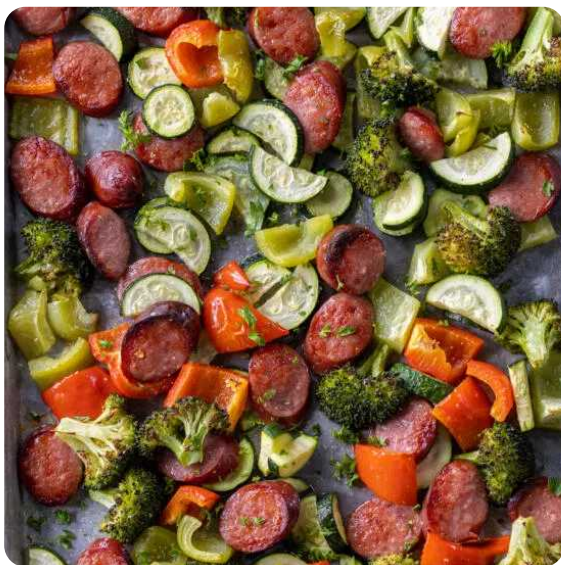




MONDAY

Pelmeni



TUESDAY

Sheet Pan Sausage and Veggies



WEDNESDAY

Homemade Pizza



THURSDAY

Parmesan Risotto



FRIDAY

Sheet Pan Steak Fajitas



DRINK OF THE WEEK

Sparkling Cranberry Punch



DESSERT OF THE WEEK

Drunken Cherry Cake

MEAT / SEAFOOD

- ☐ Ground meat: 2 lbs (M)
- ☐ Sausage(Andouille or Polish): 16 oz (T)
- ☐ Pepperoni: 8 oz (W)
- ☐ Flank steak: 2 lbs (F)

DAIRY / REFRIGERATED

- ☐ Eggs: 3 (M)
- ☐ Unsalted butter: 4 tbsp (M, TH)
- ☐ Sour cream: (M)
- ☐ Pizza dough: 1 lb (W)
- ☐ Mozzarella cheese: 2 cups (W)
- ☐ Pizza blend cheese: 2 cups (W)
- ☐ Parmesan Cheese : ½ cup (TH)

PRODUCE

- ☐ Onions: 3 large (M, TH, F)
- ☐ Red bell peppers: 2 (T, F)
- ☐ Green bell peppers: 2 (T, F)
- ☐ Broccoli: 1 lb (T)
- ☐ Zucchini : 1 medium (T)

PANTRY / OTHER

- ☐ Flour: 3 cups (M)
- ☐ Salt: 3½ tsp (M, TH)
- ☐ Garlic parsley salt: 1 tbsp (T)
- ☐ Ground black pepper: 1 tsp (M)
- ☐ Oil: 6 tbsp (T, W, TH, F)
- ☐ Ranch or Marinara sauce: ½ cup (W)
- ☐ Corn meal: 1 tsp (W)
- ☐ Sesame seeds: 1 tbsp (W)
- ☐ Broth (chicken or vegetable): 6 cups (TH)
- ☐ Arborio rice: 2 cups (TH)
- ☐ Dry white wine: ⅓ cup (TH)
- ☐ Fajita seasoning: 2 tbsp (F)

NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Drink of the Week" and "Dessert of the Week"), make sure to add those ingredients to your shopping list.
- If making homemade pizza dough, add those ingredients to your shopping list as well.
- Don't forget to add the usual snacks and fruit to your grocery list, too! Fruits, nuts, cheeses, and yogurt are my regulars.