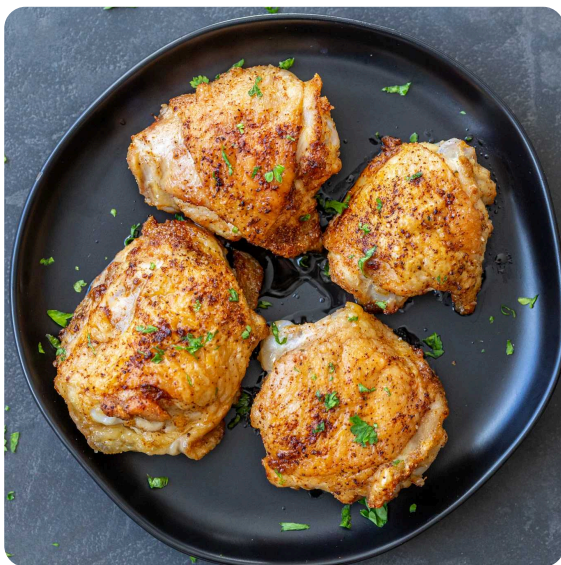




MONDAY

Cottage Cheese Alfredo



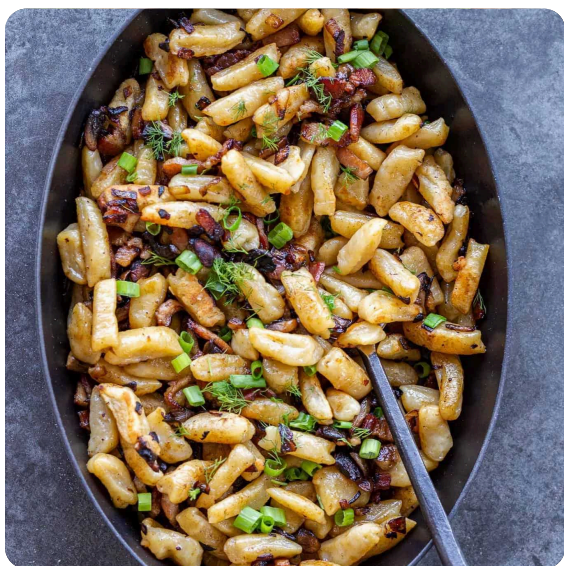
TUESDAY

Air Fryer Chicken Thighs



WEDNESDAY

Italian Sausage Kale
Soup



THURSDAY

Halushki
(Ukrainian Dumplings)



FRIDAY

Pan-Seared Lamb Chops



SNACK OF THE WEEK

Bacon-Wrapped Jalapeño
Poppers



DESSERT OF THE WEEK

Brioche Donuts



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken thighs: 2 lbs (T)
- ☐ Sausage: 1 lb (W)
- ☐ Bacon: 1 cup (TH)
- ☐ Lamb chops: 2 lbs (F)

DAIRY / REFRIGERATED

- ☐ Whole milk cottage cheese: 1 cup (M)
- ☐ Milk: ½ cup (M)
- ☐ Parmesan cheese: 1 cup (M)
- ☐ Eggs: 4 (TH)
- ☐ Unsalted Butter: 150 g + 3 tbsp (TH)

PRODUCE

- ☐ Garlic: 5 cloves (M, F)
- ☐ Onions: 2 (W, TH)
- ☐ Carrots: 1 (W)
- ☐ Kale: 1 bunch (W)
- ☐ Mushrooms: 1 lb (TH)
- ☐ Rosemary: 1 tbsp (F)

PANTRY / OTHER

- ☐ Salt: 2 tsp + 2 tbsp (W, TH, F)
- ☐ Garlic parsley salt: 1 tsp + 2 tbsp (M, T)
- ☐ Ground black pepper: 2½ tsp (TH, F)
- ☐ Flour: 5 cups (TH)
- ☐ Fettuccine pasta: 8 oz (M)
- ☐ Better than Bouillon: 1 tbsp (W)
- ☐ Paprika: 1 tbsp (T)
- ☐ Oil: 1 tsp + 2 tbsp (W, F)
- ☐ White beans (canned): 16 oz (W)

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.