

### MONDAY

Braised Cabbage with Chicken



### TUESDAY

Chicken Ranch Wraps



### WEDNESDAY

Meatball Kale Soup



### THURSDAY

Taco Salad



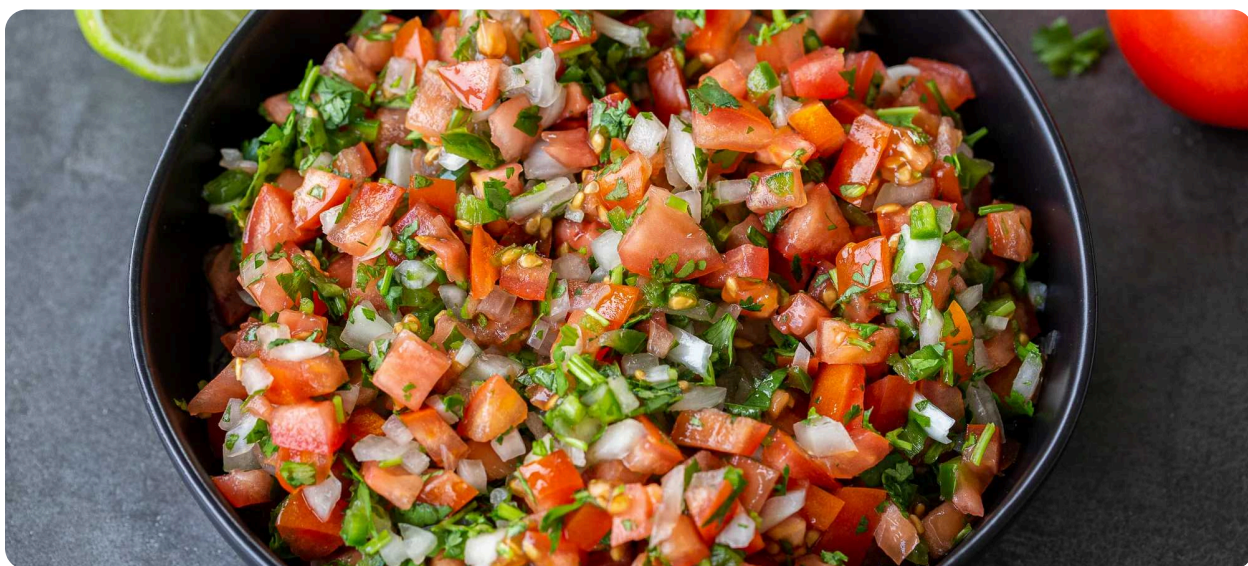
### FRIDAY

Air Fryer Tilapia



### DESSERT OF THE WEEK

Vareniki (Pierogi with Farmers Cheese)



### SIDE OF THE WEEK

Pico de Gallo





## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Chicken breast: 1 lb (M)
- ☐ Chicken (cooked): 3 cups (T)
- ☐ Bacon (cooked): 1 cup (T)
- ☐ Ground turkey: 1 lb (W)
- ☐ Ground beef: 1 lb (TH)
- ☐ Tilapia: 1 lb (F)

### DAIRY / REFRIGERATED

- ☐ Unsalted butter: ½ cup (M)
- ☐ Eggs: 1 (W)
- ☐ Mexican cheese: 2 cups (T, TH)
- ☐ Sour cream: ⅓ cup (TH)
- ☐ Butter: 2 tbsp (F)

### PRODUCE

- ☐ Mushrooms: 1 lb (M)
- ☐ Onions: 1½ medium (M, W)
- ☐ Zucchini: 3 small (M)
- ☐ Carrots: 3 medium (M, W)
- ☐ Cabbage: 1 small head (M)
- ☐ Iceberg lettuce: 2 cups (T)
- ☐ Potatoes: 3 medium (W)
- ☐ Fresh kale: 1 bn (W)
- ☐ Romaine lettuce: 10 oz (TH)
- ☐ Grape tomatoes: 1½ cups (TH)
- ☐ Avocado: 1 large (TH)
- ☐ Green onions: ½ cup (TH)
- ☐ Cilantro: ¼ cup (TH)
- ☐ Parsley: 1 tsp (F)
- ☐ Lemon: 1 (F)

### PANTRY / OTHER

- ☐ Salt: 3 tbsp (M, W)
- ☐ Garlic parsley salt: 4 tsp (W, F)
- ☐ Ranch dressing: ½ cup (T)
- ☐ Flour tortillas: 6 large (T)
- ☐ Oil: 1 tbsp (W)
- ☐ Chicken/beef broth: 7 cups (W)
- ☐ Taco seasoning: 2 tbsp (TH)
- ☐ Ground black pepper: 1 tsp (W)
- ☐ Salsa: ½ cup (TH)
- ☐ Paprika: ½ tsp (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.