

## MENU #37

**MEAL PLAN** 



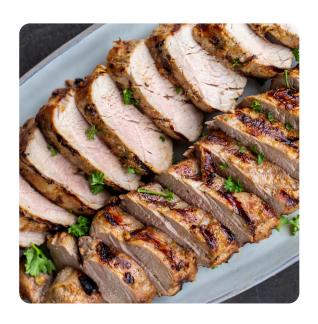
MONDAY

Sheet Pan Quesadillas



TUESDAY

Lemon-Herb Baked Trout



WEDNESDAY

Grilled Pork Tenderloin



THURSDAY

Quinoa Kale and

Avocado Salad



FRIDAY

Teriyaki Chicken Skewers



Veggie Charcuterie Board

**SNACK OF THE WEEK** 



DESSERT OF THE WEEK

**Cherry Galette** 





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## **SHOPPING LIST**

MEAT / SEAFOOD	PANTRY / OTHER
<ul> <li>Chicken (cooked): 2 cups (M)</li> <li>Trout (whole): 2 (T)</li> <li>Pork tenderloin: 2 lbs (W)</li> <li>Chicken thighs: 3 lbs (F)</li> </ul>	<ul> <li>Salt: 1 tbsp(T)</li> <li>Ground black pepper: ½ tbsp (T</li> <li>Ranch dressing: ⅓ cup (TH)</li> <li>Quinoa: 1 cup (TH)</li> <li>Flour tortillas: 8 (M)</li> <li>Garlic parsley salt: 1 tbsp (W)</li> </ul>
DAIRY / REFRIGERATED	<ul><li>☐ Taco seasoning: 1 tbsp (M)</li><li>☐ Oil: ¼ cup + 2 tbsp (M, T, W)</li><li>☐ Dijon mustard: 1 tbsp (W)</li></ul>
<ul><li>Eggs: 2 (TH)</li><li>Butter: 1 tbsp (M)</li><li>Mexican cheese: 4 cups (M)</li></ul>	Honey: 2 tsp (W) Soy sauce: 1 tbsp (W) Teriyaki sauce: 1½ cups (F)
PRODUCE	

## **NOTES:**

☐ Garlic: 3 cloves (W)

☐ Bell pepper: 1 (M)

Dill: 1/3 bunch (T)Kale: 1 bunch (TH)

Avocados: 2 (TH)

Parsley: 1/3 bunch (T)

English cucumber: 1 (TH)

Onion: 1 (M)

Lemons: 2 (T)

- 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.