



MONDAY

Sheet Pan Salmon and Veggies



TUESDAY

Chicken Lo Mein



WEDNESDAY

Turkey Neck Soup



THURSDAY

Spatchcock Turkey



FRIDAY

Turkey Tetrazzini



SIDE OF THE WEEK

Twice Baked Potato Casserole



WEEKEND WONDER

Dulce de Leche Cake
(Golden Key Cake)

MEAT / SEAFOOD

- ☐ Salmon filet: 2 lb (M)
- ☐ Chicken: 1 lb (T)
- ☐ Turkey necks: 1 lb (W)
- ☐ Turkey: 12 lbs (TH)
- ☐ Turkey (cooked, use leftovers): 1 lb (F)

DAIRY / REFRIGERATED

- ☐ Heavy whipping cream: 1 cup (F)
- ☐ Unsalted butter: 8 tbsp (F)
- ☐ Mozzarella cheese: 2 cups (F)

PRODUCE

- ☐ Asparagus: 1 lb (M)
- ☐ Cherry tomatoes: 1 lb (M)
- ☐ Onions: 5 large (T, W, TH, F)
- ☐ Carrots: 4 large (T, W)
- ☐ Potatoes: 2lbs (W, TH)
- ☐ Broccoli: 2 cups (T)
- ☐ Garlic: 10 cloves (T, TH, F)
- ☐ Green onions (chopped): ½ cup (W)
- ☐ Fresh dill (chopped): ⅓ cup (W)
- ☐ Baby bella mushrooms: 8 oz (F)

PANTRY / OTHER

- ☐ Garlic parsley salt: 2 tbsp (M)
- ☐ Oil: 3 tbsp (M, T)
- ☐ Chicken broth: 3⅓ cup (T, F)
- ☐ Soy sauce: 4 tbsp (T)
- ☐ Brown sugar: 2 tbsp (T)
- ☐ Sesame oil: 2 tsp (T)
- ☐ Lo Mein Noodles: 8 oz (T)
- ☐ Rice: ⅓ cup (W)
- ☐ Salt: 4 tbsp + 1 tsp (W, TH, F)
- ☐ Ground black pepper: 7½ tsp (W, TH, F)
- ☐ Mayonnaise: 2 cups (TH)
- ☐ Spaghetti or linguine: 12 oz (F)
- ☐ Flour: ¼ cup (F)

NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Side 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.