	-			
_ 1	6. (h)			

NONDAY	Menu		Produce		Diary & Refrigerated		Meat, Poultry & Fish		Dry Good & Miscellaneous		Staples	Spices
	Grilled Steak Salad with				cup grated parmesa	n						
	Eggplant & Veggies	1	red onion	3/4	cheese	1	lb flank steak	1	loaf bread		red wine vinegar	oregano
				,			lb chicken breast,					
	Grilled Corn		garlic	6	oz goat cheese	1	boneless, skinless Ib red snapper or	1	lb whole wheat pasta	3/4	cup extra virgin olive oil	red pepper flake
	Grilled Herbed Bread	1-2	shallots, large			1	tilapia		Israeli couscous		Dijon mustard	cumin
UESDAY		1/2	cauliflower head			1	lb lamb chops		brown rice		fish sauce	ground coriande
	Pasta with Pesto and								can diced tomatoes, 28			
	Sauteed Greens	1	bell pepper			_		1	OZ		soy sauce	ground allspice
		1	eggplant					1/4	cup pine nuts, walnuts or other nuts		sugar	
VEDNESDAY	•	2	tomatoes									
	Grilled Chicken & Peach	<u> </u>	lomaloes									
	Chopped Salad	1	cup cherry tomatoes									
			bunch of greens									
			(chard, kale, beet									
		<u> </u>	greens, etc.)			_		_				
HURSDAY		1	romaine lettuce, head									
	Thai Grilled Fish	1	jalapeno									
	Brown Rice	4	ears of corn									
	Green Beans	1	lb green beans									
RIDAY		3	limes									
	Middle Eastern Braised Cauliflower	2	peaches									
	Lamb Chops		basil									
	Israeli couscous		cilantro			-		-				
		-	ononino.									