



## MONDAY

California Sushi Bowl



## TUESDAY

Air Fryer Chicken  
Parmesan



## WEDNESDAY

Herbed Chicken Noodle  
Soup



## THURSDAY

One-Pot Veggie  
Yakisoba



## FRIDAY

Baked Butter Cod



## BRUNCH SPECIAL

Brioche Bread Pudding



## DRINK OF THE WEEK

Green Smoothie





MEAT / SEAFOOD

- ☐ Crab meat: 8 oz (M)
- ☐ Chicken breast: 1 lb (T)
- ☐ Chicken drumsticks: 1 lb (W)
- ☐ Cod fillets: 2 lbs (F)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: ½ cup(F)
- ☐ Mozzarella cheese: 1 cup (T)
- ☐ Parmesan cheese: ⅓ cup (T)
- ☐ Eggs: 2 (T)
- ☐ Yakisoba noodles: 16 oz (TH)

PRODUCE

- ☐ Avocado: 1 (M)
- ☐ English cucumber: ½ (M)
- ☐ Carrots: 5 medium (W, TH)
- ☐ Green onion: 1 bunch (W)
- ☐ Potatoes: 3 medium (W)
- ☐ Garlic: 4 cloves (W)
- ☐ Fresh dill: 1 cup (W)
- ☐ Bell pepper: 1 large (TH)
- ☐ Broccoli: ½ lb (TH)
- ☐ Cabbage: 1 small head (TH)
- ☐ Onion: 1 large (TH)
- ☐ Lemon: 1 (F)
- ☐ Herbs: 2 tbsp (F)

PANTRY / OTHER

- ☐ Sushi rice: 2 cups (M)
- ☐ Salt: 1 tsp (W)
- ☐ Garlic parsley salt: 1 tbsp (F)
- ☐ Ground black pepper: 1 tsp (W)
- ☐ Seaweed sheets: 1 oz (M)
- ☐ Italian bread crumbs: 1 cup (T)
- ☐ Pasta: ½ cup (W)
- ☐ Mayonnaise: ¼ cup (M)
- ☐ Sriracha sauce: 1 tsp (M)
- ☐ Marinara sauce: ½ cup(T)
- ☐ Oil: 7 tbsp (W, TH)
- ☐ Soy sauce: 7 tsp (M, TH)
- ☐ Toasted sesame oil: ¼ tsp (M)
- ☐ Sugar: 2 tbsp (TH)
- ☐ Oyster sauce: 2 tbsp (TH)
- ☐ Ketchup: 2 tbsp (TH)
- ☐ Worcestershire sauce: 4 tbsp (TH)

NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Brunch Special" and "Drink 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.