



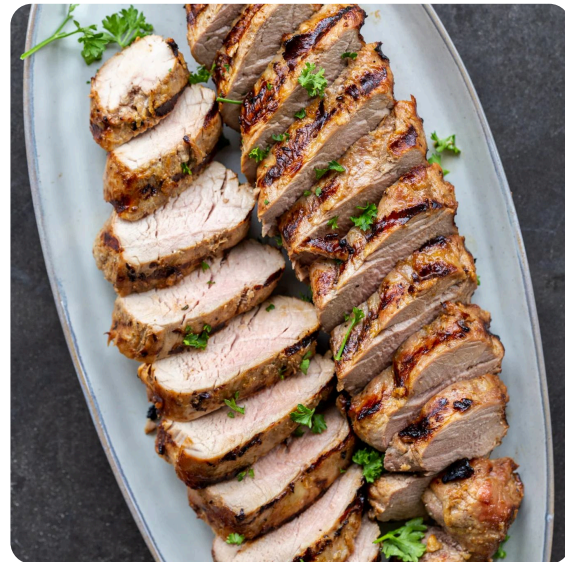
MONDAY

Hamburger Helper



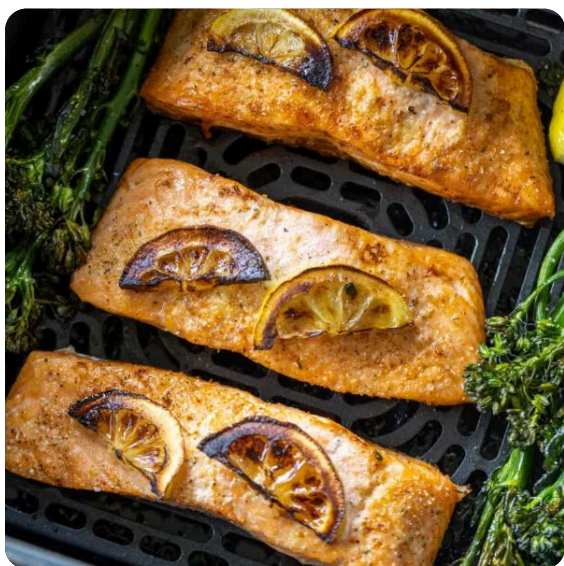
TUESDAY

Mom's Easy Meatball
Soup



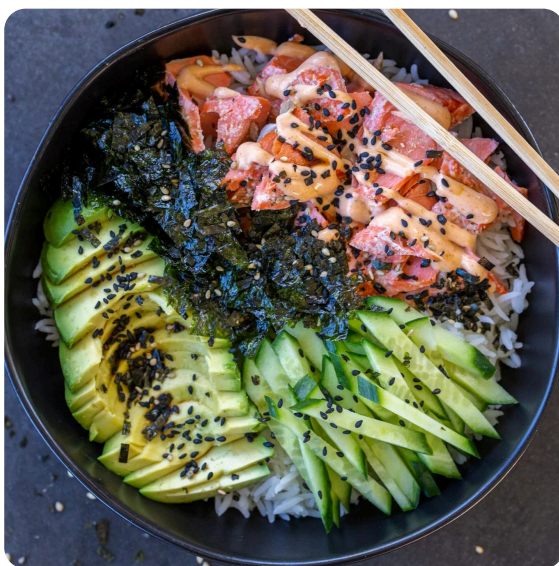
WEDNESDAY

Grilled Pork Tenderloin



THURSDAY

Air Fryer Salmon



FRIDAY

Salmon Sushi Bowl



BREAKFAST OF THE WEEK

Omelette Roll



SENSATIONAL SNACK

Blueberry Muffins



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Ground beef: 1 lb (M)
- ☐ Ground turkey: 1 lb (T)
- ☐ Pork tenderloin: 2 lbs (W)
- ☐ Salmon fillet: 1 lb (TH)
- ☐ Salmon (cooked): 16 oz (F)

DAIRY / REFRIGERATED

- ☐ Milk: 1 cup (M)
- ☐ Cheddar cheese: 2 cups (M)
- ☐ Egg: 1 (T)
- ☐ Unsalted butter: 2 tbsp (TH)

PRODUCE

- ☐ Garlic: 3 cloves (W)
- ☐ Onions: ½ (T)
- ☐ Carrots: 2 (T)
- ☐ Potatoes: 3 (T)
- ☐ Green onions: 1 bunch (T)
- ☐ Parsley: 1 bunch (T)
- ☐ Lemon: 1 (TH)
- ☐ Avocados: 2 (F)
- ☐ English cucumber: 1 (F)

PANTRY / OTHER

- ☐ Salt: 1 tsp + 1½ tbsp (T, M)
- ☐ Ground black pepper: 1 tsp (T)
- ☐ Garlic powder: 1 tsp (M)
- ☐ Onion powder: 2 tsp (M)
- ☐ Italian seasoning: 1 tsp (M)
- ☐ Tomato paste: 3 tbsp (M)
- ☐ Elbow pasta: 2 cups (M)
- ☐ Garlic parsley salt: 1 tbsp + 1 tsp (W, TH)
- ☐ Dijon mustard: 1 tbsp (W)
- ☐ Honey: 2 tsp (W)
- ☐ Soy sauce: 3 tbsp (W, F)
- ☐ Oil: 2 tbsp + ¼ cup (T, W)
- ☐ Rice: 2½ cups (T, F)
- ☐ Seaweed sheets: 1 oz (F)
- ☐ Sesame seeds: 2 tbsp (F)
- ☐ Spicy mayo: 4 tbsp (F)
- ☐ [Chicken broth](#): 2½ 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.