



MONDAY

Steak Stir Fry



TUESDAY

Shrimp & Rice



WEDNESDAY

Cobb Salad



THURSDAY

Hamburger Helper



FRIDAY

Wonton Soup



BREAKFAST OF THE WEEK

Potato Latkes



DESSERT OF THE WEEK

Puff Pastry Pear Tartlets

SHOPPING LIST

MEAT / SEAFOOD

- ☐ Steak: 2 lbs (M)
- ☐ Raw shrimp: 1 lb (T)
- ☐ Ground beef: 1 lb (TH)
- ☐ Chicken breast: 1 lb (W)
- ☐ Bacon: 1 cup (W)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: 6 tbsp (T)
- ☐ Eggs: 2 large (W)
- ☐ Blue cheese: ½ cup (W)
- ☐ Milk: 1 cup (TH)
- ☐ Cheddar cheese: 2 cups (TH)
- ☐ Wontons: 20 (F)

PRODUCE

- ☐ Red bell peppers: 1 (M)
- ☐ Broccoli: 8 oz (M)
- ☐ Shiitake mushrooms: 8 oz (F)
- ☐ Baby bok choy: 4 (F)
- ☐ Garlic: 7 cloves (T, W, F)
- ☐ Parsley: 1 bunch (T)
- ☐ Lettuce (chopped): 10 oz (W)
- ☐ Cherry tomatoes: 1 cup (W)
- ☐ Green onions: 1 bunch (M, F)
- ☐ Onion: 1 medium (M)
- ☐ Fresh ginger: 1 tbsp (M)

PANTRY / OTHER

- ☐ Sesame oil: 3 tbsp (M, F)
- ☐ Salt: 1¼ tsp (W, TH)
- ☐ Garlic parsley salt: 1 tbsp (T)
- ☐ Garlic powder: 1 tsp (TH)
- ☐ Onion powder: 2 tsp (TH)
- ☐ Italian seasoning: 1 tsp (TH)
- ☐ Tomato paste: 3 tbsp (TH)
- ☐ Elbow pasta: 2 cups (TH)
- ☐ Soy sauce: 8 tbsp (M, F)
- ☐ Oil: 6 tbsp (M, W)
- ☐ Brown sugar: 2 tbsp (M)
- ☐ Red wine vinegar: 1 tbsp (W)
- ☐ Dijon mustard: 1 tbsp (W)
- ☐ Ground black pepper: ¼ tsp (W)
- ☐ Rice: 3 cups (T)
- ☐ Chicken broth: 6½ cups (TH, 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.