

## MonjWell Fresh & Full Grocery List - Week 3

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Brkfst	Shredded Apple-Carrot-Zucchini Fritters	Shredded Apple-Carrot-Zucchini Fritters	Shredded Apple-Carrot-Zucchini Fritters	Shredded Apple-Carrot-Zucchini Fritters	Creamy Almond Hot Cereal with Berries	Creamy Almond Hot Cereal with Berries	Creamy Almond Hot Cereal with Berries
Snack	Fruit & Cinnamon-Almond Yogurt Dip	Veggies & Hummus	Fruit & Cinnamon-Almond Yogurt Dip	Veggies & Hummus	Fruit & Cinnamon-Almond Yogurt Dip	Veggies & Hummus	Fruit & Cinnamon-Almond Yogurt Dip
Lunch	Easy Asian Greens Soup with Shrimp	Easy Asian Greens Soup with Shrimp	Easy Asian Greens Soup with Shrimp	Green Harissa Salad Cups with Chicken	Green Harissa Salad Cups with Tuna	Fresh & Full Cobb Salad with Chicken	Fresh & Full Cobb Salad with Tuna
Dinner	Roast Chicken, Mashed Cauliflower & Green Beans	Roast Chicken, Mashed Cauliflower & Green Beans	Pork Chop, Mashed Cauliflower & Green Beans	Pork Chop, Mashed Cauliflower & Green Beans	Easy Asian Greens Soup with Chicken	Basil Broccoli Beef	Basil Broccoli Beef

Produce
<ul style="list-style-type: none"><li>- 1.5 cups fresh or frozen berries</li><li>- 1 small apple</li><li>- 4 pears or apples (for snacks)</li><li>- 6 cups sliced veg of choice (for snacks, such as carrots, cucumber, bell pepper, jicama, snap peas, zucchini, etc.)</li><li>- 3 medium zucchini</li><li>- 1 bag zoodles, 16 oz. (or 4 small zucchini)</li><li>- 3 medium carrots, grated or spiralized</li><li>- 4 lemons</li><li>- 1 lb green beans</li><li>- 2 heads broccoli</li><li>- 1 head cauliflower</li><li>- 1 (16 oz.) bag cauliflower rice (or 1 head cauliflower)</li><li>- 1 small avocado</li><li>- 2 cups chopped lettuce (romaine, butter or boston)</li><li>- 1 head wrapping lettuce (butter, boston, romaine, kale, etc.)</li><li>- 8 cups sliced bok choy or baby spinach</li><li>- 2 medium tomatoes</li><li>- 4 cups sliced mushrooms</li><li>- 2 stalks celery</li><li>- 3 bunches green onions</li><li>- 2 heads garlic</li><li>- 3 shallots</li><li>- 1 bunch fresh thyme</li><li>- 1 bunch fresh dill (or dried)</li><li>- 1 bunch parsley</li><li>- 1 bunch cilantro, minced</li><li>- 1 bunch basil</li><li>- 1 small jalapeño</li><li>- 1 3-inch piece of ginger</li><li>- 1-2 thai chilis (optional)</li><li>- 1 bunch chives (optional, for cauli mash)</li></ul>

Protein
<ul style="list-style-type: none"> <li>- 36 oz. plain Green yogurt, 2%</li> <li>- 2 medium (5.5 oz) bone-in pork chops</li> <li>- 1 (3 lb) fryer chicken (or rotisserie chicken, for a shortcut)</li> <li>- 8 oz. skirt or flank steak</li> <li>- 12 oz. shrimp</li> <li>- 6 eggs</li> <li>- 2 cans tuna (packed in water)</li> </ul>

Pantry Staples
<ul style="list-style-type: none"> <li>- 2 quarts low sodium chicken broth</li> <li>- kosher or sea salt</li> <li>- black pepper</li> <li>- almond flour</li> <li>- flaxseed meal</li> <li>- olive oil</li> <li>- dried basil</li> <li>- dried oregano</li> <li>- paprika</li> <li>- onion powder</li> <li>- garlic powder</li> <li>- ground cumin</li> <li>- cinnamon</li> <li>- ground coriander</li> <li>- soy sauce</li> </ul>

Everything Else
<ul style="list-style-type: none"> <li>- 1 stick butter</li> <li>- 1 (4 oz.) tub blue cheese crumbles</li> <li>- ¼ cup dried cranberries (optional)</li> <li>- ½ cup sliced almonds</li> <li>- 1 (13.5 fl oz can) unsweetened coconut milk</li> <li>- 16 oz. unsweetened almond milk</li> <li>- 1 (8 oz.) tub of hummus</li> </ul>