



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Frozen	Dry Good & Miscellaneous	Staples	Spices
	20-Minute Grilled Jerk Chicken Bowl	2 sweet potatoes	butter	2 oz pancetta, sliced	sweet corn	white rice	Champagne or white wine vinegar	cumin
	Mango-Nectarine Salsa	garlic	4 eggs	1.5 lbs chicken breast, boneless, skinless		1 lb orecchiette pasta	rice vinegar	chili powder
<b>TUESDAY</b>		1 cucumber	Greek yogurt	1 lb ahi tuna		brown rice	sesame oil	jerk seasoning
	Swiss Chard and Onion Frittata	ginger	1.5 oz Gruyere			2 black beans, 15 oz can	honey	sesame seeds
	Green Salad	1 scallion, bunch	1 oz ricotta salata				soy sauce	
<b>WEDNESDAY</b>		1 romaine, head	parmesan cheese, grated				chili sauce	
	Spicy Southwestern Salad with Avocado Dressing	1 kale, bunch						
		1 swiss chard, bunch						
<b>THURSDAY</b>		1 jalapeno						
	Pasta Salad with Melon, Pancetta and Ricotta Salata	1 fresno chili pepper						
		3 avocados						
<b>FRIDAY</b>		1 cilantro, bunch						
	Tuna Poke Bowls with Brown Rice and Kale	1 mint, bunch						
		basil						
		1 lime						
		1 lemon						
		1 mango						
		1 cantelope						
		2 nectarines						