

MONDAY



Grilled apricot caprese salad, grilled bread, rosemary dipping oil

TUESDAY



Mahi Mahi w/ tropical fruit salsa, coconut lime rice, asparagus

WEDNESDAY



Grilled zucchini caprese sandwich, wedge cut fries

THURSDAY



Veggie stuffed quinoa peppers, arugula salad

FRIDAY



Ramen noodle Chinese chicken salad, potstickers

Weekly Menu

June 22-26, 2015

via www.tasteslovely.com

Shopping List

KITCHEN STAPLES YOU PROBABLY ALREADY HAVE

- coconut oil (1/4 cup)
- olive oil (1 cup)
- balsamic vinegar (3 tbs)
- butter (1 tbs)
- soy sauce (1/4 cup)
- sesame seed oil (1 tbs)
- mayonnaise (1/2 cup)
- dijon mustard (2 tsp)
- honey (2 tsp)
- vegetable oil (1-1/4 cup)
- rice vinegar (3 tbs)
- white sugar (1 tbs)
- spices: salt, pepper

PRODUCE

- 22 bunches fresh basil leaves
- 8 medium apricots
- 1 head of garlic
- 1 bunch fresh rosemary
- 1 medium mango
- 1 medium papaya
- 1 small red onion
- 1 bunch green onions
- 1 medium jalapeno
- 2 bunches cilantro
- 4 limes
- 2 bunches asparagus
- 5 medium zucchinis
- 4 tomatoes
- 4 medium russet potatoes
- 3 red bell peppers
- 2 medium carrots
- 1 eggplant
- 1 small yellow onion
- 8 oz fresh spinach
- 8 oz baby arugula
- 1 large head iceberg lettuce
- 14 oz bag coleslaw mix

MEAT AND SEAFOOD

- (4) 6-ounce mahi mahi filets
- 1 rotisserie chicken

DAIRY / REFRIGERATED

- 4 balls fresh mozzarella cheese
- 1 container fresh pesto
- 1/2 cup grated parmesan cheese

FROZEN

- 1 bag frozen potstickers

DRY GOODS

- balsamic glaze
- 1 baguette crusty bread
- 1 bottle white wine
- 1/2 cup sunflower seeds
- 2 cups jasmine rice
- 2 13.5 oz can coconut milk
- 1 carton chicken broth
- 1 package ramen noodles
- 4 sandwich rolls
- 4 oz quinoa
- 1/2 cup bread crumbs