



MONDAY

One-Pot Lamb Stew



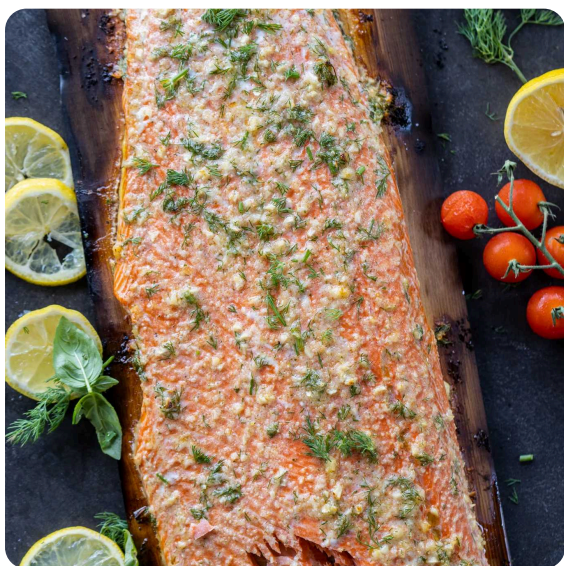
TUESDAY

Philly Cheesesteak
Sloppy Joes



WEDNESDAY

Creamy Chicken and
Broccoli



THURSDAY

Cedar Plank Salmon



FRIDAY

Asparagus Risotto



SNACK OF THE WEEK

Spinach Artichoke Dip



DESSERT OF THE WEEK

Pavlova



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Lamb shoulder: 2lbs (M)
- ☐ Lean ground beef: 1lb (T)
- ☐ Chicken breast: 2 lbs (W)
- ☐ Salmon fillet: 2 lb (TH)

DAIRY / REFRIGERATED

- ☐ Beef broth: 4 cups (M)
- ☐ Broth (chicken, beef or vegetable): 6 cups (F)
- ☐ Provolone cheese: 6oz (T)
- ☐ Heavy cream: 2 cups (W)
- ☐ Parmesan cheese: 1 lb (W, F)
- ☐ Unsalted Butter: 3 tbsp (TH, F)

PRODUCE

- ☐ Shallots: 2 medium (F)
- ☐ Asparagus: 1 lb (F)
- ☐ Fresh dill: 2 tbsp (TH)
- ☐ Lemon: 1 (TH)
- ☐ Broccoli: 1 lb (W)
- ☐ Garlic: 5 cloves (TH, F)
- ☐ Bell pepper: 2 large (T)
- ☐ Parsley: 2 tbsp (M)
- ☐ Carrots: 3 large (M)
- ☐ Baby potatoes: 2 lbs (M)
- ☐ Onion: 2 large (M, T)

PANTRY / OTHER

- ☐ Flour: 4 tbsp (M)
- ☐ Salt: 2 tbsp (M, T)
- ☐ Garlic parsley salt: 1 tsp (W) + 1 tbsp (TH)
- ☐ Ground black pepper: 2 tsp (M, T)
- ☐ Garlic powder: 1 tsp (M)
- ☐ Burger buns: 6 (T)
- ☐ Arborio rice: 2 cups (F)
- ☐ Oil: 4 tbsp (M, W, F)
- ☐ Tomato puree: 1 cup (M)
- ☐ Bay leaves: 3 (M)
- ☐ Italian seasoning: 1 tbsp (W)
- ☐ Cedar plank: 1 (TH)
- ☐ Dry white wine: 1/3 cup (F)

NOTES:

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