



## MONDAY

Teriyaki Chicken Skewers



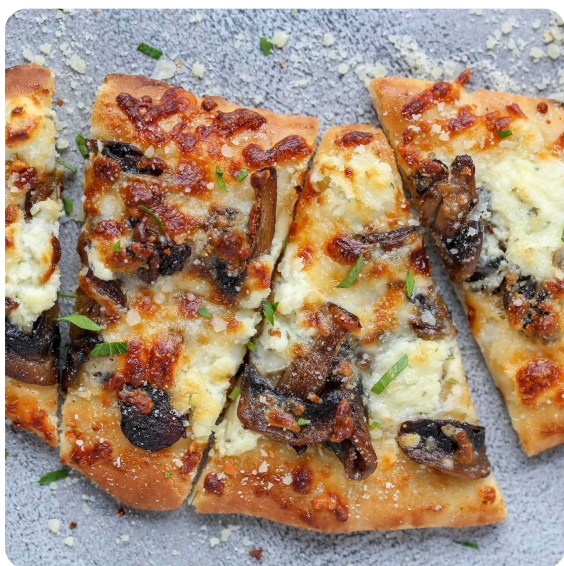
## TUESDAY

Clam Chowder



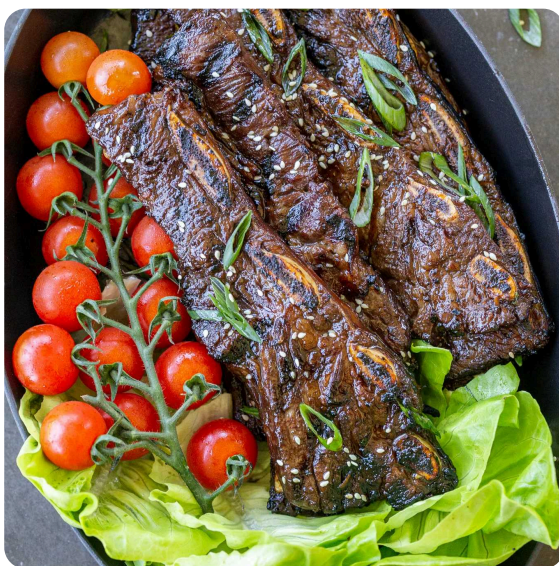
## WEDNESDAY

Bang Bang Shrimp Pasta



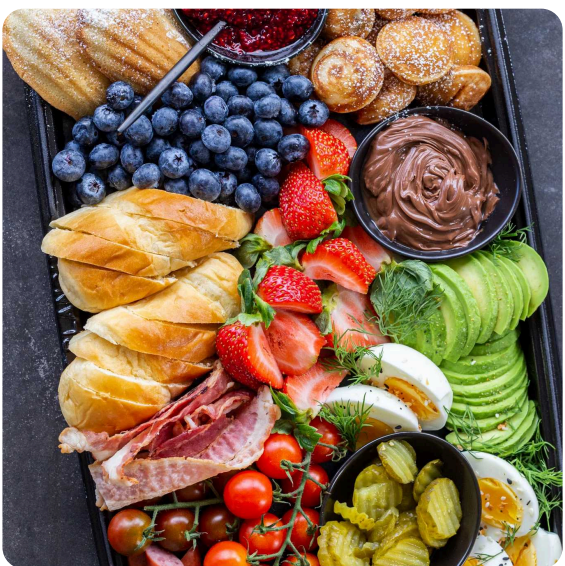
## THURSDAY

Mushroom Flatbread Pizza



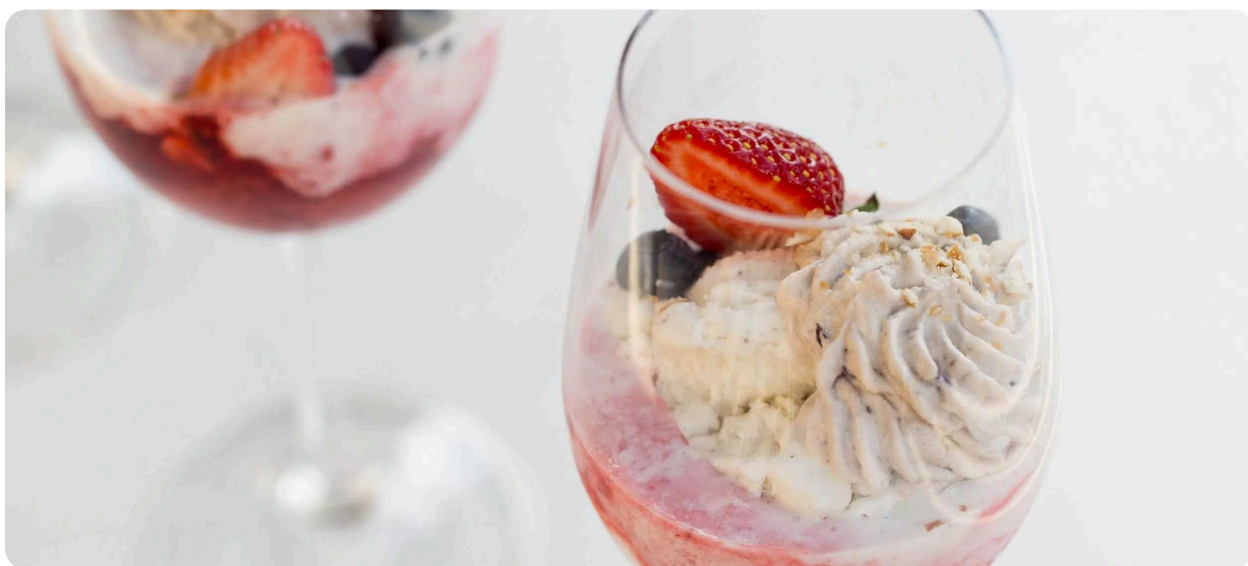
## FRIDAY

Grilled Beef Galbi



## BREAKFAST OF THE WEEK

Breakfast Charcuterie Board



## DESSERT OF THE WEEK

Strawberry Sundae



## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Chicken thighs (boneless, skinless): 3 lbs (M)
- ☐ Bacon: ½ lb (T)
- ☐ Shrimp (peeled and deveined): 1 lb (W)
- ☐ Beef short ribs (¾ inch thick): 4 lbs (F)

### DAIRY / REFRIGERATED

- ☐ Cream cheese: 4 oz (T)
- ☐ Whipping cream: 1 cup (T)
- ☐ Unsalted butter: 3 tbsp (W, TH)
- ☐ Garlic herb goat cheese: 5 oz (TH)
- ☐ Mozzarella cheese: 2 cups (TH)
- ☐ Parmesan cheese: 1 cup (TH)

### PRODUCE

- ☐ Onion: 1 (T)
- ☐ Green onions: 2 bunches (T, F)
- ☐ Carrots: 2 medium (T)
- ☐ Celery: ½ bunch (T)
- ☐ Potatoes: 3 medium (T)
- ☐ Garlic: 4 cloves (W, F)
- ☐ Fresh ginger: 2 tbsp (F)
- ☐ Mushrooms: 1 lb (TH)
- ☐ Lime: 1 (W)

### PANTRY / OTHER

- ☐ Whole clams (Canned): 20 oz (T)
- ☐ Salt: 3 tsp (T, W, TH)
- ☐ Garlic powder: 1 tsp (T)
- ☐ Ground black pepper: 1 tsp (T)
- ☐ Paprika: 1 tsp (W)
- ☐ Chicken broth: 1 qt (T)
- ☐ Teriyaki sauce: 1½ cups (M)
- ☐ Angel hair pasta: 8 oz (W)
- ☐ Mayonnaise: ½ cup (W)
- ☐ Sweet chili sauce: ½ cup (W)
- ☐ Red pepper flakes: ¼ tsp (W)
- ☐ Flatbreads: 4 (TH)
- ☐ [Caesar dressing](#): ½ cup (TH)
- ☐ Soy sauce: ¾ cup (F)
- ☐ Mirin rice vinegar: ¼ cup (F)
- ☐ Brown sugar: ½ cup (F)
- ☐ Apple juice: ⅓ cup (F)

### NOTES:

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