

MENU #28

MEAL PLAN



MONDAY

Spicy Chili Noodles



TUESDAY

Grilled Chicken Street
Tacos



WEDNESDAY
Osso Buco



THURSDAY

Egg Roll in a Bowl



FRIDAY
Leg of Lamb



SNACK OF THE WEEK

Ukrainian Easter Eggs



DESSERT OF THE WEEK

Easter Bread (Paska)





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PANTRY / OTHER

SHOPPING LIST

MEAT / SEAFOOD

Chicken thighs (boneless, skinless): 2 lbs (T) Sea salt: 4 tbsp + 1 tsp (T, W, F) ■ Veal shanks: 4 lbs (W) Ground black pepper: 2½ tbsp (W, F) Ground beef: 1 lb (TH) Chili powder: 3 tsp (T) Leg of lamb: 6 lbs (F) Orange juice: 1/4 cup (T) Ramen or rice noodles: 8 oz (M) Soy sauce: ²/₃ cup (M, TH) **PRODUCE** Oil: 2 tbsp + ½ cup (M, T, W) Sesame oil: 1 tbsp (TH) Brown sugar: 1½ tbsp (M) Garlic: 16 cloves (M, W, TH, F) Rice vinegar: 1 tbsp (M) Green onions: 1 bunch (M, TH) Chili flakes: ½ tbsp (M) Cilantro: 2 bunches (T) Mini corn tortillas: 16 (T) Avocados: 2 (T) Flour: 1/4 cup (W) White onion: 1 (T) Dry red wine: ½ cup (W) Yellow onion: 1 (W) Tomato paste: 2 tbsp (W) Limes: 5 (T) Chicken broth: 1½ cups (W) Carrots: 2 (W, TH) Bay leaves: 2 (W) Cabbage: 1 small head (TH) Cumin: 1 tsp (T) Ginger: 1 tbsp (TH) Rosemary: 2 tbsp (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.