



## MONDAY

Italian Pasta Salad



## TUESDAY

Grilled Chicken Kebabs



## WEDNESDAY

Margherita Flatbread Pizza



## THURSDAY

Salmon Florentine



## FRIDAY

Carne Asada



## BREAKFAST OF THE WEEK

Frittata



## DESSERT OF THE WEEK

Perfectly Moist Vanilla Cupcakes



## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Salami: 1 cup (M)
- ☐ Chicken (breast or thighs): 3 lbs (T)
- ☐ Salmon filets: 2 lbs (TH)
- ☐ Beef flank: 3 lbs (F)

### DAIRY / REFRIGERATED

- ☐ Mozzarella cheese: 3 cups (M, W)
- ☐ Heavy cream: 2 cups (TH)
- ☐ Parmesan cheese: ½ cup (TH)

### PRODUCE

- ☐ Garlic: 2 cloves (TH)
- ☐ Onions: 1 (T)
- ☐ Orange: 1 (F)
- ☐ English cucumber: 1 (M)
- ☐ Cherry tomatoes: 2 cups (M)
- ☐ Basil: 1 bunch (M, W)
- ☐ Tomatoes: 2 large (W)
- ☐ Basil: 2 tbsp (W)
- ☐ Baby bella mushrooms: 8 oz (TH)
- ☐ Baby spinach: 4 oz (TH)
- ☐ Cilantro: 1 bunch (F)
- ☐ Limes: 2 (F)
- ☐ Green onions: 1 bunch (F)

### PANTRY / OTHER

- ☐ Salt: 1½ tsp (M, TH)
- ☐ Ground black pepper: 1½ tsp (M, T)
- ☐ Soy Sauce: 1¼ cup (T, F)
- ☐ Mayonnaise: ¼ cup (T)
- ☐ [Ranch dressing](#): ½ cup (T)
- ☐ Garlic parsley salt: 1 tbsp + 2 tsp (T, TH)
- ☐ [Flatbreads](#): 4 (W)
- ☐ Oil: 2 tbsp (TH)
- ☐ Pizza sauce: ½ cup (W)
- ☐ Pasta (cooked): 2 cups (M)

### 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.