



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Dry Good & Miscellaneous	Staples	Spices
	Thai Grilled Corn & Peach Quinoa Salad	1 yellow onion	pesto	1 lb chicken breast, boneless skinless	tortillas, corn or flour	cider vinegar	garlic powder
		1 red onion	10 oz feta, crumbled	1 lb Italian sausage	quinoa	rice vinegar	Italian seasoning
TUESDAY		garlic	4 oz goat cheese	4 pork loin chops	1 lb whole wheat rotini	red wine vinegar	crushed red pepper
	One-Pot Italian Sausage & Kale Pasta	2 scallions	parmesan cheese, grated		1 chipotles in adobo sauce	ketchup	
		1 romaine lettuce, head			1 refried black beans, 15 oz can	Dijon mustard	
WEDNESDAY		1 kale, bunch			2 diced tomatoes, 15 oz can	honey	
	Chipotle-Lime Cauliflower Tacos	ginger			pumpkin seeds	soy sauce, reduced sodium	
		2 cups cherry tomatoes			sambal oelek chili paste		
THURSDAY		1 cauliflower, head					
	Grilled Chicken & Nectarine Chopped Salad	8 ears of corn					
		1 lb asparagus					
FRIDAY		2 Fresno chilies					
	Blackberry BBQ Pork Chops	1 jalapeno					
	Grilled Corn & Asparagus	1 avocado					
		basil					
		cilantro					
		mint					
		2 limes					
		6 oz blackberries					
		4 peaches					