

## ALDI

## Baking

- Blanched almond flour** ½ cup [B]
- Honey** 1 teaspoon [B]
- Maple syrup** 1 tablespoon [A]
- Extra-virgin olive oil** 2 tablespoons [D]
- Olive oil** 2 tablespoons [A]
- Toasted sesame oil** 1 teaspoon [B]

## Spices

- Chipotle chili powder** ½ teaspoon [E]
- Ground cumin** ½ teaspoon [E]
- Garlic powder** 1 teaspoon [C]
- Black pepper** ¼ teaspoon [E]
- Crushed red pepper** ½ teaspoon [D]
- Minced fresh rosemary** 1 tablespoon [A]
- Kosher salt** ½ teaspoon [E]
- Salt** [D]
- Sea salt** 1 ¼ teaspoons [A,B]

## Condiments

- Balsamic vinegar** ⅓ cup [A]
- Mayonnaise** ⅜ cup [B] *or mashed avocado*
- Dijon mustard** 1 teaspoon [A]
- BBQ Sauce (page 326)** 1 cup [C] *or store-bought*
- Sriracha** 2 teaspoons [B]
- Low-sodium tamari** 3 tablespoons [A,B]

## Dairy

- Freshly grated Parmesan cheese** ½ cup [D]
- Eggs** 2 large [B]

## Produce

- Apples** 2 [C]
- Avocados** 2 [E] *diced*
- Chopped cilantro** ¼ cup [E]
- Garlic** 4 clove [A,B] *minced*
- Garlic** 2 cloves of [E] *minced*

## Produce (Cont...)

- Freshly grated ginger root** 1 teaspoon [B] *(Sub ½ teaspoon ground)*
- Red grape tomatoes** ½ pint [D]
- Jalapeno** 1 [E] *seeded and stemmed, then diced fine*
- Fresh lemon juice** 4 teaspoons [B]
- Freshly squeezed lime juice** ⅓ cup [E]
- Sliced white mushrooms** 8 ounces [A] *wiped clean*
- Onion** 1 large [D] *quartered lengthwise and thinly sliced crosswise*
- White onion** ½ [E] *diced fine*
- Coarsely chopped baby spinach** 2 cups [D] *(4 ounces)*

## Canned Goods

- Chicken Broth** 4 cups [E]
- Diced Tomatoes** 1 (14 oz) can [E]

## Dry Goods

- Gemelli** ¾ pound [D] *or penne*

## Deli

- 8-ounce package organic tempeh** 1 [A] *cut into 1-inch cubes*

## Meat

- Bacon** 8 slices [C]
- Boneless, skinless chicken breasts** 2 [E]
- Skinless, boneless chicken breasts** 4 [C] *or thighs, (about 2 pounds)*
- Sweet Italian sausages** 1 pound [D] *casings removed*

## Frozen

- Canned wild salmon** 12 ounces [B] *or cooked fresh salmon*

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**RECIPE KEY**

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**Monday, Jan 22**

[A] Maple Balsamic-Glazed Tempeh & Mushroom Bake

**Tuesday, Jan 23**

[B] Salmon Cakes with Sriracha Aioli

**Wednesday, Jan 24**

[C] BBQ Bacon Apple Chicken

**Thursday, Jan 25**

[D] Gemelli with Sweet Sausage and Spinach

**Friday, Jan 26**

[E] Crockpot Chicken, Avocado, and Lime Soup