



MONDAY

Shrimp Orzo



TUESDAY

Chicken Fajitas



WEDNESDAY

Chicken Mushroom Soup



THURSDAY

Oven Baked Chicken Kabobs



FRIDAY

Grilled Lamb Chops



SOUP OF THE WEEK

Tomato Basil Soup



WEEKEND WONDER

Hashbrown Breakfast
Casserole



MENU #2

SHOPPING LIST

MEAT / SEAFOOD

- ☐ Large shrimp: 1 lb (M)
- ☐ Rack of lamb: 4 lbs (F)
- ☐ Boneless chicken breast: 7 lbs (T, W, TH)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: 2 tbsp (M)

PRODUCE

- ☐ Garlic: 4 cloves (M)
- ☐ Lime: 1 (T)
- ☐ Bell peppers: 1 red and 1 green pepper (T)
- ☐ Potatoes: 2 large (W)
- ☐ Dill: 2 tbsp (W)
- ☐ Carrots: 1 medium (W)
- ☐ Onions: 1 ½ medium (T, W)
- ☐ Rosemary (fresh): 3 tbsp (F)

PANTRY / OTHER

- ☐ Olive Oil: 13 tbsp (M, W, TH, F)
- ☐ Orzo: 1 cup (M)
- ☐ Dry white wine: ⅓ cup (M)
- ☐ Spaghetti: 2 oz (W)
- ☐ Dried mushrooms: 2 tbsp (W)
- ☐ Black pepper: 5 ½ tsp (T, W, TH, F)
- ☐ Smoked paprika: ½ tsp (T)
- ☐ Chili powder: 1 tsp (T)
- ☐ Garlic powder: 1 tsp (T)
- ☐ Worcestershire sauce: 2 tbsp (TH)
- ☐ Vinegar: 1 tbsp (TH)
- ☐ Honey mustard: 1 tsp (TH)
- ☐ Sugar: 1 tbsp (TH)
- ☐ Ranch: ½ cup (TH)
- ☐ Salt: 11 tsp (T, W, TH, F)
- ☐ Garlic Parsley Salt: 2 tsp (M)
- ☐ Flour Tortillas: 1 pack (T)

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
- Don't forget to add the usual snacks and fruit to your grocery list, too! Fruits, nuts, cheeses, and yogurt are my regulars.