



MONDAY

Chicken Ranch Wraps



TUESDAY

Mexican Stuffed Bell Peppers



WEDNESDAY

Classic Chicken Kiev



THURSDAY

Sheet Pan Chicken Thighs



FRIDAY

Grilled Lobster Tail



SOUP OF THE WEEK

Broccoli Cheddar Soup



WEEKEND WONDER

Bratwurst Casserole



MENU #4

SHOPPING LIST

MEAT / SEAFOOD

- ☐ Cooked chicken: ½ lb (M)
- ☐ Chicken breast: 2 lbs (W)
- ☐ Cooked bacon: ¼ lb (M)
- ☐ Ground turkey: 1 lb (T)
- ☐ Chicken thighs: 3 lbs (TH)
- ☐ Lobster tails: 4 (F)

DAIRY / REFRIGERATED

- ☐ Mexican cheese: 3 cups (M, T)
- ☐ Ranch dressing: ½ cup (M)
- ☐ Unsalted butter: 1 ⅓ cups (W, F)
- ☐ Eggs: 3 (W)

PRODUCE

- ☐ Iceberg lettuce: 2 cups (M)
- ☐ Red bell peppers: 4 large (T)
- ☐ Fresh parsley: ¼ cup (W)
- ☐ Fresh dill: ¼ cup (W)
- ☐ Brussels sprouts: 1 lb (TH)
- ☐ Onions: 2 large (TH)
- ☐ Garlic: 2 cloves (F)
- ☐ Corn: ½ cup (T)

PANTRY / OTHER

- ☐ Flour tortillas: 6 Large (M)
- ☐ Rice: 2 cups (T)
- ☐ Canned black beans: 10 oz (T)
- ☐ Salsa: 1 cup (T)
- ☐ Taco seasoning: 1 tbsp (T)
- ☐ Salt: 7 tsp (W, F)
- ☐ Ground black pepper: 2½ tsp (W)
- ☐ Oil: (W, TH, F)
- ☐ Garlic parsley salt: 1 tbsp (TH)
- ☐ Italian seasoning: 1 tsp (TH)
- ☐ Lemon juice: 2 tbsp (F)
- ☐ All purpose flour: 1 cup (W)
- ☐ Panko crumbs: 2 cups (W)

NOTES:

- If planning to make any of the secondary suggested recipes (including the "Weekend Wonder" and "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.