



Meal Plan Week 1

Bonus!



Easy Chicken Fried Rice + Baked Salmon with Mango Salsa + Sausage Rigatoni + Greek Meatballs (Keftedes) + Outback Alice Springs Chicken + Bonus Scotcheroos



Monday



Tuesday



Wednesday



Thursday



Friday

Produce:

- Onion
 - Yellow (3)*
 - White (1)
 - Red (1)*
 - Green (1)
- Mango
- Red Bell Pepper
- Head of Garlic*
- Mushrooms
- Jalapeno
- Cilantro
- Lime
- Fresh Basil
- Fresh Flat leaf-Italian parsley (2)*
- Lemon (2) *
- Sliced roma or grape tomatoes

Meat/Poultry/Fish:

- Chicken (3 lbs)*
- Salmon (2 lbs)
- Spicy or Sweet Italian Sausage (1.5 lbs)
- Ground Beef (1/2 lb)
- Ground lamb or pork (1/2 lb)
- Bacon (8 slices)

Pantry:

- Rice (Jasmine Rice or Long Grain Rice)
- Vegetable oil
- Olive oil
- Soy Sauce*
- Sesame oil
- Mayonnaise
- Honey
- Dijon mustard
- Maple Syrup
- Cornstarch
- Panko bread crumbs
- Rigatoni Pasta (1 lb)
- Crushed tomatoes (28 oz)
- White Sugar
- Semisweet chocolate chips
- Butterscotch chips
- Vanilla extract
- Light Corn syrup
- Creamy peanut butter
- Rice Krispies (6 cups)

Frozen:

- Frozen Peas and carrots

Other:

- Tzatziki Sauce (homemade of store bought)

Seasonings:

- Onion Powder
- Dried Oregano*
- Red pepper flakes
- Ground Coriander
- Cumin
- Kosher Salt*
- Freshly ground black pepper*
- Smoked paprika

Dairy/Eggs:

- Eggs (4)*
- Heavy Cream
- Parmesan or Pecorino-Romaon (freshly grated)
- Crumbled Feta Cheese
- Shredded cheddar cheese
- Shredded monterey jack cheese
- Salted butter

Bread/Bakery:

- Soft Pita bread

*Ingredient is used for more than one recipe.