



MONDAY

Cobb Salad



TUESDAY

Ground Beef Enchiladas



WEDNESDAY

Classic Chicken Gizzards
Gravy



THURSDAY

Steak Diane



FRIDAY

Teriyaki Chicken Skewers



SOUP OF THE WEEK

Fish Soup aka Ukha
(Russian Classic)



WEEKEND WONDER

Strawberry Scones



MENU #5

SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken breast: 1 lb (M)
- ☐ Cooked bacon: ½ lb (M)
- ☐ Ground beef: 1½ lbs (T)
- ☐ Chicken gizzards: 1½ lbs (W)
- ☐ Beef tenderloin: 1½ lbs (TH)
- ☐ Chicken thighs: 3 lbs (F)

DAIRY / REFRIGERATED

- ☐ Eggs: 2 (M)
- ☐ Blue cheese: ½ cup (M)
- ☐ Mexican cheese: 3 cups (T)
- ☐ Heavy whipping cream: 1 cup (TH)

PANTRY / OTHER

- ☐ Red wine vinegar: 1 tbsp (M)
- ☐ Oil: 7 tbsp (M, W, TH)
- ☐ Red enchilada sauce: 20 oz (T)
- ☐ Flour tortillas: 8 large (T)
- ☐ Flour: 3 tbsp (W)
- ☐ Salt: 3 tsp (M, W, TH)
- ☐ Ground black pepper: 2¼ tsp (M, W, TH)
- ☐ Bay leaves: 3 (W)
- ☐ Brandy: ⅓ cup (TH)
- ☐ Dijon mustard: 4 tsp (M, TH)
- ☐ Worcestershire sauce: 1 tsp (TH)
- ☐ Teriyaki sauce: 1½ cups (F)
- ☐ Beef broth: 1 cup (TH)

PRODUCE

- ☐ Lettuce: 10 oz (M)
- ☐ Cherry tomatoes: 1 cup (M)
- ☐ Carrot: 1 large (W)
- ☐ Baby bella mushrooms: 8 oz (TH)
- ☐ Shallot: 1 Medium (TH)
- ☐ Onions: 3 (T, W)
- ☐ Garlic: 3 cloves (M, T)
- ☐ Fresh parsley: 2 tbsp (TH)

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.