



MONDAY

Lobster Mac and Cheese



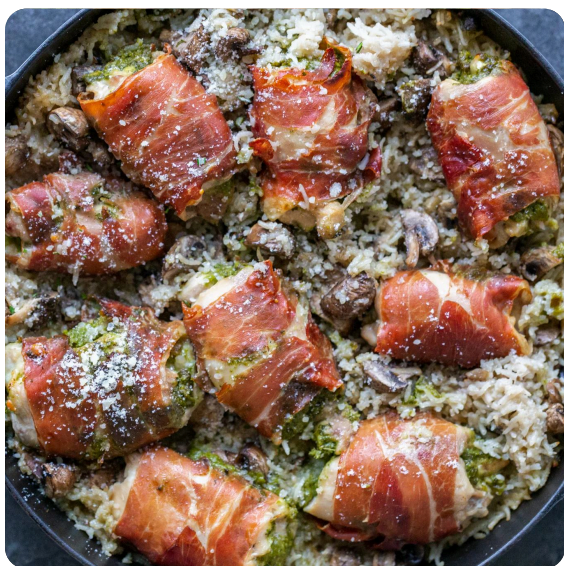
TUESDAY

PF Chang's Chicken
Lettuce Wraps



WEDNESDAY

Creamy Spinach
Tortellini Soup



THURSDAY

Prosciutto Wrapped
Chicken Thighs



FRIDAY

Shrimp Boil



SNACK OF THE WEEK

Yogurt Parfaits



DESSERT OF THE WEEK

Cherry Vareniki



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Lobster meat: 16 oz (M)
- ☐ Ground chicken: 1 lb (T)
- ☐ Hot Italian sausage: 1 lb (W)
- ☐ Chicken thighs: 3 lbs (TH)
- ☐ Prosciutto: 9 slices (TH)
- ☐ Shrimp (extra large): 1 lb (F)
- ☐ Smoked andouille sausage: 1 lb (F)

DAIRY / REFRIGERATED

- ☐ Cheese tortellini: 1 lb (W)
- ☐ Whole milk: 2 cups (M)
- ☐ Heavy whipped cream: 3 cups (M, W)
- ☐ Unsalted butter: 1½ cup (M, F)
- ☐ Cheddar cheese: 3 cups (M)
- ☐ Gouda cheese: 3 cups (M)
- ☐ Parmesan cheese: 1 cup (TH)

PRODUCE

- ☐ Garlic: 8 cloves (W, F)
- ☐ Onions: 2 (T, W)
- ☐ Spinach: 2 cups (W)
- ☐ Baby potatoes: 16 oz (F)
- ☐ Green onions: 1 bunch (T)
- ☐ Mushrooms: 1 lb (TH)
- ☐ Butter lettuce: 1 head (T)
- ☐ Ginger: ½ tbsp (T)
- ☐ Corn: 4 ears (F)
- ☐ Lemons: 2 (F)

PANTRY / OTHER

- ☐ Salt: 2 tsp (M, W)
- ☐ Garlic parsley salt: 1 tsp (TH)
- ☐ Flour: ⅓ cup (M)
- ☐ Hoisin sauce: ⅓ cup (T)
- ☐ Low sodium soy sauce: 2 tbsp (T)
- ☐ Hoisin sauce: ⅓ cup (T)
- ☐ Rice wine vinegar: 1 tbsp (T)
- ☐ Water chestnuts: 8 oz (T)
- ☐ Oil: ½ tbsp (T)
- ☐ Pasta: 1 lb(M)
- ☐ Rice: 1 cup (TH)
- ☐ [Pesto](#): ½ cup (TH)
- ☐ Old bay seasoning: 1 tbsp (F)
- ☐ [Chicken broth](#): 2 cups (TH)

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.