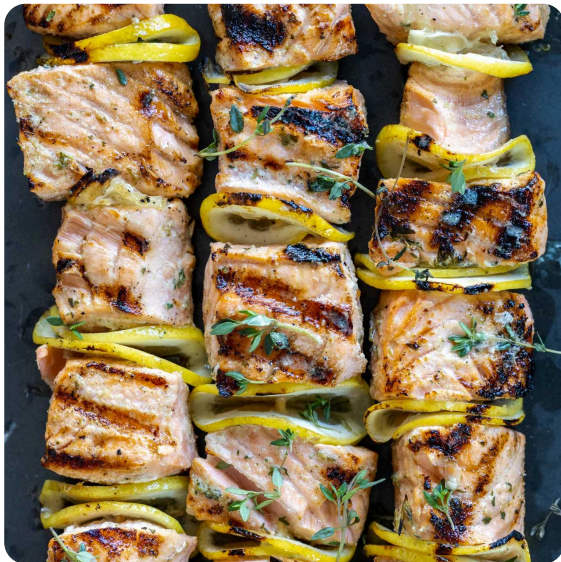




MONDAY

Ukrainian Cabbage Rolls



TUESDAY

Grilled Salmon Kebabs



WEDNESDAY

Messy Burgers



THURSDAY

Potato Gnocchi



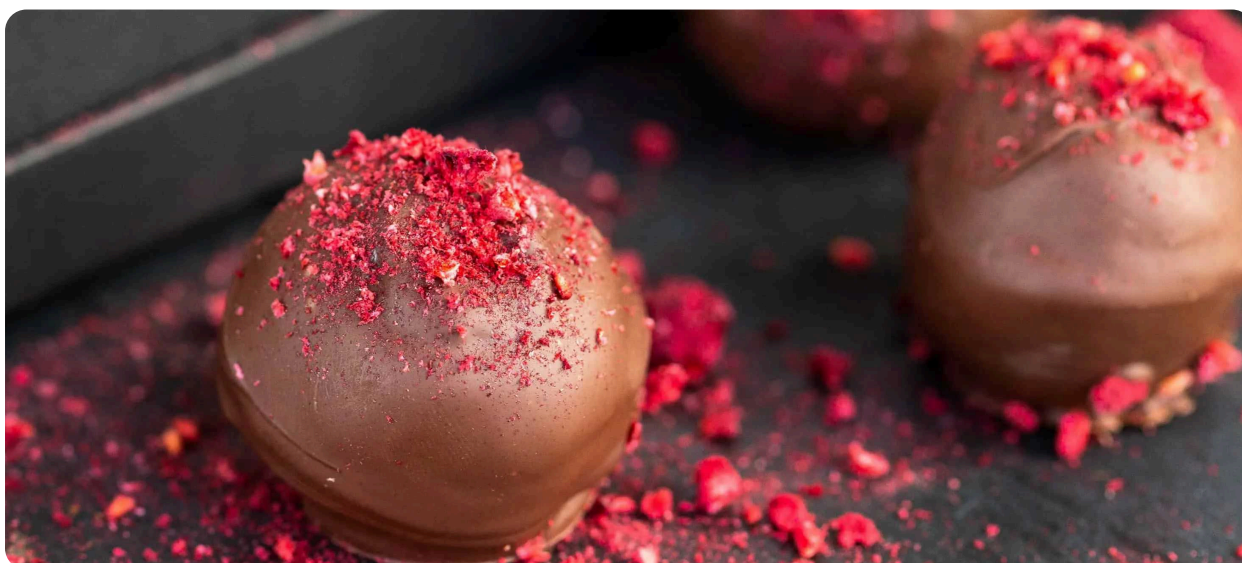
FRIDAY

Broiled Lobster Tails



LUNCH OF THE WEEK

Turkey Focaccia Sandwich



DESSERT OF THE WEEK

Chocolate Raspberry Truffles



MEAT / SEAFOOD

- ☐ Ground chicken: ½ lb (M)
- ☐ Ground beef: 1½ lb (M, W)
- ☐ Salmon fillet: 2 lb (T)
- ☐ Lobster tails: 2 (F)

PANTRY / OTHER

- ☐ Salt: 7 tsp (M,W, TH)
- ☐ Garlic parsley salt: 4 tsp (T ,W, F)
- ☐ Burger buns: 4 (W)
- ☐ Oil: ½ cup (M, T, W)
- ☐ All-purpose flour: 3 cups (TH)
- ☐ White rice: ½ lb (M)
- ☐ Ground black pepper: 1 tsp (M)

DAIRY / REFRIGERATED

- ☐ Cheese: 4 slices (W)
- ☐ Eggs: 2 (TH)
- ☐ Unsalted Butter: 2 tbsp (F)

PRODUCE

- ☐ Onions: 3 (M, W)
- ☐ Carrots: 2 large (M)
- ☐ Cabbage head: 1 (M)
- ☐ Thyme: 1 tbsp (T)
- ☐ Lemons: 3 (T)
- ☐ Potatoes: 3 lbs (TH)
- ☐ Mushrooms: 1 lb (W)

NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Lunch 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.