

# Menu

## Monday

Sheet Pan Halibut  
with Italian Salsa Verde and Asparagus  
(Page 29)

## Tuesday

Steak Street Tacos  
(Page 54)

## Wednesday

Black Pepper Chicken  
(Page 76)

## Thursday

Tandoori Chicken Burgers  
with Cumin Aioli and Crispy Okra Fries  
(Page 191)

## Friday

Steak House Caesar Salad  
(Page 120)



# Grocery List

## PRODUCE

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 1 Bunch of Fresh Flat-Leaf Parsley         | <input type="checkbox"/> 2 Medium White Onions | <input type="checkbox"/> 1 lb. of Fresh Okra  |
| <input type="checkbox"/> 1 Bunch of Fresh Cilantro                  | <input type="checkbox"/> 1 Medium Red Onion    | <input type="checkbox"/> 1 Medium Head of Romaine Lettuce   |
| <input type="checkbox"/> 4 Lemons                                   | <input type="checkbox"/> 1 Bunch of Asparagus  | <input type="checkbox"/> 2 Heads of Butter Lettuce<br>(Sub Grain-Free Tortillas for Tacos and Buns for Chicken Burgers) |
| <input type="checkbox"/> 2 Limes                                    | <input type="checkbox"/> 1 Bunch of Celery     |   |
| <input type="checkbox"/> About 2 Heads of Garlic (10 Cloves Needed) | <input type="checkbox"/> 1 Cucumber            |   |

## PANTRY ITEMS

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Extra Virgin Olive Oil       | <input type="checkbox"/> Garlic Powder                         | <input type="checkbox"/> Dijon Mustard           |
| <input type="checkbox"/> Avocado Oil                  | <input type="checkbox"/> Ground Ginger                         | <input type="checkbox"/> Red Wine Vinegar        |
| <input type="checkbox"/> Kosher Salt                  | <input type="checkbox"/> Paprika                               | <input type="checkbox"/> Rice Vinegar            |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Crushed Red Pepper Flakes             | <input type="checkbox"/> Coconut Aminos          |
| <input type="checkbox"/> Chili Powder                 | <input type="checkbox"/> Arrowroot Starch                      | <input type="checkbox"/> Fish Sauce              |
| <input type="checkbox"/> Ground Coriander             | <input type="checkbox"/> 1 Jar of Anchovy Fillets in Olive Oil | <input type="checkbox"/> 1 32-oz. Chicken Broth  |
| <input type="checkbox"/> Ground Cumin                 | <input type="checkbox"/> 1 Jar of Capers                       | <input type="checkbox"/> Your Favorite Hot Sauce |
| <input type="checkbox"/> Curry Powder                 | <input type="checkbox"/> Mayonnaise (Or <u>Homemade</u> )      |  |

## PROTEINS

- |  |   |
|--|---|
| <input type="checkbox"/> 2 lbs. Ground Chicken Thighs                | <input type="checkbox"/> 4 5-oz. Halibut Fillets (Sub Cod, Fluke or Striped Bass) |
| <input type="checkbox"/> 2 lbs. Boneless, Skinless Chicken Breasts   | <input type="checkbox"/> 1/2 lb. Peeled, Deveined, Tail-On Jumbo Shrimp           |
| <input type="checkbox"/> 1 1/2 lbs. Skirt or Flap Steak              | <input type="checkbox"/> 1 Egg  |
| <input type="checkbox"/> 1 lb. Filet Mignon, Sirloin or Hanger Steak |   |

