

Grocery List

	Recipe	Cold Products	Pantry Products	Fresh Produce
Week 1	Salmon Cakes	<ul style="list-style-type: none"> • 1/2 lb fresh salmon and salmon trim • 1 egg 	<ul style="list-style-type: none"> • 1/3 cup panko bread crumbs or more as needed to properly bind • 1 tsp soy sauce • 1 tsp . mirin • TT salt & pepper • Olive, vegetable or blended oil 	<ul style="list-style-type: none"> • 1 red bell pepper • 1 stalk celery • Ginger or ginger paste • 1 red onion • 1 pear • 1 bunch fresh parsley
	Mango Salsa		<ul style="list-style-type: none"> • Salt/Pepper to taste 	<ul style="list-style-type: none"> • 2 mangoes, chopped • 1 red bell pepper, chopped • 1 tomato, chopped • 2 Tbsp chopped cilantro • 1/2 to 1 jalapeño • Lime juice to taste
	Guacamole		<ul style="list-style-type: none"> • 1/2 teaspoon sea salt 	<ul style="list-style-type: none"> • 3 avocados, ripe • 1 small onion • 2 Roma tomatoes • 3 Tbsp. cilantro • 1 jalapeno pepper • 2 garlic cloves • 1 lime, juiced
Week 2	Thai Basil Chicken	<ul style="list-style-type: none"> • 1 pound ground chicken (or sub ground turkey, or crumbled extra firm tofu) 	<ul style="list-style-type: none"> • 2 tablespoons oil of choice • 1/2 teaspoon black pepper • 1/2 teaspoon salt • 2 teaspoons coconut sugar or honey, or sugar • 1 tablespoon soy sauce or GF Liquid Aminos • 1 tablespoon fish sauce 	<ul style="list-style-type: none"> • 3 shallots • 5 large garlic cloves r • 3–6 Fresno chilies or Thai chilies (spicier!) • 1 red bell pepper • 1 cup Thai basil leaves -or Holy Basil (Tulsi) if you can find it, regular basil will work too
	Edamame Fried Rice	<ul style="list-style-type: none"> • 1 large egg, beaten 	<ul style="list-style-type: none"> • 1 cup uncooked short-grain brown rice • 2 tablespoons extra-virgin olive oil • 2 tablespoons fish sauce • Fresh cracked black pepper, to taste 	<ul style="list-style-type: none"> • 1/2 medium onion, diced • 3 cloves garlic, minced • 2 cups (8 ounces) shelled edamame • 1 medium carrot, grated or diced
	Thai Spring Rolls	<ul style="list-style-type: none"> • 1 pound small, cooked shrimp with no shell 	<ul style="list-style-type: none"> • 1 package spring roll rice wrappers • 1 package vermicelli rice noodles • 3/4 cup sweet chili sauce • 1/3 cup peanut butter , smooth or crunchy • 1/2 teaspoon low-sodium soy sauce • 1/2 teaspoon hoisin sauce 	<ul style="list-style-type: none"> • 2 mangos , peeled and sliced into thin strips • 1 large carrot , sliced into thin strips • 1 large English cucumber ,thinly sliced • 1 bunch fresh mint leaves • 1 bunch fresh basil leaves • 1 bunch fresh cilantro • 1 avocado • 1 pkg mini sweet peppers