



MONDAY

[Chicken Tortellini Soup](#)



TUESDAY

[Mongolian Beef](#)



WEDNESDAY

[Crispy Air Fryer Cod](#)



THURSDAY

[Stewed Buckwheat and Beef](#)



FRIDAY

[Creamy One-Pot Pasta](#)



APPETIZER OF THE WEEK

[Spinach Artichoke Dip](#)



DESSERT OF THE WEEK

[Espresso Jello Shots](#)

MEAT / SEAFOOD

- ☐ Chicken: 1 lb (M)
- ☐ Beef flank steak: 1 lb (T)
- ☐ Ribeye or other flatty cut of beef: 2 lb (TH)
- ☐ Cod fillet: 1 lb (W)
- ☐ Italian sausages: 3 (F)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: ¼ cup (W)
- ☐ Heavy whipping cream: 1 cup (F)
- ☐ Parmesan cheese: ½ cup (F)
- ☐ Cheese tortellini: 8 oz (M)

PRODUCE

- ☐ Onion: 1 (TH)
- ☐ Carrots: 4 (M, TH)
- ☐ Dill or parsley: ⅓ cup (M)
- ☐ Green onion: ¾ (M, T)
- ☐ Garlic: 3 cloves (T)
- ☐ Ginger: 1 tsp (T)
- ☐ Lemon: 1 (W)
- ☐ Mushrooms: 1 lb (TH)
- ☐ Zucchini: 2 (F)
- ☐ Basil: 1 cup (F)

PANTRY / OTHER

- ☐ Salt: 5 tsp (M, W, TH)
- ☐ Seasoning salt: 1 tsp (W)
- ☐ Garlic parsley salt: 1 tsp (F)
- ☐ Ground black pepper: 2 tsp (M, TH)
- ☐ Chicken broth: 32 oz (M)
- ☐ Better than bouillon beef broth base: 1 tbsp (TH)
- ☐ Corn starch: ¼ cup (T)
- ☐ Oil: 5 tbsp+ 1tsp (M, T, TH, F)
- ☐ Soy sauce: ⅓ cup (T)
- ☐ Brown sugar: ⅓ cup (T)
- ☐ Buckwheat: 1 cup (TH)
- ☐ Pasta: 1 lb (F)
- ☐ Red pasta sauce: 1 cup (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.