



## MONDAY

[Chicken Gnocchi Soup](#)



## TUESDAY

[Taco Salad](#)



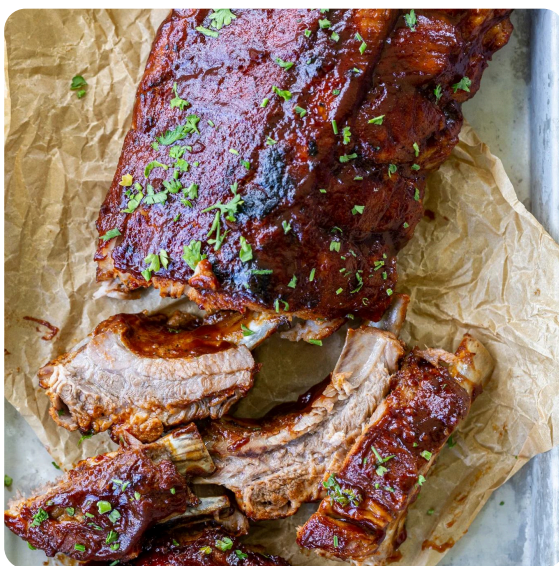
## WEDNESDAY

[Air Fryer Salmon Bites](#)



## THURSDAY

[Veggie Lo Mein](#)



## FRIDAY

[30 Minute Instant Pot Ribs](#)



## BREAKFAST OF THE WEEK

[Ham and Cheese Quiche](#)



## DESSERT OF THE WEEK

[Eton Mess](#)





MEAT / SEAFOOD

- ☐ Chicken breasts: 2 (M)
- ☐ Ground Beef: 1 lb (T)
- ☐ Salmon filet: 2 lbs (W)
- ☐ Baby back ribs: 4 lbs (F)

DAIRY / REFRIGERATED

- ☐ Unsalted butter: 4 tbsp (M)
- ☐ [Chicken broth](#): 24 oz (M)
- ☐ Mexican cheese: 1 cup (T)
- ☐ Sour cream: 1/3 cup (T)
- ☐ Vegetable broth: 1/4 cup (TH)
- ☐ Half and half: 1 qt (M)
- ☐ Gnocchi: 16 oz (M)

PRODUCE

- ☐ Garlic: 7 cloves (M, TH)
- ☐ Onions: 2 (M, TH)
- ☐ Celery (diced) : 1/2 cup (M)
- ☐ Carrots: 3 (M, TH)
- ☐ Spinach: 1 cup (M)
- ☐ Parsley: 1 bunch (M)
- ☐ Romaine lettuce: 10 oz (T)
- ☐ Grape tomatoes: 1 1/2 cups (T)
- ☐ Avocado: 1 (T)
- ☐ Green onions: 1 bunch (T)
- ☐ Cilantro: 1 bunch (T)
- ☐ Lemon: 1 (W)
- ☐ Broccoli: 1 cup (TH)
- ☐ Red bell pepper: 1 (TH)

PANTRY / OTHER

- ☐ Salt: 1 tsp (M, F)
- ☐ Ground black pepper: (M, F)
- ☐ Garlic parsley salt: 2 1/2 tbsp (M, W)
- ☐ Oil: 3 tbsp (M, W, TH)
- ☐ Flour: 1/4 cup (M)
- ☐ [Taco seasoning](#): 2 tbsp (T)
- ☐ Salsa: 1/2 cup (T)
- ☐ Sweet paprika: 1/2 tbsp (W)
- ☐ Soy sauce: 3 tbsp (TH)
- ☐ Brown sugar: 2 tbsp + 1 tsp (TH, F)
- ☐ Sesame oil: 1 tbsp (TH)
- ☐ Lo mein noodles: 8 oz (TH)
- ☐ Garlic powder: 1 tsp (F)
- ☐ Onion powder: 1 tsp (F)
- ☐ Chili powder: 1 tsp (F)
- ☐ Apple juice: 1 cup (F)
- ☐ [BBQ sauce](#): 1 cup (F)

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.