

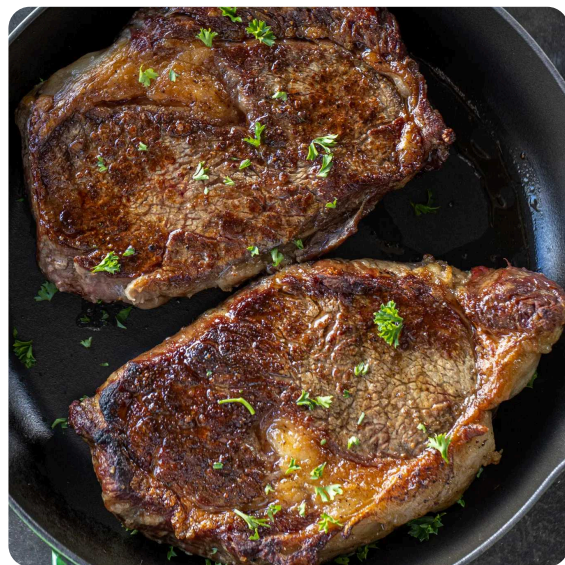
## MONDAY

Burrito Bowl



## TUESDAY

Lemon Chicken Pasta



## WEDNESDAY

Reverse Sear Steak



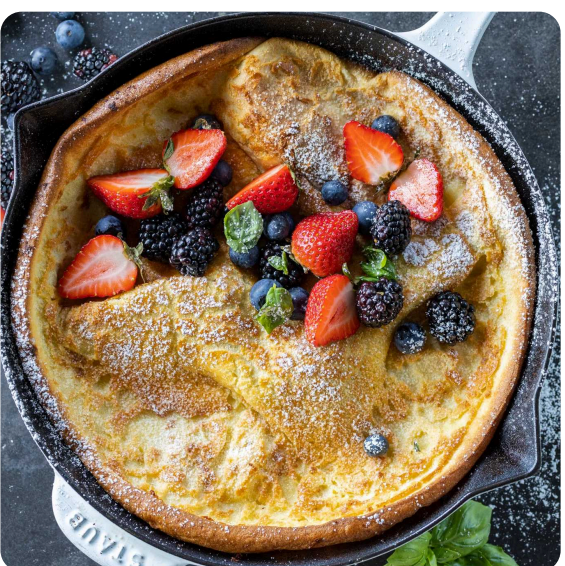
## THURSDAY

Tomato Basil Soup



## FRIDAY

Costco Chicken Bake



## BRUNCH BONUS

German Pancake



## DESSERT OF THE WEEK

Tiramisu Cake



### MEAT / SEAFOOD

- ☐ Ground beef: 1 lb (M)
- ☐ Chicken breast: 1½ lbs (T)
- ☐ Ribeye steaks: 2 lbs (W)
- ☐ Bacon crisps: 1 cup (F)
- ☐ Chicken(cooked): 2 cups (F)

### DAIRY / REFRIGERATED

- ☐ [Pizza dough](#): 1½ lb (F)
- ☐ [Chicken broth](#): 1 qt (TH)
- ☐ Mexican cheese: 1 cup (M)
- ☐ Pico de Gallo: 1 cup (M)
- ☐ Sour cream: ⅓ cup (M)
- ☐ Unsalted Butter: 4 tbsp (T)
- ☐ Parmesan cheese: 1½ cups (T, F)
- ☐ Heavy cream: 1 cup (TH)
- ☐ Mozzarella cheese: 3 cups (F)
- ☐ [Caesar Dressing](#): 1 cup (F)

### PRODUCE

- ☐ Garlic: 3 cloves (T)
- ☐ Onions: 1 (TH)
- ☐ Carrots: 2 (TH)
- ☐ Avocado: 1 (M)
- ☐ Cilantro: 1 bunch (M)
- ☐ Parsley: 1 bunch (T)
- ☐ Lemon: 2 large (T)
- ☐ Basil: 1 bunch (TH)
- ☐ Corn: 1 cup (M)

### PANTRY / OTHER

- ☐ Salt: 3 tbsp (T, W, TH)
- ☐ Ground black pepper: 4 tsp (T, W, TH)
- ☐ Flour: (F)
- ☐ Rice (cooked): 2 cups (M)
- ☐ Taco seasoning: 2 tbsp (M)
- ☐ Oil: 4 tbsp + ⅓ cup (T, W, TH)
- ☐ Pasta: 10 oz (T)
- ☐ Italian seasoning: 1 tbsp (T)
- ☐ Italian style tomatoes (canned): 28 oz (TH)

### NOTES:

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