

MONDAY



Kale walnut pesto and blistered tomato pasta

TUESDAY



Spicy tuna cake salad with orange balsamic vinaigrette

WEDNESDAY



Grilled flattened lemon rosemary chicken, artichokes

THURSDAY



BBQ pizza with pulled pork

FRIDAY



Beef dip sandwiches, potato wedges

Weekly Menu

June 29-July 3, 2015

via www.tasteslovely.com

Shopping List

KITCHEN STAPLES YOU PROBABLY ALREADY HAVE

- olive oil (1-1/4 cup)
- mayonnaise (1 cup)
- dry mustard (1/2 tsp)
- balsamic vinegar (1/3 cup)
- BBQ sauce (1 cup)
- butter (1 stick)
- spices: salt, pepper, dried basil, Old Bay seasoning, cayenne pepper

PRODUCE

- 8 kale leaves
- 10 basil leaves
- 1 head of garlic
- 2 pints grape tomatoes
- 1 orange
- 6 cups mixed greens
- 1 bag shredded carrots
- 1 avocado
- 5 lemons
- 3 sprigs rosemary
- 4 artichokes
- 1 red onion
- 4 roma tomatoes
- 1 bunch green onions
- 1 bunch cilantro
- 2 cups arugula
- 1 yellow onion
- 4 russet potatoes

MEAT AND SEAFOOD

- 1 whole chicken
- 6 slices of bacon
- pre cooked pulled pork (2 cups)
- 8 ounces seasoned roast beef deli meat

DAIRY / REFRIGERATED

- 1/4 cup parmesan cheese
- 6 oz gruyere cheese
- dozen eggs (need 1)
- 4 cups shredded cheese (cheddar, mozzarella, Monterey jack or a combo of all)

FROZEN

- 2 pound pizza dough

DRY GOODS

- 1/4 cup walnuts
- 1 pound spaghetti
- 1 carton chicken stock
- 1 bottle white wine
- panko bread crumbs (6 tbs)
- (3) 5-oz cans tuna with jalapeño & olive oil (by Bumble Bee)
- 1 baguette bread
- 32 oz beef broth