



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Frozen	Dry Good & Miscellaneous	Staples	Spices
	Slow-Cooker Chicken Pho	garlic	1 extra-firm tofu, 14 oz	2 1/2 lbs bone-in chicken breast	2 cups corn kernels	brown rice stone-ground cornmeal	brown sugar	whole star anise
		3 yellow onions	1 egg	1 1/4 lbs wild salmon filets			mayonnaise	whole cloves
TUESDAY		1 white onion	1 cup buttermilk	1 lb lean ground pork		1 diced tomatoes, 15 oz	whole-grain mustard	cinnamon stick
	Mongolian Beef & Veggies with Soba Noodles	1 delicata squash, large		12 oz flank steak		2 chicken stock, low-sodium, 32 oz.	baking powder	curry powder
		2 broccoli crowns				1 lite coconut milk, 14 oz	corn starch	chili powder
WEDNESDAY		4 zucchini, small				6 oz wide rice noodles	soy sauce, reduced sodium	
	Delicata Squash & Tofu Curry with Quinoa	1 kale or chard bunch, large				soba noodles	rice vinegar	
		12 oz green beans				fish sauce		
THURSDAY		1 cup snow peas				toasted sesame oil		
	Cornbread Topped Chili Casserole	4 carrots				hoisin sauce		
	Green Salad	1 Thai chile or serrano				pine nuts or any nuts		
FRIDAY		4" ginger root				sesame seeds		
	Dijon Salmon with Green Bean Pilaf	1 bok choy, large						
		2 cups mung bean sprouts						
		1 scallion, bunch						
		basil						
		mint						
		cilantro						
		2 limes						
		1 lemon						