



MONDAY

Beef and Barley Stew



TUESDAY

No-Knead Cinnamon Rolls



WEDNESDAY

Rib Roast



THURSDAY

Steak Sandwich



FRIDAY

Grandma's White Bean
Soup



SIDE OF THE WEEK

Scalloped Potatoes



DESSERT OF THE WEEK

White Chocolate Cranberry
Cake



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chuck Roast : 1½ lbs (M)
- ☐ Ribeye Roast Bone-In: 6 lbs (W)
- ☐ Steak: 1 lb (or use leftover ribeye roast)(TH)
- ☐ Pork: 1 lb (F)

DAIRY / REFRIGERATED

- ☐ Eggs: 2 (T)
- ☐ Unsalted butter: 2 sticks (T, TH)
- ☐ Cream cheese: 16 oz (T)
- ☐ Whipping cream: ½ cup (W)
- ☐ Havarti cheese : 4 slices (TH)

PRODUCE

- ☐ Onions: 4 large (M, TH, F)
- ☐ Carrots: 3 (M, F)
- ☐ Mushrooms: 1½ lbs (M)
- ☐ Garlic cloves: 6 (W, TH)
- ☐ Fennel: (1 bulb + fronds) (W)
- ☐ Fresh horseradish (grated): 3 tbsp (W)
- ☐ Fresh dill: 4 tbsp (TH, F)

PANTRY / OTHER

- ☐ Barley: 1½ cups (M)
- ☐ Better Than Bouillon broth: 1 tbsp (M)
- ☐ Bay leaves: 6 (M, F)
- ☐ Salt: 7½ tbsp (M, T, W, TH, F)
- ☐ Oil: 3 tbsp (W, TH)
- ☐ Ground black pepper: 4 tsp (M, F)
- ☐ Instant yeast: 1 tsp (T)
- ☐ Honey: ¼ cup (T)
- ☐ Flour: 3¾ cups (T)
- ☐ Sugar: 1 cup(T)
- ☐ Ground cinnamon: 1 tbsp (T)
- ☐ Powdered sugar: 1 cup (T)
- ☐ Vanilla extract: 1 tbsp (T)
- ☐ Coarsely ground mixed peppercorns: 2 tbsp (W)
- ☐ Baguette: 1 (TH)
- ☐ White beans: 1 ½ cups (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.