

MONDAY



Thin crust margarita pizza and caesar salad

TUESDAY



Curried apple and chicken salad wraps, potato wedges

WEDNESDAY



Mahi Mahi with chili lime butter, coconut rice, asparagus

THURSDAY



Sweet strawberry chicken salad, crusty bread

FRIDAY



Crispy pesto chicken, creamy pesto pasta

Weekly Menu

June 1-5, 2015

via www.tasteslovely.com

Shopping List

KITCHEN STAPLES YOU PROBABLY ALREADY HAVE

- all purpose flour (3 cups)
- honey (3 tbs)
- olive oil
- butter (2 sticks)
- coconut oil
- balsamic vinegar (2 tbs)
- apple cider vinegar (1 tsp)
- mayonnaise (1/2 cup)
- spices: salt, pepper, curry powder, chili powder

PRODUCE

- 1 bunch fresh basil
- 3 heads romaine lettuce
- 2 medium tomatoes
- 1 green apple
- 4 medium russet potatoes
- 1 bunch asparagus
- 6 cups mixed baby greens
- 1 clove of garlic
- 1 bunch scallions
- 4 limes
- 1 pint strawberries
- 1 pint blueberries

MEAT AND SEAFOOD

- 1 rotisserie chicken
- (4) 6 oz mahi mahi filets
- (6) boneless, skinless chicken breasts

DAIRY / REFRIGERATED

- 1 pound fresh mozzarella
- 16 oz parmesan cheese
- 5 oz plain greek yogurt
- 1 log goat cheese
- 1 container fresh pesto sauce
- 1/2 pint heavy cream
- milk (1 cup)

DRY GOODS

- active dry yeast (1 tsp)
- 28 oz can crushed tomatoes
- 1 package favorite croutons
- panko bread crumbs (1/2 cup)
- 1 bottle favorite caesar dressing
- 1 jar mango chutney (or any chutney, found in international food aisle)
- 1 pound fettuccine pasta
- large flour tortillas
- jasmine rice
- 13.5 oz can coconut milk
- 1 package candied pecans
- 1 loaf crusty bread