

MONDAY



Oven roasted vegetable fajita tacos

Weekly Menu

July 6-July 10, 2015
via www.tasteslovely.com

Shopping List

TUESDAY



Balsamic steak, berry & arugula salad

KITCHEN STAPLES YOU PROBABLY ALREADY HAVE

- olive oil (2-1/2 cups)
- vegetable oil (1 tbs)
- balsamic vinegar (1 cup)
- coconut oil (2 tbs)
- dijon mustard (1/2 tsp)
- hot sauce
- sugar (3/4 cups)
- corn starch (1 tbs)
- spices: salt, pepper, cumin (1 tbs), steak seasoning (4 tbs), dried parsley (2 tsp), dried oregano (2 tsp), dried thyme (2 tsp), smoked paprika (2 tsp), cayenne pepper (1 tsp), onion powder (1 tsp), garlic powder (1 tsp)

WEDNESDAY



Sausage stuffed zucchini boats, caesar salad

PRODUCE

- 1 red bell pepper
- 1 yellow bell pepper
- 1 large red onion
- 6 medium zucchini
- 1 ear of corn
- 2 avocados
- 6 limes
- 6 cups arugula
- 6 oz raspberries
- 6 oz blueberries
- 6 oz strawberries
- 1 yellow onion
- 1 clove of garlic
- 2 heads romaine lettuce
- 1 pint grape tomatoes
- 16 oz blackberries
- 4 medium sweet potatoes
- 4 sprigs fresh rosemary
- 2 heads broccoli

THURSDAY



Blackberry balsamic glazed chicken, roasted sweet

MEAT AND SEAFOOD

- 2 lbs sirloin steak
- (4) 6-oz Mahi Mahi filets
- 3 sweet Italian sausage links
- 4 boneless, skinless chicken breasts

DAIRY / REFRIGERATED

- 8 oz shredded Mexican cheese blend
- 1 container fresh pico de gallo
- 8 oz container sour cream
- 1/2 cup feta cheese
- 4 oz shredded parmesan cheese
- 3/4 cup shredded mozzarella

FRIDAY



Blackened cajun mahi mahi, broccoli, coconut lime rice

DRY GOODS

- 12 taco sized tortillas
- 1 jar caesar dressing
- caesar salad croutons
- 1/4 cup slivered almonds
- 1 jar marinara sauce
- 2 cups jasmine rice
- (2) 13.5-oz can coconut milk