



MONDAY

Chicken Enchilada Soup



TUESDAY

Sourdough Pizza Crust



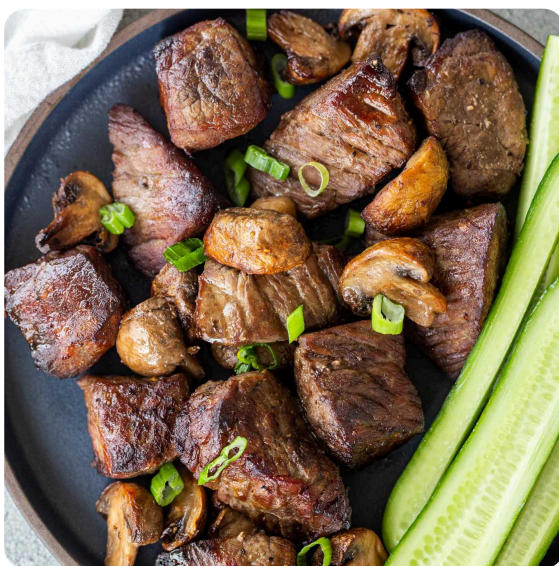
WEDNESDAY

Chicken Broccoli Alfredo



THURSDAY

Braised Lamb Shanks



FRIDAY

Air Fryer Steak Bites
with Mushrooms



BREAKFAST OF THE WEEK

Sourdough Pancakes



DESSERT OF THE WEEK

Sourdough Chocolate Chip
Cookies



MEAT / SEAFOOD

- ☐ Chicken breast: 2 lbs (M, W)
- ☐ Lamb shanks: 4 (TH)
- ☐ Beef (chuck or sirloin): 2 lbs (TH, F)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: 10 tbsp (M, W)
- ☐ Mexican cheese: 1½ cups (M)
- ☐ Heavy whipping cream: 2 cups (W)
- ☐ Parmesan cheese: ½ cup (W)
- ☐ Active sourdough starter: ½ cup (T)

PRODUCE

- ☐ Onions: 2 medium (M, TH)
- ☐ Red bell peppers: 1 large (M)
- ☐ Garlic cloves: 10 (M, W, TH)
- ☐ Broccoli: 1 lb (W)
- ☐ Mushrooms: 2 lbs (F)

PANTRY / OTHER

- ☐ Salt: 3 tbsp (M, T, W, TH, F)
- ☐ Tomato sauce: ½ cup (TH)
- ☐ Red wine: 1 cup (TH)
- ☐ Bread flour: 2 ⅓ cups (T)
- ☐ Oil: 6 tbsp (T, W, TH)
- ☐ Chicken broth: 4 cups (M)
- ☐ Beef broth: 1 cup (TH)
- ☐ Ground black pepper: 5 tsp (W, TH, F)
- ☐ Fettuccine pasta: 8 oz (W)
- ☐ Black beans: 15 oz (M)
- ☐ Canned corn: 15 oz (M)
- ☐ Red enchilada sauce: 15 oz (M)
- ☐ Bay leaves: 3 (TH)
- ☐ Worcestershire sauce: 2 tbsp (F)

NOTES:

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