



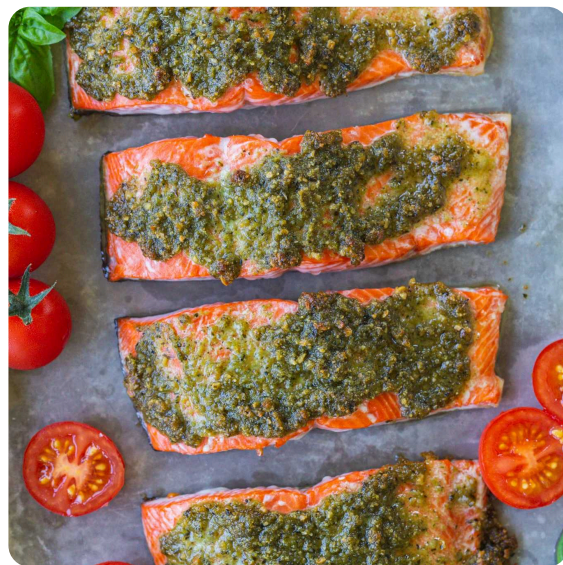
MONDAY

[White Chicken Chili](#)



TUESDAY

[Stuffed Shells with Meat Sauce](#)



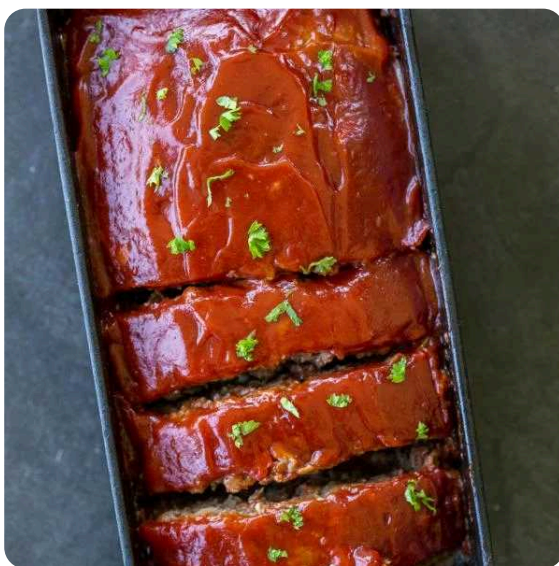
WEDNESDAY

[Baked Pesto Salmon](#)



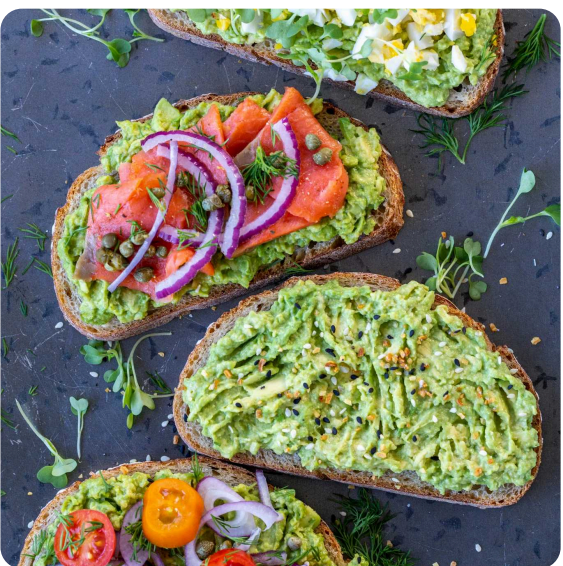
THURSDAY

[Gyro and Tzatziki Sauce Recipe](#)



FRIDAY

[Meatloaf with Oatmeal](#)



BREAKFAST OF THE WEEK

[Avocado Toast Recipe](#)



DESSERT OF THE WEEK

[Twice Baked Chocolate Croissants](#)



MEAT / SEAFOOD

- ☐ Chicken (boneless skinless): 1 lb (M)
- ☐ Ground beef: 3 lbs (T, F)
- ☐ Salmon fillet: 16 oz (W)
- ☐ Lamb: 2 lbs (TH)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: 2 tbsp (M)
- ☐ Whole milk: 1½ cups (M, F)
- ☐ Ricotta cheese: 15 oz (T)
- ☐ Parmesan cheese: ½ cup (T)
- ☐ Mozzarella cheese: 3 cups (T)
- ☐ Eggs: 3 (T, F)
- ☐ Greek yogurt: 2 cups (TH)
- ☐ Feta cheese: 1 cup (TH)

PRODUCE

- ☐ Onions: 3.5 (M, T, TH, F)
- ☐ Purple onion: ½ (TH)
- ☐ Scallions: 4 (TH)
- ☐ Cucumber: 1 medium (TH)
- ☐ Dill: 3 tbsp (TH)
- ☐ Garlic cloves: 4 (TH)
- ☐ Tomatoes: 2 medium (TH)
- ☐ Lettuce: 1 head (TH)
- ☐ Garlic cloves: 4 (TH)

PANTRY / OTHER

- ☐ Salt: 8 tsp (M, W, TH, F)
- ☐ Spaghetti sauce: 24 oz (T)
- ☐ Cumin: 1 tsp (M)
- ☐ Chili powder: 1 tsp (M)
- ☐ Garlic powder: 2 tsp (M, F)
- ☐ Chicken better than bullion: 1 tbsp (M)
- ☐ Flour: 2 tbsp (M)
- ☐ Jumbo shells: 15 oz (T)
- ☐ Oil: 1 tbsp (M)
- ☐ Ketchup: 1 cup (F)
- ☐ Ground black pepper: 1 tsp (TH)
- ☐ Worcestershire sauce: 2 tbsp (F)
- ☐ Canned pinto beans: 14 oz (M)
- ☐ Canned corn: 14 oz (M)
- ☐ Canned white kidney beans: 14 oz (M)
- ☐ Italian seasoning: 1 tbsp (T)
- ☐ [Pesto sauce](#): ½ cup (W)
- ☐ Pita or naan bread: 10 (TH)
- ☐ Quick oats (uncooked): ¾ cup (F)
- ☐ Soy sauce: 4 tbsp (TH)
- ☐ Teriyaki sauce: ½ cup (TH)
- ☐ Steak seasoning: 1 tbsp (TH)

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.