



TESSEMAE'S

Meal Planner: Week of March 11, 2019

Grocery List: Serves 4

Recipes:

- Sunday Dinner: [BBQ Ranch Turkey Veggie Skillet](#)
- One Pan Monday: [Crispy Balsamic Chicken & Asparagus](#)
- Tasty Tuesday: [Shrimp Scampi with Lemon, Arugula & Peas](#)
- New Recipe Wednesday: [Spring Asparagus Soup with Coconut](#)
- Throwback Thursday: [Beef & Avocado Tacos](#)
- Fun Friday: [Spicy Dan Dan Zoodles with Ground Chicken](#)

Tessemæ's List:

- 3/4 cup [Tessemæ's Matty BBQ Sauce](#) S, Th
- 3/4 cup [Tessemæ's Ranch](#) of choice S, W
- 6 Tablespoons [Tessemæ's Balsamic](#) M
- 3/4 cup [Tessemæ's Lemon Garlic](#) T, W, F
- 1/4 cup [Snake Oil Hot Sauce](#)

Produce:

- 1 large sweet potato S
- 2 cups Brussels sprouts S
- 2 medium zucchini S, W
- 2 cups cremini or baby bella mushrooms S
- 2 yellow onions S, W
- 4 cloves garlic S
- 1 1/2 pounds new potatoes M
- 2 spring onions or 4 shallots M
- 3 bunch asparagus M, W
- 3 lemons M, T, W
- 1 small bunch tarragon M
- 6 garlic cloves T, F
- 1 bunch scallions T, F
- 1 small bunch parsley T
- 5 oz baby arugula T
- 1 small bunch chives W
- 1 small bunch fresh cilantro Th
- 1 avocado Th
- 1 red onion Th
- 1 inch knob ginger F
- 3 cups vegetable noodles of your choice F
- 1 bunch spinach F

Meat/Dairy:

- 1 pound organic ground turkey S
- 8 bone in skin on chicken thighs M
- 18 ounces (2 packages) [Cappellos Fettuccine](#) or other fresh pasta of choice T
- 1 1/4 pounds large shrimp (26-30) T
- 3 tablespoons butter T
- 1 pound ground beef Th
- Cotija cheese Th
- 1 pound ground chicken or turkey F

Pantry:

- 1 tablespoon coconut oil S
- 1/4 cup golden raisins S
- 1/2 cup chicken broth T
- 1 cup frozen peas T
- 4 cups vegetable broth W
- 1 can (13.5 ounces) coconut milk W
- 2 tablespoons chili powder Th
- 2 teaspoons cumin Th
- 1/2 teaspoon oregano Th
- 8 corn or grain free tortillas Th
- 4 tablespoons Szechuan peppercorns or Thai chili flakes F
- 1/4 cup coconut aminos F
- 1 tablespoon tahini F
- 1 teaspoon Sesame oil F