



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Frozen	Dry Good & Miscellaneous	Staples	Spices
	Penne with Ricotta, Peas and Veggies	1 red onion	butter	12 oz flank steak	1 cup frozen peas	Baguette	rice vinegar	cumin
		garlic	1 oz blue cheese	1 lb lean ground pork		quinoa	toasted sesame oil	chili powder
<b>TUESDAY</b>		ginger	1 cup Parmesan cheese, grated	1 lb black cod fillet		brown rice	balsamic vinegar	coriander seeds
	Black and Blue Salad	4 green plantains	1 cup ricotta			farro	Dijon mustard	cumin seeds
		2 Swiss chard, bunches	4 oz sour cream or Greek yogurt			1 lb pasta		garlic powder
<b>WEDNESDAY</b>		1 zucchini	white miso			salsa		paprika
	Spicy Brazilian Burrito Bowls	4 cups arugula				2 black beans, 15 oz		crushed red pepper
	Brown Rice	4 cups shredded cabbage				tahini		
<b>THURSDAY</b>		1 pint cherry tomatoes				tomato paste		
	Cod with Swiss Chard, Olives and Lemon	1 eggplant				oil-cured black olives		
	Farro	1 avocado						
<b>FRIDAY</b>		cilantro						
	Roasted Eggplant, Zucchini and Pork Bowls	2 limes						
	Quinoa	1 lemon						