



MONDAY	Menu	Produce	Dairy & Refrigerated	Meat, Poultry & Fish	Frozen	Dry Good & Miscellaneous	Staples	Spices
	Spiced Lamb Burgers with Whole Wheat Pita	1 yellow onion	Greek yogurt	12 slices prosciutto	1.5 cups frozen peas	4 whole wheat pita bread	brown sugar or agave or honey	cinnamon
	Tzatziki Sauce	1 shallot	6 eggs	1 lb ground lamb		1 lb whole wheat pasta	cornstarch	ground coriander
	Green Salad	2-3 cups baby spinach	parmesan cheese, grated	16 oz salmon (or canned)		Major Grey's chutney	soy sauce, low sodium	cumin
<b>TUESDAY</b>		1 lettuce, head	8 oz extra firm tofu	1.5 lbs chicken breast		vermicelli or rice noodles	sesame oil	red pepper flakes
	Simple Buttery Spring Pea Pasta with Prosciutto	1 cucumber	8 oz burrata cheese			chili garlic sauce	mayonnaise	curry powder
		2 carrots				spring roll rice papers		
<b>WEDNESDAY</b>		1 red bell pepper				almond or nut butter		
	Vegetarian Spring Rolls with Crispy Tofu	4 celery stalks				cup pecans or sliced almonds		
		1 scallion, bunch				1/2		
<b>THURSDAY</b>		mint						
	Lemon Herb Salmon Burgers	cilantro						
	Green Salad	parsley						
<b>FRIDAY</b>		basil						
	Curry Chicken Salad	2 lemons						
		1 lime						
		2 cups red grapes						
		1 apple						