MENU #2

MEAL PLAN



MONDAY

Shrimp Orzo



TUESDAY
Chicken Fajitas



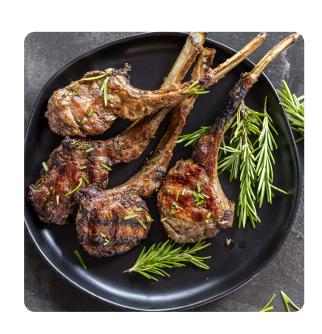
WEDNESDAY

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)	
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Orzo: 1 cup (M)

Dry white wine: ½ cup (M)

Spaghetti: 2 oz (W)

Dried mushrooms: 2 tbsp (W)

Black pepper: $5 \frac{1}{2} tsp (T, W, TH, F)$

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.