



MONDAY

[Hamburger Helper](#)



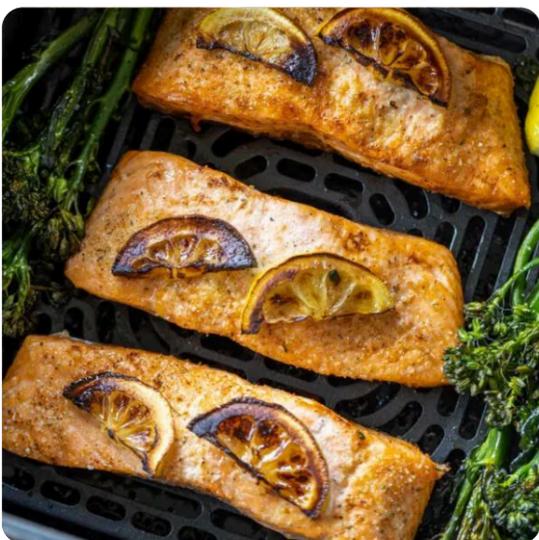
TUESDAY

[Mom's Easy Meatball Soup](#)



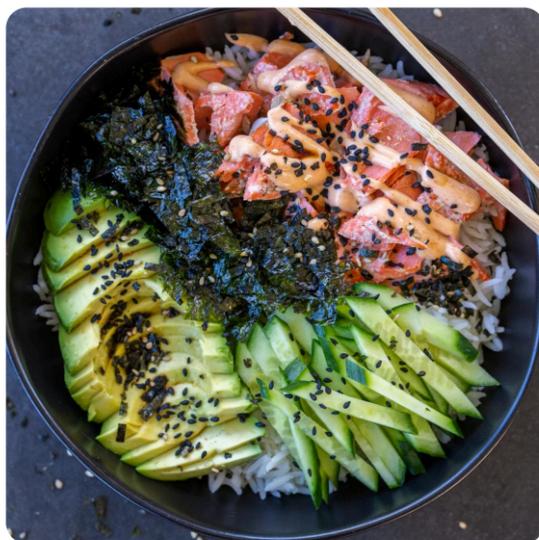
WEDNESDAY

[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.