



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Dry Good & Miscellaneous	Staples	Spices
	Zucchini Mac and Cheese	garlic	1/2 cup orange juice	1 lb chicken breast, boneless skinless	whole grain or corn tortillas	all-purpose flour	1 bay leaf
		1 yellow onion	butter	1 lb halibut	tricolor quinoa	red wine vinegar	cayenne pepper
TUESDAY		1.5 lbs red potatoes	3 cups cheddar cheese, shredded		1 lb whole wheat pasta	Dijon mustard	garlic powder
	Grilled Halibut Salad Nicoise	6 russett potatoes	5 eggs		1 black bean, can		red pepper flakes
		2 zucchini	1 cup Havarti cheese, shredded (4 oz)		8 cups chicken stock		onion powder
WEDNESDAY		4 leeks	1 cup heavy cream		kalamata olives, pitted		paprika
	Potato Leek Soup	1 jalapeno	3 cups whole milk				dried thyme (or fresh)
	Green Salad	1 lb green beans					
THURSDAY		1.5 cups grape tomatoes					
	Chicken Tacos with Mango Avocado Salsa	1 tomato					
	Grilled Corn	3 celery stalks					
FRIDAY		1 lettuce, head					
	Quinoa Bowls with Avocado and Eggs	1 avocado					
		parsley					
		thyme (or dried)					
		cilantro					
		1 lemon					
		1 lime					
		1 mango					