



MONDAY

Sheet Pan Chicken Thighs and Veggies



TUESDAY

Japchae (Korean Stir-Fried Glass Noodles)



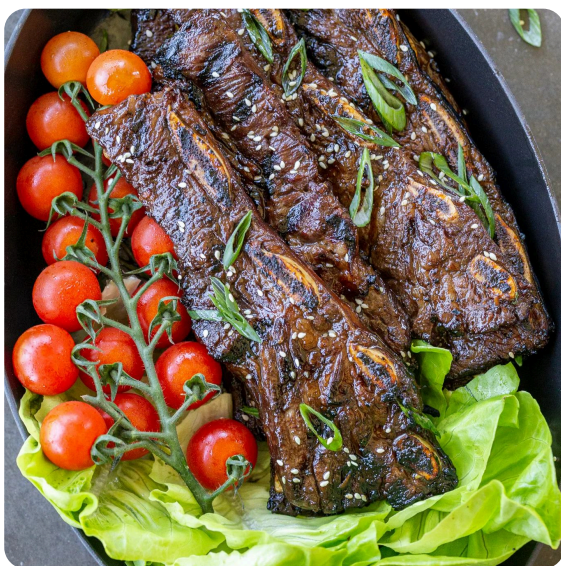
WEDNESDAY

Creamy Lobster Bisque



THURSDAY

Stuffed Eggplant



FRIDAY

Grilled Beef Galbi



DESSERT OF THE WEEK

Sourdough Chocolate Chip Cookies



SNACK OF THE WEEK

Avocado Hummus

Air Fryer Tortilla Chips



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken thighs (bone-in): 3 lbs (M)
- ☐ Beef (top sirloin): 2 lbs (T)
- ☐ Lobster tails: 4 (W)
- ☐ Ground beef: 1 lb (TH)
- ☐ Beef Short Ribs: 4 lbs (F)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: 4 tbsp (W)
- ☐ Heavy cream: ½ cup (T)
- ☐ Mozzarella cheese: 1½ cups (TH)

PANTRY / OTHER

- ☐ Salt: 2 tsp (W, TH)
- ☐ Oil: 4 tbsp (M, T, TH)
- ☐ Garlic parsley salt: 1 tbsp +1 tsp (M, W)
- ☐ Italian seasoning: 2 tsp (M, TH)
- ☐ Sweet Potato Noodles: 1 lb (T)
- ☐ Ground black pepper: 1 tsp (TH)
- ☐ Sesame Oil: 4 tbsp (T)
- ☐ Soy sauce: 1 cup + 2 tbsp (T, F)
- ☐ Brown Sugar: ½ cup + 3 tbsp (T, F)
- ☐ Tomato paste: 2 tbsp (W)
- ☐ Flour: 3 tbsp (W)
- ☐ Dry white wine: ¾ cup (W)
- ☐ Pasta Sauce: 1½ cups (TH)
- ☐ Mirin rice vinegar: ¼ cup (F)
- ☐ Apple juice: ⅓ cup (F)

PRODUCE

- ☐ Brussels sprouts: 1 lb (M)
- ☐ Onions: 5 (M, T, W, TH)
- ☐ Garlic: 12 cloves (T, W, F)
- ☐ Carrots: 5 (T, W)
- ☐ Green Onions: 1 bunch (T, F)
- ☐ Spinach: ½ lb (T)
- ☐ Celery stalks: 2 (W)
- ☐ Baby eggplants: 4 (TH)
- ☐ Ginger: 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.