

Weekly Meal Plan Shopping List

Meat / Protein

- 8 boneless skinless chicken thighs
- 2 chicken breasts (cooked)
- 1 cup flank steak (cubed)
- 2 pounds salmon fillet

Produce

- 14 button mushrooms
- 3 cloves garlic
- Lemon wedges

Pantry / Sauces

- $\frac{3}{4}$ cup ketchup
- 1 tbsp Worcestershire sauce
- 3 tbsp honey (+ $\frac{1}{4}$ cup extra)
- 2 tbsp molasses
- 2 tbsp apple cider vinegar
- 1 cup creamy pesto sauce
- 2 tbsp soy sauce
- 2 tbsp olive oil
- 2 tbsp extra virgin olive oil
- 1 tbsp avocado oil
- Dijon mustard

Dry Goods

- Soba noodles (for 4 servings)

Spices & Seasonings

- Onion powder
- Salt
- Garlic powder
- Cumin
- Coriander
- Thyme
- Smoked paprika