



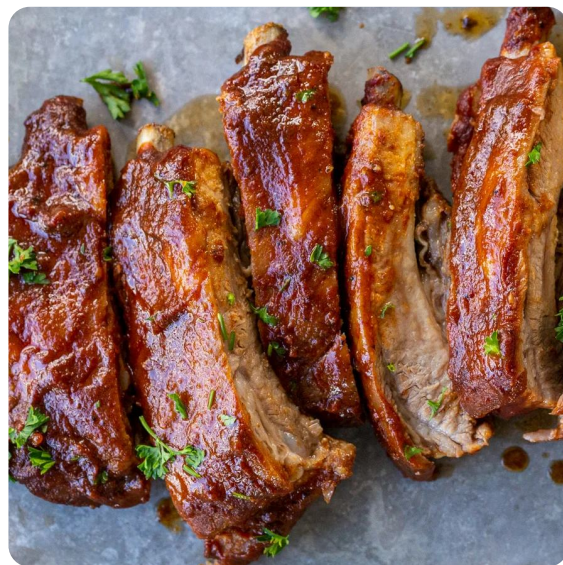
MONDAY

Cream of Mushroom Soup



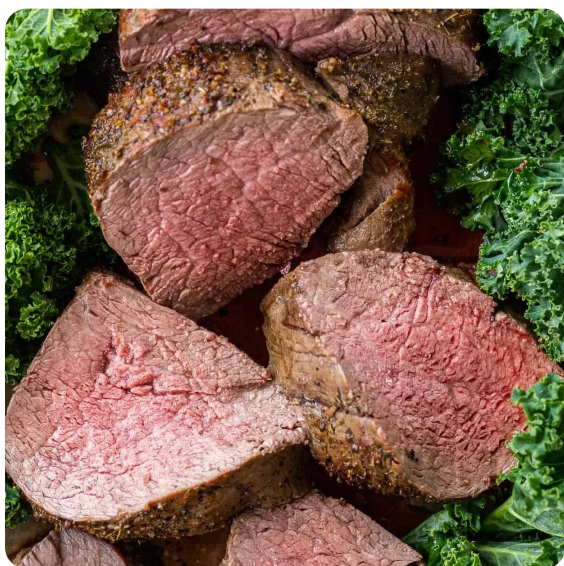
TUESDAY

Air Fryer Turkey Meatballs



WEDNESDAY

Oven Baked BBQ Pork Ribs



THURSDAY

Roast Beef Tenderloin



FRIDAY

Tortellini Pasta Salad



SNACK OF THE WEEK

Cheese Board



WEEKEND WONDER

Sourdough Chocolate Chip Cookies



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Ground turkey: 2 lbs (T)
- ☐ Pork ribs: 3 lbs (W)
- ☐ Beef tenderloin: 4 lbs (TH)
- ☐ Salami: 8 oz (F)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: 6 tbsp (M)
- ☐ Half and half: 1 cup (M)
- ☐ Egg: 1 (T)
- ☐ Mozzarella balls: 8 oz (F)
- ☐ Cheese tortellini: 8 oz (F)

PRODUCE

- ☐ Onions: 3 large (M, T)
- ☐ Baby bella mushrooms: 2 lbs (M)
- ☐ Thyme (fresh): 3 tsp (M)
- ☐ Cherry tomatoes: 10 oz (F)
- ☐ Basil: 2 tbsp (F)

PANTRY / OTHER

- ☐ Flour: 5 tbsp (M)
- ☐ Chicken broth: 4 cups (M)
- ☐ Salt: 7 tsp (M, T, W)
- ☐ Coarse salt: 1 tbsp (TH)
- ☐ Onion salt: 1½ tbsp (W)
- ☐ Ground black pepper: 5 tsp (M, W, TH)
- ☐ Bread crumbs: 1 cup (T)
- ☐ Paprika: 2 tbsp (W)
- ☐ BBQ sauce: 12 oz (W)
- ☐ Oregano leaves (dried): 1 tsp (TH)
- ☐ Kalamata olives: ½ cup (F)
- ☐ Italian dressing: ½ cup (F)

NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Snack of the Week" and "Dessert 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.