



MONDAY

[Ukrainian Stuffed Bell Peppers](#)



TUESDAY

[Air Fryer Turkey Meatballs](#)



WEDNESDAY

[Grilled Lamb Chops](#)



THURSDAY

[Tuscan Chicken Pasta](#)



FRIDAY

[Steak Sandwich](#)



SNACK OF THE WEEK

[Farmers Cheese Vareniki](#)



DESSERT OF THE WEEK

[Lemon Poppy Seed Muffins](#)



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Beef (thinly sliced): 1 lb (M)
- ☐ Ground turkey: 2 lbs (T)
- ☐ Rack of lamb: 4 lbs (W)
- ☐ Chicken breast: 1 lb (TH)
- ☐ Steak: 1 lb (F)

DAIRY / REFRIGERATED

- ☐ Eggs: 1 cup (T)
- ☐ Unsalted butter: 3 tbsp + ½ cup (TH, F)
- ☐ Heavy cream: 3 cups (TH)
- ☐ Parmesan cheese: 1 cup (TH)
- ☐ Havarti cheese: 4 slices (F)

PRODUCE

- ☐ Bell pepper: 3 (M)
- ☐ Mushrooms: 1 lb (M)
- ☐ Onions: 2 (M, F)
- ☐ Carrots: 2 (M)
- ☐ Rosemary: 3 tbsp (W)
- ☐ Cherry tomatoes: 1 cup (TH)
- ☐ Garlic: 6 cloves (TH, F)
- ☐ Spinach: 3 cups (TH)
- ☐ Dill: 1 tbsp (F)

PANTRY / OTHER

- ☐ Salt: 4 tbsp (M, T, W, F)
- ☐ Ground black pepper: 3 tsp (M, T, W)
- ☐ Oil: 6 tbsp (M, W, TH, F)
- ☐ Garlic parsley salt: 1 tbsp (TH)
- ☐ Buckwheat: 2 cups (M)
- ☐ Bread crumbs: 1 cup (T)
- ☐ Pasta: ½ lb (TH)
- ☐ Paprika: 1 tsp (TH)
- ☐ Sun-dried tomatoes in oil: ½ cup (TH)
- ☐ Baguette: 1 (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.