

# Menu

## Monday

Spaghetti Squash Pad Thai  
*(Page 83)*

## Tuesday

Sheet Pan Chicken Shawarma  
with Lemon-Tahini Drizzle  
*(Page 183)*

## Wednesday

Greek Salad with Lamb Meatballs  
*(Page 109)*

## Thursday

Lemony Greek Potatoes  
with Crispy Greek Chicken Thighs  
*(Page 161)*

## Friday

Spicy Red Snapper Platter  
with Roasted Zucchini and Black Beans  
*(Page 65)*



# Grocery List

## PRODUCE

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 1-inch Knob of Fresh Ginger                | <input type="checkbox"/> 1 Large Cucumber                                | <input type="checkbox"/> Fresh Thai or Regular Basil Leaves (Optional for Serving) |
| <input type="checkbox"/> 2 Thai Chiles                              | <input type="checkbox"/> 1 Carton of Cherry Tomatoes                     | <input type="checkbox"/> Fresh Cilantro (Optional for Serving)                     |
| <input type="checkbox"/> 1 Small Serrano Pepper (Omit for No Spice) | <input type="checkbox"/> Baby Arugula (4 Cups Total)                     | <input type="checkbox"/> Fresh Flat-Leaf Parsley Leaves                            |
| <input type="checkbox"/> About 2 Heads of Garlic (11 Cloves Needed) | <input type="checkbox"/> Spaghetti Squash                                | <input type="checkbox"/> Fresh Mint Leaves   |
| <input type="checkbox"/> 2 Medium Red Onions                        | <input type="checkbox"/> 3 Medium Zucchini                               | <input type="checkbox"/> Mung Bean Sprouts (Optional for Serving)                  |
| <input type="checkbox"/> 1 Yellow Onion                             | <input type="checkbox"/> 1 Small Head of Cauliflower (4 Cups of Florets) | <input type="checkbox"/> 4 Limes   |
| <input type="checkbox"/> 4 Medium Yukon Gold Potatoes               | <input type="checkbox"/> Matchstick Carrots                              | <input type="checkbox"/> 6 Lemons  |
| <input type="checkbox"/> 2 Medium Red Bell Peppers                  | <input type="checkbox"/> 1 Green Onion Bunch                             |  |

## PANTRY ITEMS

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Extra Virgin Olive Oil      | <input type="checkbox"/> Garlic Powder               | <input type="checkbox"/> Honey (Optional, Omit if Whole30)                               |
| <input type="checkbox"/> Avocado Oil                 | <input type="checkbox"/> Dried Oregano               | <input type="checkbox"/> Fish Sauce (I Use Red Boat)                                     |
| <input type="checkbox"/> Toasted Sesame Oil          | <input type="checkbox"/> Paprika                     | <input type="checkbox"/> Unsweetened Full-Fat Coconut Milk                               |
| <input type="checkbox"/> Red Wine Vinegar            | <input type="checkbox"/> Smoked Paprika              | <input type="checkbox"/> 32-oz Low-Sodium Chicken Broth                                  |
| <input type="checkbox"/> Rice Vinegar                | <input type="checkbox"/> Crushed Red Pepper Flakes   | <input type="checkbox"/> 15-oz Can No-Salt-Added Black Beans                             |
| <input type="checkbox"/> Kosher Salt                 | <input type="checkbox"/> Arrowroot or Tapioca Starch | <input type="checkbox"/> Smooth Almond Butter  |
| <input type="checkbox"/> Freshly Ground Black Pepper | <input type="checkbox"/> Coconut Aminos              | <input type="checkbox"/> Roasted Cashews (Optional for Serving)                          |
| <input type="checkbox"/> Cayenne Pepper              | <input type="checkbox"/> Kalamata Olives             | <input type="checkbox"/> 4 oz Crumbled Feta Cheese (Omit for Dairy-Free, Paleo, Whole30) |
| <input type="checkbox"/> Ground Cinnamon             | <input type="checkbox"/> Dijon Mustard               |  |
| <input type="checkbox"/> Ground Cumin                | <input type="checkbox"/> Tahini                      |  |

## PROTEINS

- |  |  |
|--|--|
| <input type="checkbox"/> 1 lb Boneless, Skinless Chicken Breasts | <input type="checkbox"/> 1 1/2 lb Ground Lamb (Sub 80% Lean Ground Beef) |
| <input type="checkbox"/> 2 lb Boneless, Skinless Chicken Thighs  | <input type="checkbox"/> 2 (6-to-8-oz) Red Snapper Fillets               |
| <input type="checkbox"/> 2 lb Bone-In, Skin-On Chicken Thighs    | <input type="checkbox"/> 3 Large Eggs                                    |

