

## **Week 1 Dinners**

Pasta, homemade sauce, meatballs & Caesar Salad

Caesar dressing marinade chicken, sweet pot. & broccoli

Teriyaki salmon, cabbage, and califlower rice

Taco salads

**Week 1 Grocery List****Store**

regular pasta	Aldi
meatballs	Aldi
2 large onions	Aldi
thyme, rosemary, oregano, parsley	Aldi
56 ounces of organic diced tomatoes	Aldi
lemons	Aldi
olive oil	Aldi
Parmesan cheese	Aldi
sweet potatoes	Aldi
broccoli	Aldi
2 heads Romaine lettuce	Aldi
salmon	Aldi
soy sauce	Aldi
cabbage	Aldi
califlower	Aldi
ground beef	Aldi
organic black beans	Aldi
tortillas	Aldi
block of cheddar	Aldi
organic salsa	Aldi
quac	Aldi
corn chips	Aldi
Banza pasta	Amazon
monk fruit	Amazon
cassava chips	Amazon
8 garlic cloves	BJs
avocado oil	BJs
Very Very Teriyaki sauce	BJs
10 anchovies	Wegmans
red wine vinegar	Wegmans
dijon mustard	Wegmans
chicken breasts	Wegmans
organic taco seasoning	Wegmans
organic olored peppers	Wegmans
Paleo crutons	