



MONDAY

Chicken Quesadillas



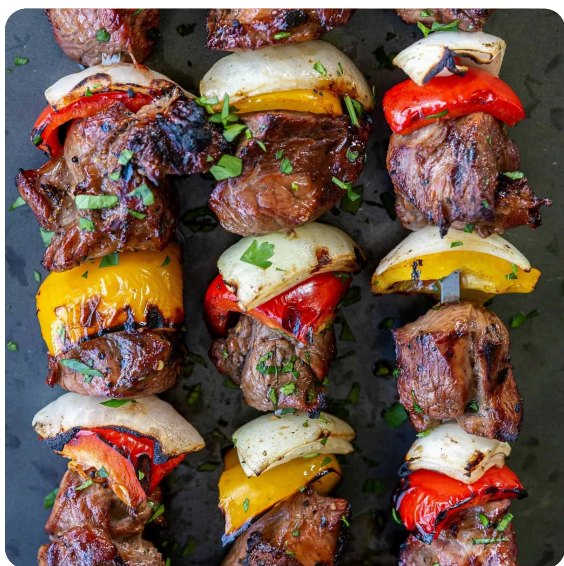
TUESDAY

Spaghetti Alla Nerano



WEDNESDAY

Shrimp Spring Rolls



THURSDAY

Grilled Lamb Kabobs



FRIDAY

Classic Club Sandwich



SALAD OF THE WEEK

Tomato Peach Burrata Salad



DESSERT OF THE WEEK

Farmer's Cheese Doughnut Holes

MEAT / SEAFOOD

- ☐ Chicken breast: 1 lb (M)
- ☐ Shrimp: 1 lb (W)
- ☐ Boneless lamb: 3 lbs (TH)
- ☐ Turkey deli meat: 8 oz (F)
- ☐ Ham deli meat: 8 oz (F)
- ☐ Bacon: 8 slices (F)

DAIRY / REFRIGERATED

- ☐ Unsalted Butter: 10 tbsp (M, T, F)
- ☐ Mexican cheese: 2 cups (M)
- ☐ Pecorino Romano cheese: 1 cup (T)
- ☐ Cheddar cheese: 4 slices (F)
- ☐ Mayonnaise: 4 tbsp (F)

PRODUCE

- ☐ Onions: 2 (M, TH)
- ☐ Zucchini (sliced): 6 cups (T)
- ☐ Garlic: 3 cloves (T)
- ☐ Basil: 1 bunch (T)
- ☐ English cucumber: 1 (W)
- ☐ Avocado: 2 (W)
- ☐ Carrots: 1 (W)
- ☐ Purple cabbage: 2 cups (W)
- ☐ Green bell pepper: 2 large (TH)
- ☐ Red bell pepper: 2 large (M, TH)
- ☐ Yellow bell pepper: 1 large (TH)
- ☐ Lettuce: 8 leaves (F)
- ☐ Tomatoes: 2 (F)

PANTRY / OTHER

- ☐ Oil: 1 tbsp + ¼ cup (M, T)
- ☐ [Taco seasoning](#): 1 tbsp (M)
- ☐ [Flour Tortillas](#): 6 (M)
- ☐ Spaghetti: 8 oz (T)
- ☐ Garlic parsley salt: 1 tsp (T)
- ☐ Round rice paper sheets: 24 (W)
- ☐ Soy sauce: ¼ cup (TH)
- ☐ Teriyaki sauce: ½ cup (TH)
- ☐ Steak seasoning: 1 tbsp (TH)
- ☐ Red wine: 1 cup (TH)
- ☐ Bread: 8 slices (F)

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.