

dinner happened

weekly meal plan

MON: GRILLED SANDWICH • CREAMY TOMATO SOUP (VIA HENRY HAPPENED)

TUE: CHICKEN GYROS • BAKED FRIES (VIA CAFE JOHNSONIA)

WED: BAKED PASTA WITH SQUASH AND KALE (VIA THE VINTAGE MIXER)

THUR: ROASTED SWEET POTATO • BLACK BEAN TACOS (VIA OH MY VEGGIES)

FRI: COCONUT LENTIL SOUP (VIA CAFE JOHNSONIA)

shopping list

MEATS

- 4 boneless, skinless chicken breasts

VEGETABLES/FRUITS

- 3 onions
- 1 big bunch fresh basil
- fresh sage leaves
- 3 limes
- 1 large cucumber
- 2 whole tomatoes
- 8 large russet potatoes
- 1 bunch kale
- 1 piece fresh ginger
- 1 tube lemongrass paste
- 1 head garlic
- 1 bunch fresh dill
- 1 bunch cilantro
- 2 lemons
- green onions
- small head Romaine lettuce
- 1 large kuri pumpkin
- 1 extra lg. sweet potato
- 2 kaffir lime leave

BREADS/GRAINS

- 1 loaf artisan bread
- whole wheat fusilli pasta
- 12 small tortillas
- 8-10 small pitas
- 1/4 cup wheat flour

DAIRY

- 1 half-pint heavy cream
- 8-10 slices Fontina
- 3-4 ounces crumbled feta
- 1 stick butter
- small container queso fresco
- 1 cup freshly grated Parmesan
- 8 ounces low-fat Greek yogurt
- 3/4 cup ricotta cheese
- 3 cups milk
- 1 small container sour cream

PANTRY

- Olive oil
- 28 ounce can tomatoes
- 1 jar sun-dried tomatoes
- 15 ounce can black beans
- 2 quarts vegetable broth
- canola oil
- 1 jar olive tapanade
- 1 can full-fat coconut milk
- 2 cups red lentils
- 1/3 cup hazelnuts

SPICES/CONDIMENTS

- 1/2 cup salsa
- cumin
- ground cayenne pepper
- curry powder
- dried rosemary
- dried Italian seasoning
- chili powder
- dried oregano
- coarse sea salt
- black pepper



MONDAY



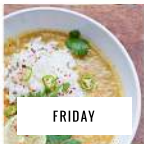
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY