



## MONDAY

Greek Pita Pockets



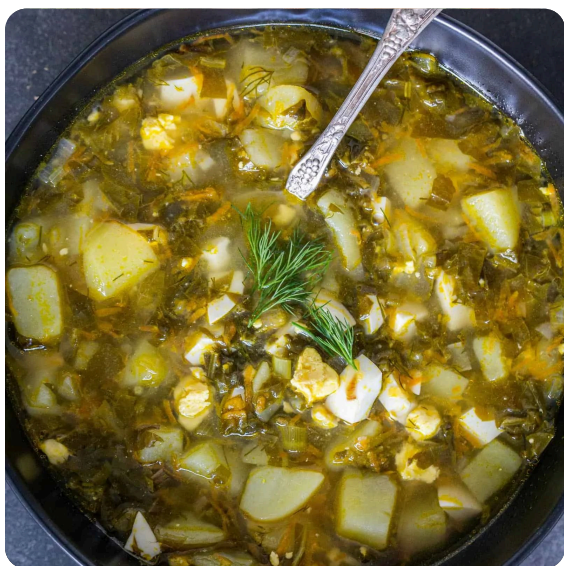
## TUESDAY

Buckwheat with Mushrooms



## WEDNESDAY

Chicken Loaf



## THURSDAY

Sorrel Soup



## FRIDAY

Shrimp Fettuccine Alfredo



## BREAKFAST OF THE WEEK

Banana Pancakes



## DESSERT OF THE WEEK

Cherry Vareniki





## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Beef: 1 lb (M)
- ☐ Ground chicken: 2 lbs (W)
- ☐ Raw shrimp: 1 lb (F)

### DAIRY / REFRIGERATED

- ☐ Heavy cream: 2 cups (F)
- ☐ Milk: 1 cup (W)
- ☐ Feta cheese: 2 tbsp (M)
- ☐ Eggs: 5 (W, TH)
- ☐ Unsalted Butter: 9 tbsp (T, F)
- ☐ Parmesan cheese: 1½ cups (F)

### PRODUCE

- ☐ Garlic: 4 cloves (F)
- ☐ Onions: 3 (M, T, W, TH)
- ☐ Bell peppers: 1 (M)
- ☐ Tomato: 1 (M)
- ☐ Cucumber: 1 (M)
- ☐ Mushrooms: 16 oz (T)
- ☐ Green onions: 1 bunch (T, TH)
- ☐ Carrots: 1 (TH)
- ☐ Potatoes: 5 (TH)
- ☐ Sorrel: 1 bunch (TH)
- ☐ Dill: 2 tbsp (TH)
- ☐ Fresh parsley: 1 tbsp (F)

### PANTRY / OTHER

- ☐ Salt: 3½ tbsp (M, T, W, TH, F)
- ☐ Garlic powder: ½ tsp (W)
- ☐ Ground black pepper: 3 tsp (M, T, W, TH)
- ☐ Fettuccine pasta: 12 oz (F)
- ☐ Breadcrumbs: 1 cup (W)
- ☐ Mayonnaise: 1 tbsp (W)
- ☐ Buckwheat: 1 cup (T)
- ☐ Oil: 5 tbsp (M, TH)
- ☐ Whole grain pita pockets: 4 (M)
- ☐ Ketchup: 1 cup (W)

### 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.