



MONDAY

Classic Club Sandwich



TUESDAY

Gyoza



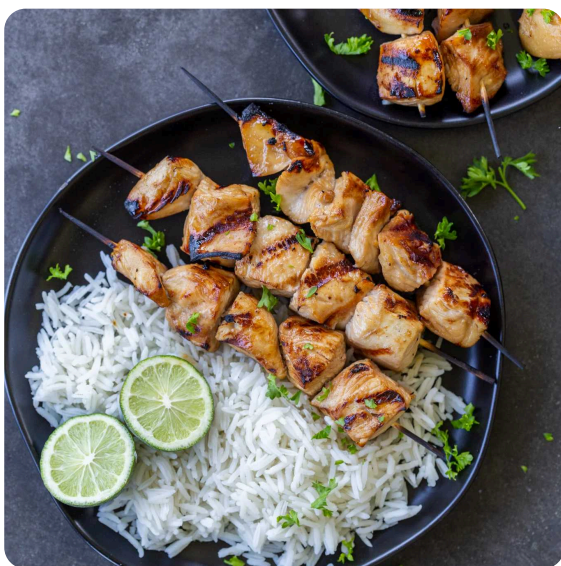
WEDNESDAY

Turkey Lettuce Wraps



THURSDAY

Shrimp Boil



FRIDAY

Honey Chicken Skewers



BREAKFAST OF THE WEEK

Freestyle Quiche



DESSERT OF THE WEEK

Cheesecake Chocolate Cupcakes



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Sliced turkey: 8 oz (M)
- ☐ Sliced ham: 8 oz (M)
- ☐ Bacon(cooked): 8 slices (M)
- ☐ Ground turkey: 2 lbs (T, W)
- ☐ Shrimp (extra large): 1 lb (TH)
- ☐ Smoked andouille sausage: 1 lb (TH)
- ☐ Chicken breast: 3 lbs (F)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: $\frac{3}{4}$ cup (M, TH)
- ☐ Cheddar cheese: 4 slices (M)
- ☐ Wonton wrappers : 52 (T)

PRODUCE

- ☐ Onions: 1 (W)
- ☐ Green onions: $\frac{1}{2}$ cup (T)
- ☐ Garlic: 9 cloves (T, W, TH, F)
- ☐ Bell pepper: 1 large (W)
- ☐ Avocado: 1 large (W)
- ☐ Baby Potatoes: 16 oz (TH)
- ☐ Lettuce: 1 head (M, W)
- ☐ Tomatoes: 2 (M)
- ☐ Cabbage: 2 cups (T)
- ☐ Corn: 4 ears (TH)
- ☐ Lemons: 2 (TH)
- ☐ Limes: 2 (F)
- ☐ Ginger: 1 tbsp (F)
- ☐ Fresh herbs: 1 tbsp (W)

PANTRY / OTHER

- ☐ Salt: 2 tsp (T, W)
- ☐ Ground black pepper: 2 tsp (T, W)
- ☐ Bread: 8 slice (M)
- ☐ Mayonnaise: 4 tbsp (M)
- ☐ Soy sauce: 3 tbsp (T, F)
- ☐ Sesame oil: 1 tbsp (T)
- ☐ Oil: 2 tbsp (T, W)
- ☐ Chili powder: 1 tbsp (W)
- ☐ Herbs: 1 tbsp (W)
- ☐ Old Bay Seasoning: 1 tbsp (TH)
- ☐ Ranch dressing: 1 cup (F)
- ☐ Honey: 3 tbsp (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.