



Shopping List - Lunch for the Week!

Produce:

- 1 pound broccoli, cut into florets
- 2 cloves garlic
- 2 lemons
- 1 celery stalk, chopped
- 1/4 cup chopped fresh dill, cilantro and/or parsley
- 2 small red onions, diced
- 1/4 cup cucumber, diced
- 1 tomato or 1/3 cup cherry tomatoes, diced
- 1 cup romaine, chopped
- Optional additions: chopped scallions, sweet onion, diced cucumber, diced bell peppers, cherry tomatoes, additional fresh herbs

Meat:

- 3/4 cup cooked chicken breasts, shredded or diced
- Optional additions: grilled shrimp, tofu

Pantry:

- 1 pound pasta (penne, bowtie, etc. Sub gluten-free if needed)
- 1/2 cup extra-virgin olive oil
- Salt & freshly ground pepper
- 1 5oz. can drained wild salmon (or tuna)
- 1 Tbs dijon mustard
- 1 can chickpeas
- 1/4 cup kalamata olives, sliced
- 1 tablespoon balsamic or red wine vinegar
- Optional additions: everything bagel seasoning, canned beans, quinoa, lentils, nuts, seeds, dried herbs

Refrigerated/Dairy:

- 1/2 cup finely grated Parmesan cheese
- 1/4 cup plain greek yogurt or mayo (or combination)
- 1/4 cup dill pickles, chopped
- 2 tablespoons feta cheese