



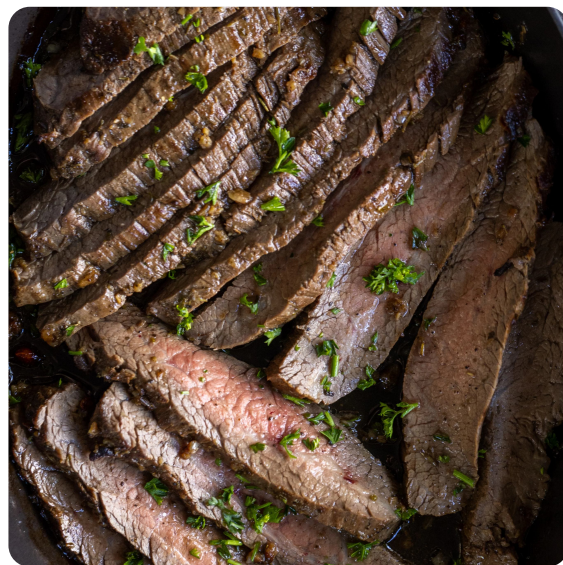
### MONDAY

[Turkey Tetrazzini](#)



### TUESDAY

[Potato & Cheese Pierogi](#)



### WEDNESDAY

[London Broil](#)



### THURSDAY

[Steak Wraps](#)



### FRIDAY

[Tomato Basil Soup](#)



### BREAKFAST OF THE WEEK

[Mashed Potato Pancakes](#)



### DESSERT OF THE WEEK

[Caramel Apple Cake](#)





## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Turkey (cooked, use leftovers): 1 lb (M)
- ☐ London broil: 2 lbs (W)
- ☐ Flank Steak: 2 lbs (TH)

### DAIRY / REFRIGERATED

- ☐ Unsalted butter: 14 tbsp (M, T)
- ☐ Heavy whipping cream: 2 cups (M, F)
- ☐ Mozzarella cheese: 2 cups (M)
- ☐ Eggs: 2 (T)
- ☐ Sour cream: 2 tbsp (T)
- ☐ Milk: 1¼ cups (T)
- ☐ Cheddar cheese: ½ cup (T)

### PRODUCE

- ☐ Onions: 3 large (M, T, F)
- ☐ Red onion: 1 small (TH)
- ☐ Baby bella mushrooms: 8 oz (M)
- ☐ Garlic: 9 cloves (M, W, TH)
- ☐ Potatoes: 3 lbs (T)
- ☐ Lettuce: 1 lb (TH)
- ☐ Tomatoes: 2 large (TH)
- ☐ Avocado: 1 large (TH)
- ☐ Carrots: 2 large (F)
- ☐ Basil (fresh): 1 cup (F)
- ☐ Lemon juice: 2 tbsp (W)

### PANTRY / OTHER

- ☐ Spaghetti or linguine: 12 oz (M)
- ☐ Flour: 4 cups (M, T)
- ☐ Chicken broth: 7 cups (M, F)
- ☐ Salt: 8 tsp (M, T, W, TH, F)
- ☐ Ground black pepper: 3½ tsp (M, W, TH, F)
- ☐ Oil: 1 cup (W, TH, F)
- ☐ Soy sauce: 2 tbsp (W)
- ☐ Worcestershire sauce: 1 tbsp (W)
- ☐ Dijon Mustard: 1 tbsp (W)
- ☐ Italian Seasoning: 1 tbsp (W)
- ☐ Tortillas: 12 (TH)
- ☐ Canned Italian style tomatoes: 28 oz (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.