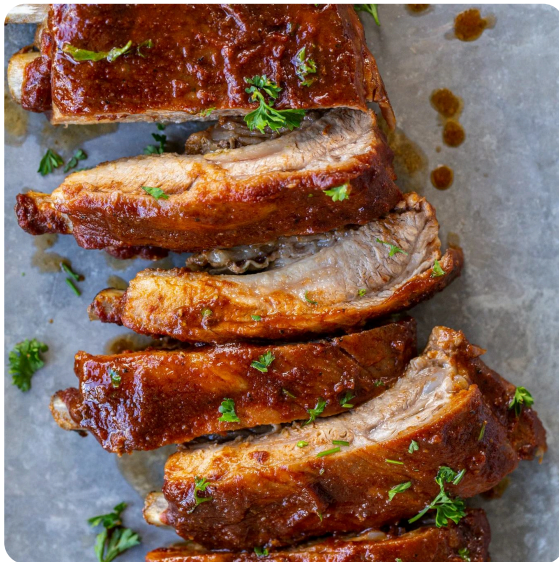




MONDAY

Grilled Tilapia



TUESDAY

BBQ Pork Ribs



WEDNESDAY

Baked Ratatouille



THURSDAY

Instant Pot Chili



FRIDAY

Grilled Chicken Thighs



BREAKFAST OF THE WEEK

Blueberry Pancakes



DESSERT OF THE WEEK

Plombir



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Tilapia (whole): 4 (M)
- ☐ Pork ribs: 3 lbs (T)
- ☐ Ground beef: 1 lb (TH)
- ☐ Chicken thighs: 2 lbs (F)

DAIRY / REFRIGERATED

- ☐ Unsalted Butter: ¼ cup (M)
- ☐ Cheese: 1 cup (TH)

PRODUCE

- ☐ Garlic: 7 cloves (W, TH)
- ☐ Lemons: 2 (M)
- ☐ Dill: 1 bunch (M)
- ☐ Onion: 2 (W, TH)
- ☐ Bell pepper: 1 (W)
- ☐ Red bell pepper: 1 (TH)
- ☐ Eggplant: 1 (W)
- ☐ Zucchini: 1 (W)
- ☐ Squash: 1 (W)
- ☐ Roma tomatoes: 3 (W)
- ☐ Green onions: 1 bunch (TH)

PANTRY / OTHER

- ☐ Salt: 1 tbsp + 1tsp (T, W, TH)
- ☐ Ground black pepper: 1 tsp (T)
- ☐ Garlic parsley salt: 4 tbsp (M, F)
- ☐ Paprika: 3 tbsp (T, TH)
- ☐ Onion salt: 1½ tbsp (T)
- ☐ Oil: 3 tbsp (W)
- ☐ [BBQ sauce](#): 12 oz (T)
- ☐ Italian seasoning: 2 tsp (W)
- ☐ Diced tomatoes (canned): 29 oz (W, TH)
- ☐ Chicken broth: 2 cups (TH)
- ☐ Pinto beans (canned): 15 oz (TH)
- ☐ Kidney beans (canned): 15 oz (TH)
- ☐ Corn (canned): 10 oz (TH)
- ☐ Tomato sauce: 5 oz (TH)
- ☐ Red pepper flakes: 2 tbsp (TH)
- ☐ [Taco seasoning](#): 2 tbsp (TH)
- ☐ [Ranch dressing](#): 1 cup (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.