



### MONDAY

Chicken Mushroom  
Asparagus Stir Fry



### TUESDAY

Baked Pesto Salmon



### WEDNESDAY

Young Chow Fried Rice



### THURSDAY

Caprese Pasta Salad



### FRIDAY

Oven Baked Pork Ribs



### SALAD OF THE WEEK

Antipasto Salad



### DESSERT OF THE WEEK

Strawberry Cobbler





## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Chicken(boneless, skinless): 2 lbs (M)
- ☐ Salmon fillet: 16 oz (T)
- ☐ Chinese sausage or ham: ½ lb (W)
- ☐ Shrimp: ½ lb (W)
- ☐ Pork ribs: 2 lbs (F)

### DAIRY / REFRIGERATED

- ☐ Sweet peas (frozen): 1 cup (W)
- ☐ Mozzarella: 1 lb (TH)
- ☐ Eggs: 3 (W)

### PRODUCE

- ☐ Mushrooms: 1 lb (M)
- ☐ Garlic: 3 cloves (M)
- ☐ Onions: 4 (M, W, F)
- ☐ Asparagus: 1 lb (M)
- ☐ Lime: 1 (M)
- ☐ Green onions: 1 bunch (W)
- ☐ Cherry tomatoes: 1 lb (TH)
- ☐ Basil: 2 tbsp (TH)

### PANTRY / OTHER

- ☐ Salt: 3 tbsp (M, T, W, TH, F)
- ☐ Ground black pepper: 4 tsp (M, F)
- ☐ Coca cola: 12 oz (F)
- ☐ Paprika: 1 tbsp (F)
- ☐ White rice (cooked): 5 cups (W)
- ☐ Oil: 6 tbsp (M, W, TH, F)
- ☐ Pesto sauce: ½ cup (T)
- ☐ Soy sauce: 3 tbsp (W)
- ☐ Pasta (shells, fusili or rotini): 1 cup (TH)
- ☐ Balsamic vinegar: 2 tbsp (TH)

### NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Salad 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.