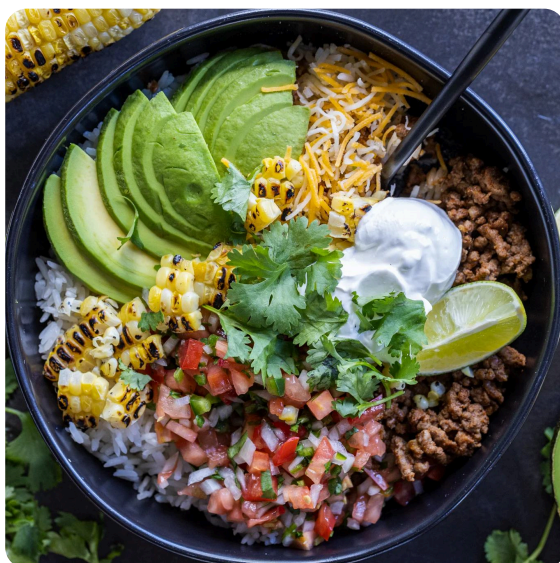


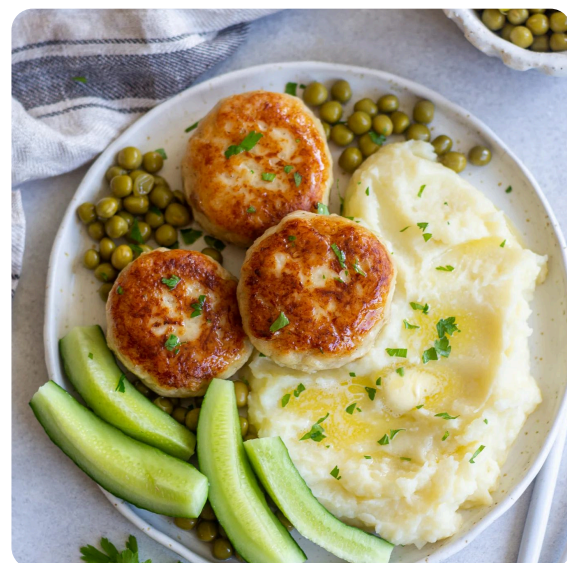
MONDAY

Honey Chicken Skewers



TUESDAY

Burrito Bowl



WEDNESDAY

Kotleti (Meatballs)



THURSDAY

Creamy Chicken & Broccoli



FRIDAY

Fried Rice



DESSERT OF THE WEEK

Air Fryer Peaches



+



SNACK OF THE WEEK

Pineapple Salsa

Baked Tortilla Chips

SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken breast: 5 lbs (M, TH)
- ☐ Ground beef (85% lean): 1 lb (T)
- ☐ Ground chicken: 3 lbs (W)
- ☐ Shrimp: 1 lb (F)

DAIRY / REFRIGERATED

- ☐ Mexican cheese: 1 cup (T)
- ☐ Sour cream: $\frac{1}{3}$ cup (T)
- ☐ Eggs: 6 (W, F)
- ☐ Milk: $\frac{1}{2}$ cup (W)
- ☐ Heavy whipped cream: 2 cups (TH)
- ☐ Parmesan cheese: 1 lb (TH)

PRODUCE

- ☐ Garlic: 2 cloves (M)
- ☐ Onions: 1 (W)
- ☐ Lime: 1 (M)
- ☐ Ginger: 1 (M)
- ☐ Avocado: 1 (T)
- ☐ Cilantro: 1 bunch (T)
- ☐ Broccoli florets: 1 lbs (TH)
- ☐ Green onion: 1 bunch (F)

PANTRY / OTHER

- ☐ Salt: 1 tbsp + 1 tsp (W, F)
- ☐ Ground black pepper: 1 tsp (W)
- ☐ [Ranch dressing](#) 1 cup (M)
- ☐ Soy sauce: $\frac{1}{8}$ cup (M)
- ☐ Low sodium soy sauce: 3 tbsp (F)
- ☐ Honey: 3 tbsp (M)
- ☐ [Taco seasoning](#): 2 tbsp (T)
- ☐ [Pico de Gallo](#): 1 cup (T)
- ☐ Rice: 7 cups (T, F)
- ☐ Corn: 1 cup (T)
- ☐ Mayonnaise: 1 tbsp (W)
- ☐ Bread: 3 slices (W)
- ☐ Oil: 4 tbsp (W, TH, F)
- ☐ Italian seasoning: 1 tbsp (TH)
- ☐ Garlic parsley salt: 1 tsp (TH)
- ☐ Cornstarch: 1 tsp (F)
- ☐ Sesame oil: 1 tbsp (F)

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.