

MONDAY



Garden vegetable lasagna, caesar salad

TUESDAY



Mustard grilled pineapple chicken wings, potato salad

WEDNESDAY



Salmon burgers with green goddess dressing, wedge fries

THURSDAY



Chicken tacos with cilantro lime ranch

FRIDAY



Asparagus, bacon and strawberry salad with poached egg, bread

Weekly Menu

June 15-19, 2015

via www.tasteslovely.com

Shopping List

KITCHEN STAPLES YOU PROBABLY ALREADY HAVE

- olive oil (1/2 cup)
- stone ground mustard (1/3 cup)
- soy sauce (1/2 cup)
- sesame seeds (2 tbs)
- mayonnaise (1/2 cup)
- red wine vinegar (1 tbs)
- dijon mustard (1 tsp)
- spices: salt, pepper,

PRODUCE

- 2 medium zucchini
- 1 yellow onion
- 1 head garlic
- 2 heads romaine lettuce
- 1" piece of fresh ginger
- 1 bunch green onions
- 4 tomatillos
- 1 large jalapeño
- 6 cups frisee lettuce
- 3 pounds yukon gold potatoes
- 1 leek
- 2 lemons
- 1 bunch parsley
- 1 bunch chives
- 3 limes
- 1 bunch cilantro
- 12 strawberries
- 1 bunch fresh dill
- 8 oz arugula
- 2 tomatoes
- 4 medium russet potatoes
- 1 medium white onion
- 1 head iceberg lettuce
- 1 shallot
- 1 pound asparagus

MEAT AND SEAFOOD

- 2 pounds chicken wings
- 4 oz thick cut bacon
- (2) 6-oz salmon filets
- (2) 8-oz boneless, skinless chicken breast

DAIRY / REFRIGERATED

- 32-oz container ricotta cheese
- 4 oz parmesan cheese
- milk (1/4 cup)
- 16-oz shredded mozzarella cheese
- pineapple juice (6 oz)
- 1 container favorite salsa
- dozen eggs (need 6)
- 8 oz sour cream
- 16 oz plain greek yogurt

FROZEN

- (2) 10-oz packages frozen spinach

DRY GOODS

- (2) 25-oz jars marinara sauce
- 9-oz package NO BOIL lasagna noodles
- 1 baguette crusty bread
- 1 jar caesar dressing
- bread crumbs (1/4 cup)
- 1 container anchovy
- 1 bag tortilla chips
- 4 hamburger buns
- 8 taco sized tortillas
- 1 packet Hidden Valley Ranch Dressing Mix