



### MONDAY

Chicken Stir Fry



### TUESDAY

Taco Salad



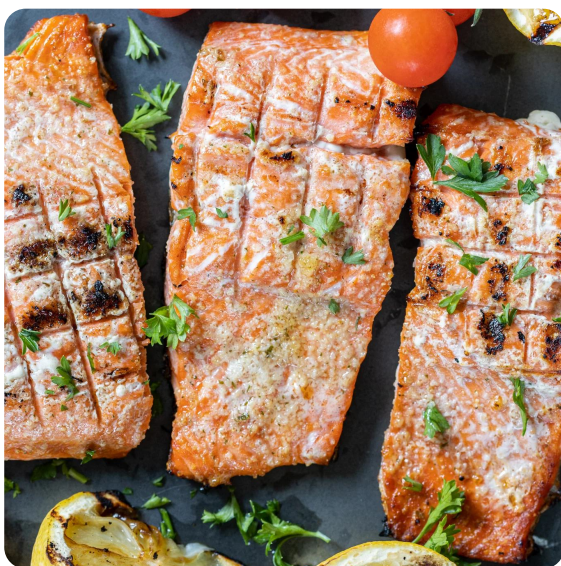
### WEDNESDAY

Stuffed Pepper Soup



### THURSDAY

Garlic Parmesan Wings



### FRIDAY

Grilled Salmon



### SOUP OF THE WEEK

Classic Borscht



### WEEKEND WONDER

Banana Walnut Apple  
Bread





## SHOPPING LIST

### PRODUCE

- ☐ Bell peppers: 1 red, 1 green, 1 your choice (M,W)
- ☐ Broccoli florets: 3.5 cups/ 8 oz (M)
- ☐ Onion: 2 large (M,W)
- ☐ Green onions: 1 bunch (M, T)
- ☐ Romaine lettuce: 10 oz (T)
- ☐ Grape tomatoes: 1 ½ cups (T)
- ☐ Avocado: 1 large (T)
- ☐ Fresh ginger: 1 tbsp (M)
- ☐ Cilantro: ¼ cup (T)
- ☐ Carrots: 2 medium (W)

### MEAT / SEAFOOD

- ☐ Boneless chicken thighs: 2 lbs (M)
- ☐ Ground Beef (85% lean): 2 lbs (T, W)
- ☐ Chicken wings: 2 lbs (TH)
- ☐ Salmon fillet (skin on): 2 lbs (F)

### DAIRY / REFRIGERATED

- ☐ Mexican cheese (shredded): 1 cup (T)
- ☐ Sour cream: ⅓ cup (T)
- ☐ Half and half: ½ cup (W)

### PANTRY / OTHER

- ☐ Soy sauce: ½ cup (M)
- ☐ Brown sugar: 2 tbsp (M)
- ☐ Corn starch: 1 tbsp (M)
- ☐ Salsa (chef's favorite): ½ cup (T)
- ☐ Tomato sauce: 10 oz (W)
- ☐ Beef broth: 6 cups (W)
- ☐ Basmati rice: ½ cup (W)
- ☐ Oil (olive or avocado): 3 tbsp (M, F)
- ☐ Sesame oil: 3 tbsp (M)
- ☐ Salt: 1 tbsp (W)

- ☐ Ground black pepper: 1 tsp (W)
- ☐ Bay leaves: 3 (W)
- ☐ \*Taco seasoning (bought or homemade — see below): 2 tbsp (T)
- ☐ Garlic parsley salt: 2 tbsp (TH, F)
- ☐ Smoked paprika: 1 tsp (TH)

### NOTES:

- If planning to make any of the secondary suggested recipes (weekend wonder & soup of the week), make sure to add those ingredients to your shopping list
- With any extra produce such as veggies and extra cheese, combine it to make a salad, breakfast burrito, or air fryer quesadillas.
- \*If you're making our homemade taco seasoning, check that you have at least one tablespoon each of sea salt, smoked paprika, chili powder, onion powder, cumin, garlic powder, oregano, and black pepper. Or, use a premixed version!