



# Meal Plan Week 29

Hawaiian Teriyaki Pineapple Burgers + Grilled Shrimp Skewers + Chicken Salad Recipe + Grilled Pork Tacos al Pastor + Chicken Caesar Pasta Salad + Bonus Fresh Peach Dessert



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Pineapple rings (fresh or canned)
- Red onion
- Green leaf lettuce leaves\*
- Fresh ginger or Ground ginger
- Head of garlic\*
- Lemons (4)\*
- Fresh basil
- Fresh rosemary
- Fresh parsley or cilantro
- Red grapes
- Celery (2-3 ribs)
- Green onions
- Fresh dill
- White onions (2)
- Pineapple
- Cilantro
- Limes (2)
- Chopped romaine lettuce (2 cups)
- Medium fresh peaches (5-6)

## Bread/Bakery:

- Hamburger Brioche Buns (4-6)
- Croissant rolls (8)
- Flour tortillas (12 small)

## Pantry:

- Soy sauce
- Light brown sugar
- Honey
- Rice vinegar or apple cider vinegar
- Sesame oil (opt)
- Cornstarch
- Mayo\*
- Olive oil\*
- Thinly sliced almonds
- White vinegar
- Chipotle in adobo sauce
- Pasta (16 oz)
- Croutons (2 cups)
- Worcestershire sauce
- Dijon mustard
- Graham crackers (22-24 graham crackers)
- Granulated sugar
- Powdered sugar
- Vanilla extract
- Almond extract

## Dairy/Eggs:

- Sliced provolone, havarti, swiss, or cheddar cheese (4 slices)
- Salted butter\*
- Sour cream
- Freshly grated parmesan cheese
- Cream cheese (8 oz)
- Heavy cream (2 cups)

## Seasonings:

- Kosher salt\*
- Black pepper\*
- Smoked paprika
- Dried thyme
- Dried oregano
- Ancho chili powder
- Achiote powder
- Cumin
- Oregano
- Coarse salt

## Meat/Poultry/Fish:

- Ground beef 80/20 (1.5 lbs)
- Slices of bacon (8)
- Shrimp peeled and deveined (1 lb)
- Boneless skinless chicken breasts (2.5 lb) or cooked shredded chicken (5 cups)\*
- Boneless fresh pork loin (2.5-3 lbs)

## Other:

- Orange juice

\*Ingredient is used for more than one recipe.