



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Dry Good & Miscellaneous	Staples	Spices
	Asiago White Beans with Farro, Kale and Tomatoes	1 yellow onion	orange juice	2 oz salami	farro	flour	chili powder
		garlic	asiago or parmesan cheese	1.5 lbs chicken breast	1 lb whole wheat penne	sugar	oregano
TUESDAY		ginger	3 oz feta, crumbled	1.5 lbs salmon filets	brown rice	champagne vinegar	crushed red pepper
	Beet Glazed Salmon with Orange, Fennel, Pecan and Goat Cheese Salad	1 lettuce, head	4 oz whole milk		1 cup tomato sauce	rice vinegar	
		2 cups baby kale or spinach	4 oz fresh mozzarella		16 oz chicken broth	red wine vinegar	
WEDNESDAY		1 radish, bunch			1 white beans, 15 oz can	soy sauce, low sodium	
	30-Minute Sesame Mango Chicken Teriyaki	1 fennel bulb			1 chickpeas, 15 oz can		
	Brown Rice	1 broccoli, bunch			black olives		
THURSDAY		1 cup grape tomatoes			pepperoncini, sliced		
	Pasta with Charred Broccoli, Feta and Lemon	1 pint cherry tomatoes			artichoke hearts, marinated		
		1 cucumber			15 medjool dates		
FRIDAY		2 mangos			pecans		
	Antipasto Salad	1 lemon					
		1 orange					