

<p>MONDAY</p> <ul style="list-style-type: none"> 6 Large zucchinis Sea salt 1 Cup Roasted cashews Good-quality balsamic vinegar Unsweetened almond milk 1 1/2 Cups Strawberries Fresh basil 	<p>TUESDAY</p> <ul style="list-style-type: none"> 2 Large Cobb of corn 2 Large tomatoes 2 Jalapeno peppers Olive oil cooking spray 1 Head of Romaine lettuce Tortilla chips Cilantro Green onion Honey 2 Limes Salt 1 Lb Shrimp 2 Large avocados 	<p>WEDNESDAY</p> <ul style="list-style-type: none"> 1 cup Reduced Sodium Chicken Broth Tomato Paste Italian Seasoning salt and pepper 2 pound Chicken Breast 4 Large Hot House Tomatoes 4 cups Broccoli 2 Bunch asparagus 2 cup Snap Peas 8 large Zucchini 1 cup Pesto Parmesan Cheese Fresh Basil
<p>FRIDAY</p> <ul style="list-style-type: none"> Avocado oil Fresh ginger 1.5 Cup Pineapple juice Franks red hot sauce Coconut aminos Tapioca starch Salt and pepper 1 pound Chicken breast 0.5 Cup Pineapple tidbits White rice OR Cauliflower Green Onion Sesame seeds 	<p>SUNDAY</p> <ul style="list-style-type: none"> Extra-virgin olive oil 1 green pepper 1 Large onion 1/2 Cup Celery Fresh garlic, minced 1 Lb lean ground beef Cajun seasoning Sea salt 2 Large sweet potatoes 4 Tbsp Tomato paste White vinegar Honey Pepper 	