



MONDAY

Mexican Crock Pot Chicken



TUESDAY

Pasta Aglio e Olio



WEDNESDAY

Braised Beef with Mushrooms



THURSDAY

Sheet Pan Shrimp and Veggies



FRIDAY

Baked Chicken Legs



SNACK OF THE WEEK

Air Fryer Chickpeas



DESSERT OF THE WEEK

Nutella Brownies



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken breast: 2 lbs (M)
- ☐ Beef (chuck roast): 3 lbs (W)
- ☐ Jumbo shrimp: 1 lb (TH)
- ☐ Chicken legs: 2 lbs (F)

DAIRY / REFRIGERATED

- ☐ Cream cheese: 8 oz (M)
- ☐ Beef broth: 2 cups (W)

PRODUCE

- ☐ Garlic: 8 cloves (T)
- ☐ Mushrooms: 1 lb (W)
- ☐ Red bell pepper: 1 large (TH)
- ☐ Zucchini: 1 medium (TH)
- ☐ Broccoli: 3 cups (TH)
- ☐ Yellow onions: 3 (M, W)
- ☐ Red onions: 1 (TH)

PANTRY / OTHER

- ☐ Salsa: 1½ cup (M)
- ☐ Salt: 4 tsp (M, W)
- ☐ Garlic parsley salt: 3 tbsp (TH, F)
- ☐ Ground black pepper: 4 tsp (M, W)
- ☐ Spaghetti: 12 oz (T)
- ☐ Ground cumin: 1 tsp (W)
- ☐ Bay leaves: 3 (W)
- ☐ Trader Joe's 21 Seasoning Salute: 1 tbsp (F)
- ☐ Paprika: 1 tsp (F)
- ☐ Oil: 1 cup (T, W, TH)
- ☐ Crushed red pepper flakes: 1 tsp (T)

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.