



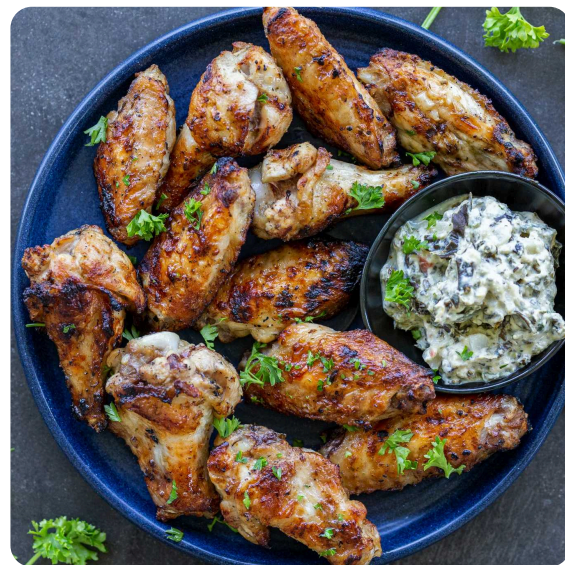
### MONDAY

One-Pan Beef & Broccoli



### TUESDAY

The Best BLT Sandwich



### WEDNESDAY

Grilled Chicken Wings



### THURSDAY

Creamy Shrimp Scampi



### FRIDAY

Sheet Pan Steak Fajitas



### WEEKEND WONDER

French Toast Sticks



### DESSERT OF THE WEEK

Fresh Fruit Tart





## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Beef: 2 lb (M)
- ☐ Bacon: 16 slices (T)
- ☐ Chicken wings: 3 lbs (W)
- ☐ Shrimp: 1 lbs (TH)
- ☐ Flank: 2 lbs (F)

### DAIRY / REFRIGERATED

- ☐ Unsalted butter: 6 tbsp (T, TH)
- ☐ Parmesan cheese: ½ cup (TH)
- ☐ Heavy whipped cream: ½ cup (TH)

### PANTRY / OTHER

- ☐ Salt: (TH)
- ☐ Oil: 4 tbsp (M, F)
- ☐ Sesame oil: 3 tbsp (M)
- ☐ Low sodium soy sauce: 5 tbsp (M)
- ☐ Garlic parsley salt: 1 tbsp (W)
- ☐ Brown sugar: 3 tbsp (M)
- ☐ Corn starch: 3 tsp (M)
- ☐ Bread: 8 slices (T)
- ☐ Mayonnaise: 8 tbsp (T)
- ☐ Linguine: 1 lb (TH)
- ☐ Dry white wine: ½ cup (TH)
- ☐ [Ranch dressing](#): 1 cup (W)
- ☐ [Fajita seasoning](#): 2 tbsp (F)

### PRODUCE

- ☐ Broccoli: 4 cup (M)
- ☐ Garlic: 6 cloves (M, TH)
- ☐ Tomatoes: 2 (T)
- ☐ Lettuce: ½ head (T)
- ☐ Lemon: 1 (TH)
- ☐ Onion: 1 large (F)
- ☐ Red bell pepper: 1 (F)
- ☐ Green bell pepper: 1 (F)

### NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Weekend Wonder" 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.