**MENU 8/28/16**

**DAY 1**

1. Salmon with herbs
2. Basic lettuce and tomato salad

**DAY 2**

1. Spaghetti Bolognese

**DAY 3**

1. Prickly Pear Salad
2. Chicken Fajitas Acapulco style

**DAY 4**

1. Cucumber Soup
2. Fish fillets with tomatoes, squash and basil

**Prep ahead**

**Bolognese sauce –** this one keeps for up to 4 days in the fridge

**Prickly pear salad** – Make the dressing

**Cucumber soup** – Prepare the soup and keep in the fridge

**Shopping list 8/28/16**

**Produce**

|  |  |
| --- | --- |
| 3 lemons | a, f  |
| Dill - bunch | a, f |
| Italian (flat-leaf) parsley - bunch | a, f |
| Tarragon- bunch | a |
| 1 bag romaine lettuce mix | b |
| 2 tomatoes | b |
| 1 onion | b,d |
| 1 carrot | b |
| 1 cucumber | b |
| 2 yellow onions | c |
| 2 carrots | c |
| 2 celery sticks | c |
| 1 garlic | c |
| 2-3 sprigs rosemary | c |
| Basil - bunch | c, g |
| 3 pink prickly pears | d |
| 3 green prickly pears | d |
| 2 avocados | e |
| 2 habanero peppers (optional) | d |
| 2 limes | e |
| 2 English cucumbers | f |
| 4 green onions | f |
| 3 summer squash (zucchini, yellow crookneck, and pattypan) | g |
| 4 shallots | g |
| 20-30 cherry tomatoes | g |

**Dairy/Fridge**

|  |  |
| --- | --- |
| Butter | a |
| Greek yogurt (2 cups) | f |

**Meats/Fish**

|  |  |
| --- | --- |
| 1 salmon fillets | a |
| 4 bacon slices | c |
| 1 lb Ground beef (95% lean) | c |
| 1 lb Chicken breast, butterflied | e |
| 4 6-ounce skinless white flaky fish fillets (such as Atlantic cod or halibut) | g |

**Pantry Staples**

|  |  |
| --- | --- |
| Extra virgin olive oil | b, c,d |
| dried oregano | c |
| 2 bay leaves | c |
| Red wine (any cheap cabernet or merlot) | c |
| Red wine vinegar | d |
| White dry wine (optional) | g |

**Grocery**

|  |  |
| --- | --- |
| 2 cans plum tomatoes | c |
| Small can of tomato purée | c |
| 1 lb spaghetti | c |
| 1 jar Molli Acapulco marinade | d |
| Toasted pumpkin seed (1/4 cup) | d |
| Flour tortillas | e |
| Vegetable broth | f |
| Parchment paper | g |