

# WEEK 3

## Shopping List



**Brunch:** Bright Butternut Squash Noodle Bowl With Chicken & Broccoli

**Brunch:** Easy Green Salmon Bowl With Garlic & Ginger

**Dinner:** Butternut Squash Noodle Lo-Mein

**Dinner:** Shrimp Scampi

**Snack:** BLT lettuce wraps

**Dessert:** Chia seed pudding

### CANNED GOODS

- 1 15.5-oz can chickpeas

### MEAT/DAIRY

- 2 cups roasted chicken
- 2 4-oz salmon filets, boneless and skinless
- 1 lb shrimp
- 1 package of bacon
- 1 container of almond or soy milk

### PRODUCE

- 2 lbs butternut squash noodles
- 1 lb zucchini noodles
- 4-inch piece of fresh ginger
- 2 limes
- 6 scallions
- 2 large heads of broccoli
- 2.5 cups shelled edamame
- 2 lbs baby spinach
- 5 garlic cloves
- 1 cucumber
- 4 radishes
- 1 avocado
- 2 limes
- 1.5 cups sliced shiitake mushrooms
- 2 cups kale leaves
- 1 red bell pepper

- ¼ cup parsley
- 1 lemon
- 1 bunch of vine tomatoes
- 1 head of lettuce of your choice

### PANTRY

- 5 tbsp tamari
- 4 tbsp toasted sesame oil
- 1 tbsp diced hot cherry peppers
- 12 tbsp olive oil
- Kosher salt
- Black pepper
- 2 tbsp rice wine vinegar
- 2 tbsp Sriracha
- 1 tsp red pepper flakes
- 2 tbsp almond butter
- ¼ cup roasted, salted almonds or peanuts
- ¼ cup chopped peanuts
- 1 tbsp sesame seeds