



MONDAY

Savory Piroshky



TUESDAY

Mom's Chicken
Dumpling Soup



WEDNESDAY

Beef with Roasted
Potatoes and Carrots



THURSDAY

Fish Soup (Ukha)



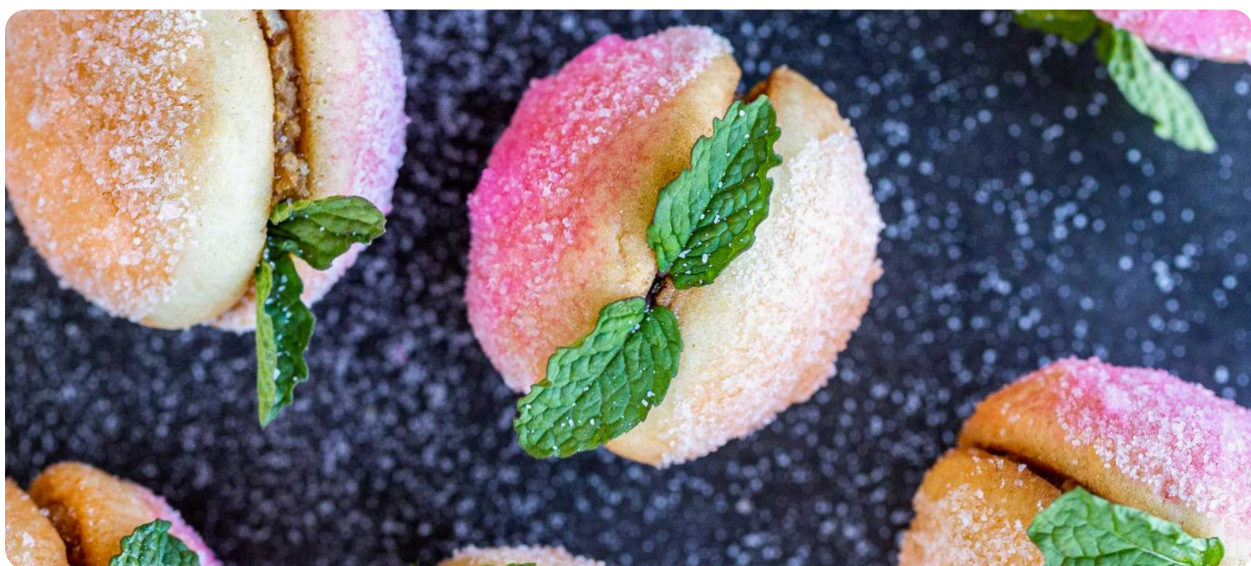
FRIDAY

Braised Cabbage with
Rice



SALAD OF THE WEEK

Roasted Cabbage Wedge
Salad



DESSERT OF THE WEEK

European Peach Cookies



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken thighs (boneless, skinless): 1lb (T, F)
- ☐ Beef chuck roast: 2lb (W)
- ☐ Bacon bits: ¼ cup (W)
- ☐ Salmon fillet: 1 lb (TH)
- ☐ Ground beef: 3 lbs (M)

DAIRY / REFRIGERATED

- ☐ Egg: 5 (M)
- ☐ Unsalted butter: 5 tbsp (M)
- ☐ Sour cream: 1 cup (M)
- ☐ Milk: 2 cups (M)
- ☐ [Homemade dumplings](#): 2 cups (T)

PRODUCE

- ☐ Onions: 4 (M, T, W, TH, F)
- ☐ Green onion: ½ cup (T)
- ☐ Carrots: 6 (T, W, TH, F)
- ☐ Yukon gold potatoes: 8 (T, W, TH)
- ☐ Parsley: ⅓ cup (TH)
- ☐ Dill: ⅓ cup (TH)
- ☐ Cabbage: 1 head (F)
- ☐ Tomatoes: 3 (F)

PANTRY / OTHER

- ☐ Salt: 5 tbsp (M, T, W, TH, F)
- ☐ Sugar: 2 tbsp (M)
- ☐ Dry yeast: 1 ½ tbsp (M)
- ☐ Ground black pepper: 5 tsp (M, T, W, TH, F)
- ☐ Flour: 7 cups (M)
- ☐ Chicken better than bouillon: 1 tbsp (T)
- ☐ Rice: ¾ cup (TH, F)
- ☐ Olive oil: 5 tbsp (T, F)
- ☐ Frying oil: (M)
- ☐ Bay leaves: 4 (W)
- ☐ Ketchup: ¼ cup (F)

NOTES:

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