



### MONDAY

Sheet Pan Quesadillas



### TUESDAY

Lemon-Herb Baked Trout



### WEDNESDAY

Grilled Pork Tenderloin



### THURSDAY

Quinoa Kale and Avocado Salad



### FRIDAY

Teriyaki Chicken Skewers



### SNACK OF THE WEEK

Veggie Charcuterie Board



### DESSERT OF THE WEEK

Cherry Galette





## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Chicken (cooked): 2 cups (M)
- ☐ Trout (whole): 2 (T)
- ☐ Pork tenderloin: 2 lbs (W)
- ☐ Chicken thighs: 3 lbs (F)

### DAIRY / REFRIGERATED

- ☐ Eggs: 2 (TH)
- ☐ Butter: 1 tbsp (M)
- ☐ Mexican cheese: 4 cups (M)

### PRODUCE

- ☐ Garlic: 3 cloves (W)
- ☐ Onion: 1 (M)
- ☐ Bell pepper: 1 (M)
- ☐ Lemons: 2 (T)
- ☐ Parsley: 1/3 bunch (T)
- ☐ Dill: 1/3 bunch (T)
- ☐ Kale: 1 bunch (TH)
- ☐ Avocados: 2 (TH)
- ☐ English cucumber: 1 (TH)

### PANTRY / OTHER

- ☐ Salt: 1 tbsp(T)
- ☐ Ground black pepper: ½ tbsp (T)
- ☐ [Ranch dressing](#): ⅓ cup (TH)
- ☐ Quinoa: 1 cup (TH)
- ☐ [Flour tortillas](#): 8 (M)
- ☐ Garlic parsley salt: 1 tbsp (W)
- ☐ [Taco seasoning](#): 1 tbsp (M)
- ☐ Oil: ¼ cup + 2 tbsp (M, T, W)
- ☐ Dijon mustard: 1 tbsp (W)
- ☐ Honey: 2 tsp (W)
- ☐ Soy sauce: 1 tbsp (W)
- ☐ [Teriyaki sauce](#): 1½ cups (F)

### NOTES:

- 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.