



MONDAY

Traditional Cabbage Rolls



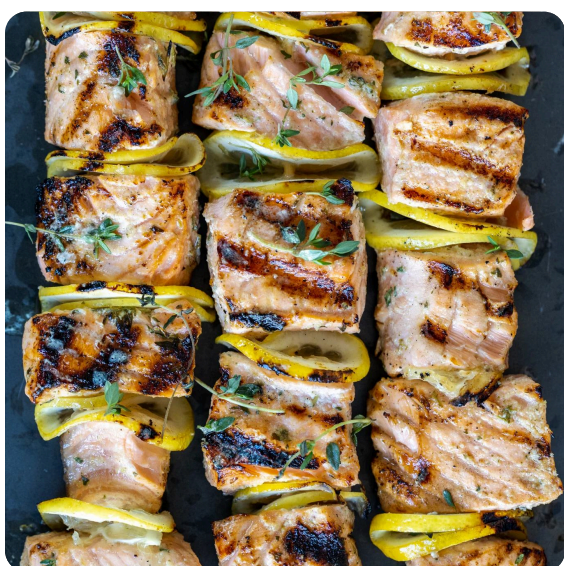
TUESDAY

Air Fryer Pork Chops



WEDNESDAY

Korean Beef Stir Fry



THURSDAY

Grilled Salmon Kebabs



FRIDAY

Stuffed Zucchini Boats



SNACK OF THE WEEK

Eggplant Pepper Dip



DESSERT OF THE WEEK

Raspberry Coffee Cake



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Ground meat: 1 lb (M)
- ☐ Pork chops: 2 lbs (T)
- ☐ Lean ground beef: 1½ lbs (W)
- ☐ Salmon fillet: 2 lbs (TH)
- ☐ Beef: 1 lb (F)

DAIRY / REFRIGERATED

- ☐ Sour cream: 1 cup (M)
- ☐ Mozzarella cheese: 2 cups (F)

PRODUCE

- ☐ Carrots: 2 large (M)
- ☐ Onions: 4 (M, F)
- ☐ Cabbage: 1 large head (M)
- ☐ Parsley: 1 bunch (T)
- ☐ Garlic: 7 cloves (T, W, F)
- ☐ Green onions: ½ bunch (W)
- ☐ Red bell pepper: 1 (W)
- ☐ Carrots: 2 (W)
- ☐ Broccoli: 1 cup (W)
- ☐ Sugar snap peas: ½ lb (W)
- ☐ Jalapeno pepper: 2 (W)
- ☐ Thyme: 1 tbsp (TH)
- ☐ Lemons: 2 (TH)
- ☐ Zucchini: 4 small (F)

PANTRY / OTHER

- ☐ Salt: 1 tbsp + 1 tsp (M, T, F)
- ☐ Ground black pepper: 3 tsp (M, T, F)
- ☐ Oil: 6 tbsp + 1 cup (M, T, W, TH, F)
- ☐ Garlic parsley salt: 1 tbsp (TH)
- ☐ Tomato sauce: ½ cup (M)
- ☐ White rice: ½ lb (M)
- ☐ Soy sauce: 4 tbsp (W)
- ☐ Brown sugar: 3 tbsp (W)
- ☐ Sesame oil: 2 tbsp (W)
- ☐ Italian seasoning: 1 tbsp (F)
- ☐ Marinara sauce: 1½ cup (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.