



MONDAY

Easy Chicken Noodle Soup



TUESDAY

Air Fryer Scallops



WEDNESDAY

Easy Air Fryer Chicken Wings



THURSDAY

Air Fryer Stuffed Peppers



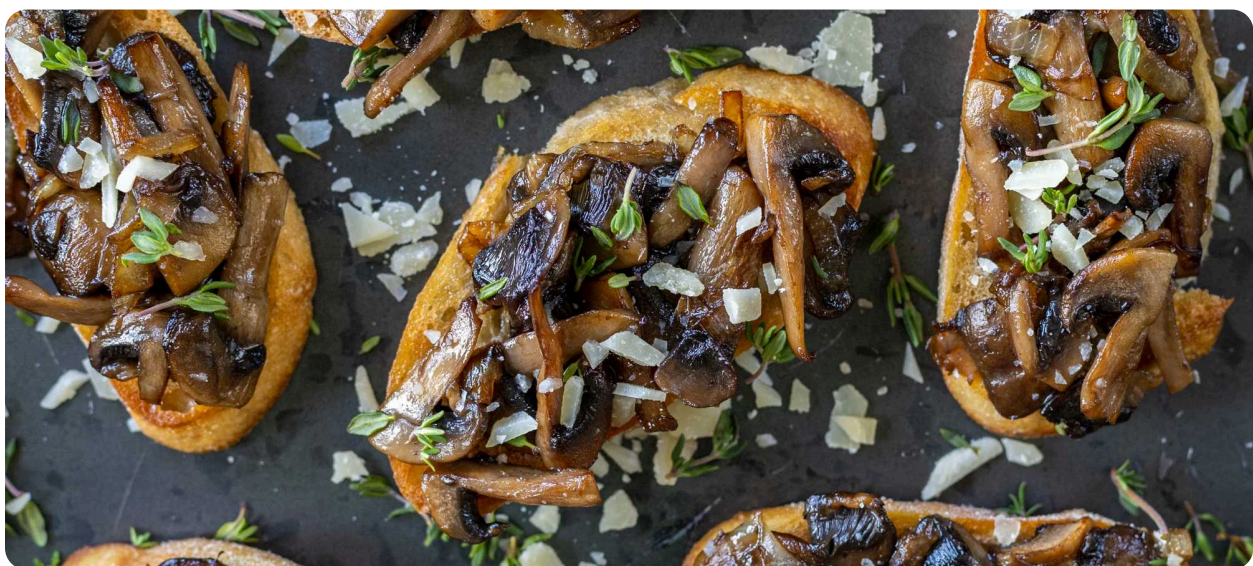
FRIDAY

Lemon Chicken Pasta



DESSERT OF THE WEEK

Cranberry Almond Biscotti



APPETIZER OF THE WEEK

Mushroom Bruschetta



MEAT / SEAFOOD

- ☐ Chicken (cooked): 1 lb (M)
- ☐ Chicken wings: 2 lbs (W)
- ☐ Scallops: 1 lb (T)
- ☐ Ground beef: 1 lb (TH)
- ☐ Chicken breast: 1½ lbs (F)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: 8 tbsp (T, F)
- ☐ Parmesan cheese: 1 cup (F)

PRODUCE

- ☐ Carrots : 1 large (M)
- ☐ Potatoes: 3 medium (M)
- ☐ Scallions: ½ cup (M)
- ☐ Garlic cloves: 8 (T, TH, F)
- ☐ Parsley: 1 tsp+ 4 tbsp (T, F)
- ☐ Lemons: 2 (T, F)
- ☐ Red bell peppers: 4 large (TH)
- ☐ Onion: 1 medium (TH)

PANTRY / OTHER

- ☐ Salt: 4 tsp (M, TH, F)
- ☐ Garlic parsley salt: 4 tsp (T, W)
- ☐ Smoked paprika: ¼ tsp (T)
- ☐ Paprika: 1 tbsp (W)
- ☐ Olive oil: 5 tbsp (TH, F)
- ☐ Spray oil: (T, W)
- ☐ Chicken broth: 3 qts (M)
- ☐ Pasta: 1 lb (M, F)
- ☐ Ground black pepper: 2½ tsp (M, W, TH, F)
- ☐ Rice: 1 cup (TH)
- ☐ Mushroom pasta sauce: 2 cups (TH)
- ☐ Italian seasoning: 1 tbsp (F)

NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Dessert of the Week" and "Appetizer 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.