



MONDAY

Messy Burgers



TUESDAY

Sheet Pan Nachos



WEDNESDAY

Smoked Beef Brisket



THURSDAY

Garden Soup



FRIDAY

Cedar Plank Salmon



BREAKFAST OF THE WEEK

Bacon Egg Bites



DESSERT OF THE WEEK

Fresh Fruit Tart



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Ground beef: 2 lb (M, T)
- ☐ Brisket (whole): 12 lbs (W)
- ☐ Chicken drumsticks: 1 lb (TH)
- ☐ Salmon fillet: 2 lbs (F)

DAIRY / REFRIGERATED

- ☐ Cheese: 4 slices (M)
- ☐ Mexican cheese: 4 cups (T)
- ☐ Sour cream: ¼ cup (T)
- ☐ Unsalted Butter: 2 tbsp (F)

PRODUCE

- ☐ Garlic: 6 cloves (TH, F)
- ☐ Onions: 1 (M)
- ☐ Carrots: 3 (TH)
- ☐ Mushrooms: 1 lb (M)
- ☐ Jalapeno peppers: ½ cup (T)
- ☐ Cilantro: 2 tbsp (T)
- ☐ Potatoes: 3 (TH)
- ☐ Green onion: 1 bunch (TH)
- ☐ Fresh dill: 1 bunch (TH, F)
- ☐ Lemon: 1 (F)

PANTRY / OTHER

- ☐ Salt: 3 tbsp + 1 tsp (M, W, TH)
- ☐ Ground black pepper: 2 tbsp +1 tsp (W, TH)
- ☐ Garlic powder: 1 tbsp (W)
- ☐ Oil: 5 tbsp (M, TH)
- ☐ Burger buns: 4 (M)
- ☐ Mayonnaise: (M)
- ☐ Ketchup: (M)
- ☐ Tortilla chips: 12 oz (T)
- ☐ [Taco seasoning](#): 2 tbsp (T)
- ☐ Refried beans: 16 oz (T)
- ☐ [Pico de gallo](#): 1 cup (T)
- ☐ Pasta: ½ cup (TH)
- ☐ Garlic parsley salt: 1 tbsp(F)
- ☐ Cedar plank: (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.