



MONDAY

Chicken Cutlets



TUESDAY

Beef Gravy



WEDNESDAY

Creamy Shrimp Scampi



THURSDAY

Creamy Potato Soup



FRIDAY

Instant Pot Chili



SIDE OF THE WEEK

Olive Garden Copycat
Breadsticks



WEEKEND WONDER

Pumpkin Creme Brulee



MEAT / SEAFOOD

- ☐ Chicken breast: 1.5 lbs (M)
- ☐ Beef chuck: 3lbs (T)
- ☐ Shrimp: 1 lb (W)
- ☐ Ground beef: 1 lb (F)

DAIRY / REFRIGERATED

- ☐ Eggs: 2 (M)
- ☐ Unsalted butter: 5 tbsp (W, TH)
- ☐ Heavy whipping cream: ½ cup (W)
- ☐ Parmesan cheese: 1 cup (M, W)
- ☐ Whole milk: 2 cups (TH)
- ☐ Grated cheddar: 1 cup (F)

PRODUCE

- ☐ Yukon gold potatoes: 4 medium (TH)
- ☐ Onion: 3 medium (T, TH, F)
- ☐ Carrots: 2 (T)
- ☐ Garlic : 6 cloves (W, F)
- ☐ Red bell pepper: 1 large (F)
- ☐ Green onions: 1 cup (F)

PANTRY / OTHER

- ☐ Olive oil: 2 tbsp (T) + more oil for frying (M)
- ☐ Dry white wine: ½ cup (W)
- ☐ Lemon juice: ¼ cup (W)
- ☐ Flour: ¼cup + 1 tbsp (T, TH)
- ☐ Salt: 1 tbsp (T)
- ☐ Ground black pepper: 1 tsp (T)
- ☐ Chicken better than bouillon base: 1 tbsp (TH)
- ☐ Canned pinto beans: 15 oz (F)
- ☐ Canned kidney beans: 15 oz (F)
- ☐ Canned diced tomatoes: 15 oz (F)
- ☐ Tomato sauce: 5 oz (F)
- ☐ Chicken broth: 2 cups (F)
- ☐ Canned corn: 10 oz (F)
- ☐ Red pepper flakes: 2 tbsp (F)
- ☐ Taco seasoning: 2 tbsp (F)
- ☐ Paprika: 1 tbsp (F)
- ☐ Panko crumbs: 1½ cups (M)
- ☐ Garlic parsley salt: ½ tbsp (M)
- ☐ Linguine: 1 lb (W)

NOTES:

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