 oz boneless, skinless chicken breast

FRIDAY



Creamy mushroom and bell pepper pasta, bread

### DAIRY / REFRIGERATED

- 4 oz feta cheese
- 8 oz container marcapone cheese
- parmesan cheese (1/4 cup)

### DRY GOODS

- 8 hamburger buns
- 1 bottle sweet chili sauce
- 2 cans coconut milk
- salted peanuts (1 cup)
- red thai chili paste
- jasmine rice, 2 cups
- 1 pound rotini pasta
- 1 baguette crusty bread