

MONDAY

Sushi Bake



TUESDAY

Slow Cooker Beef Short Ribs



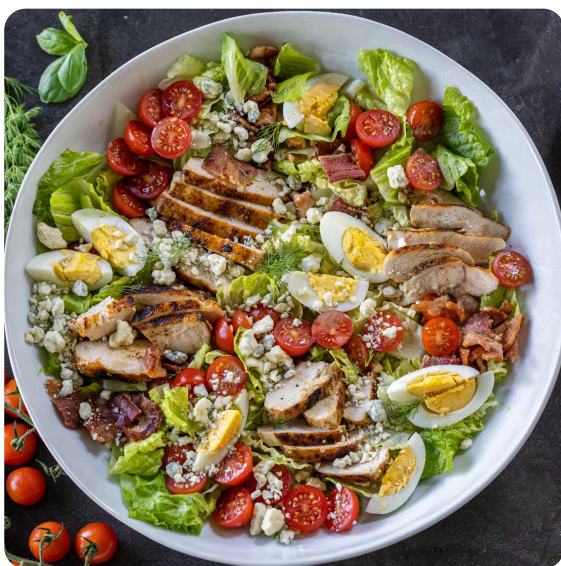
WEDNESDAY

Roasted Stuffed Duck



THURSDAY

Bacon Wrapped Chicken Breasts



FRIDAY

Cobb Salad



APPETIZER OF THE WEEK

Cheesy Baked Tiger Shrimp



SIDE OF THE WEEK

Shuba (Fur Coat Salad)



MENU #13

SHOPPING LIST

MEAT / SEAFOOD

- ☐ Salmon (cooked) : 1½ lbs (M)
- ☐ Beef Short Ribs: 4 lbs (T)
- ☐ Duck: 1 (W)
- ☐ Chicken breasts: 3 lbs (TH, F)
- ☐ Bacon (thin sliced): 20 oz (TH, F)

DAIRY / REFRIGERATED

- ☐ Cream cheese: 8 oz (M)
- ☐ Eggs: 2 (F)
- ☐ Blue cheese: ½ cup (F)

PRODUCE

- ☐ Garlic: 7 cloves (W, F)
- ☐ Onions: ½ (W)
- ☐ Green apple: 1 (W)
- ☐ Carrots: 2 (W)
- ☐ Lettuce: 10 oz (F)
- ☐ Cherry tomatoes: 1 cup (F)

PANTRY / OTHER

- ☐ Sushi rice: 1½ cups (M)
- ☐ Rice vinegar: ¼ cup (M)
- ☐ Beef broth: 3 cups (T)
- ☐ Salt: 3¼ tsp (M, T, TH, F)
- ☐ Garlic parsley salt: 1 tbsp (W)
- ☐ Oil: 4 tbsp (F)
- ☐ Furikake: 4 tbsp (M)
- ☐ Ground black pepper: 3¼ tsp (T, W, TH, F)
- ☐ Sriracha mayo: ¼ cup (M)
- ☐ Red wine: 1 cup (T)
- ☐ Red wine vinegar: 1 tbsp (F)
- ☐ Mayonnaise: 1 cup (W)
- ☐ Brown rice (cooked): 3 cups (W)
- ☐ Brown sugar: 2 tbsp (TH)
- ☐ Smoked paprika: 1 tsp (TH)
- ☐ Garlic powder: 1 tsp (TH)
- ☐ Onion powder: ½ tsp (TH)
- ☐ Dijon mustard: 1 tbsp (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.