	Summer Vegetable Salad(doubled)		**Vegan Sun-dried Tomato Pasta**		**Ginger Garlic Lamb Roast**		**Fish Tacos with Mango Salsa**
	Produce:		**Produce:**		**Produce:**		**Produce:**
☐	4-medium zucchini	☐	2-3 cups spinach	☐	2-3 lbs gold potatoes	☐	1 ripe but firm mango
☐	4- medium yellow squash	☐	2- cloves garlic	☐	4- garlic cloves	☐	1 small cucumber
☐	2- red bell peppers		**Grocery:**	☐	Green onions	☐	1/4 red onion
☐	1 container of cherry tomatoes	☐	400 g penne pasta	☐	Green veggie of choice	☐	1/4 cup cilantro
☐	2-3 lemons	☐	1/2 cup sun-dried tomatoes in oil	☐	Fresh rosemary	☐	1 lime (optional more for serving)
	Grocery:	☐	1 can diced tomatoes	☐	Ginger Garlic Lamb Roast	☐	Avocado (optional)
☐	Farro 16 oz	☐	Tomato paste		**Meat:**	☐	Red cabbage (optional)
☐	Olive oil	☐	Basil	☐	3-4 lb lamb roast or pot roast		**Meat:**
☐	Italian seasoning	☐	Oregano		**Grocery:**	☐	1 lb white fish
		☐	3/4 cup nutritional yeast	☐	1/2 cup soy sauce		**Grocery:**
		☐	Pepper	☐	1/4 cup sesame oil	☐	Garlic powder
		☐	Salt	☐	1/2 cup canola oil	☐	Onion powder
		☐	Vegan cheese (optional)	☐	1 cup rice wine vinegar	☐	Salt
		☐	Chili flakes (optional)	☐	1/8 cup sugar	☐	Pepper
				☐	1/8 cup gochugaru	☐	Olive oil
				☐	Salt	☐	Tortillas (flour or cassava)
				☐	Pepper		
				☐	Olive oil		
	Restaurant Style Salsa		**Roasted Tomatillo Salsa**				
	Produce:		**Produce:**				
☐	8-10 roma tomatoes	☐	1.5 lbs tomatillos				
☐	2-3 jalapenos	☐	1- onion				
☐	White onion	☐	2-3 jalapenos				
☐	6- garlic cloves	☐	6- garlic cloves				
☐	Cilantro	☐	Cilantro				
☐	1- avocado (optional)		**Grocery:**				
	Grocery:	☐	Olive oil				
☐	Canola oil	☐	Salt				
☐	1 cup canned crushed tomatoes	☐	Cumin				
☐	Salt						