



### MONDAY

Sheet Pan Chicken Fajitas



### TUESDAY

Korean Spicy Noodles



### WEDNESDAY

Bacon Wrapped Chicken Breasts



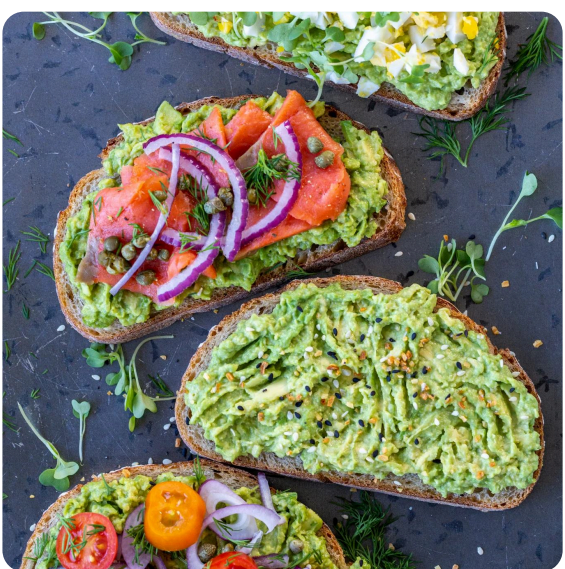
### THURSDAY

Mushroom Barley Soup



### FRIDAY

Sheet Pan Salmon and Veggies



### BREAKFAST OF THE WEEK

Farmers Cheese Vareniki



### DESSERT OF THE WEEK

Jello Fruit Cake





## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Chicken breast (boneless, skinless): 5 lb (M, W)
- ☐ Beef: 1 lb (T)
- ☐ Bacon: 10 slices (W)
- ☐ Salmon fillet: 2 lbs (F)

### DAIRY / REFRIGERATED

- ☐ Unsalted butter: 2 tbsp (TH)
- ☐ [Chicken broth](#): 3 qt (TH)

### PRODUCE

- ☐ Red bell pepper: 1 large (M)
- ☐ Green bell pepper: 1 large (M)
- ☐ Onions: 2 (M,TH )
- ☐ Lime: 1 (M)
- ☐ Mushrooms: 2 lb (T, TH)
- ☐ Carrots: 3½ lb (T, TH)
- ☐ Green onions: 1 bunch (T)
- ☐ Spinach: 1 lb (T)
- ☐ Celery: 2 large ribs (TH)
- ☐ Asparagus: 1 lb (F)
- ☐ Cherry tomatoes: 1 lb (F)

### PANTRY / OTHER

- ☐ Salt: 2 tsp (W, TH)
- ☐ Ground black pepper: 2 tsp (W, TH)
- ☐ Oil: 4 tbsp (M, F)
- ☐ Garlic parsley salt: 2 tbsp (F)
- ☐ [Fajita seasoning](#): 4 tbsp (M)
- ☐ Glass noodles: 1 lb (T)
- ☐ Soy sauce: 6 tbsp (T)
- ☐ Brown sugar: 4 tbsp (T, W)
- ☐ Sesame oil: 4 tbsp (T)
- ☐ Sriracha sauce: 2 tbsp (T)
- ☐ Crushed red peppers: 1 tbsp (T)
- ☐ Sesame seeds: 1 tbsp (T)
- ☐ Smoked paprika: 1 tsp (W)
- ☐ Garlic powder: 1 tsp (W)
- ☐ Onion powder: ½ tsp (W)
- ☐ Pearl barley: 1 cup (TH)
- ☐ Bay leaves: 2 (TH)

### NOTES:

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