



MONDAY

Grilled Teriyaki Chicken



TUESDAY

Borscht



WEDNESDAY

30-Minute Instant Pot Ribs



THURSDAY

Air Fryer Coconut Shrimp



FRIDAY

Chicken Quesadillas



SNACK OF THE WEEK

Cheese Board



DESSERT OF THE WEEK

Bananas Foster



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken (skinless boneless): 3 lbs (M)
- ☐ Bone-in beef: 1 lb (T)
- ☐ Baby back ribs: 4 lbs (W)
- ☐ Shrimp: 1 lb (TH)
- ☐ Chicken breast: 1 lb (F)

DAIRY / REFRIGERATED

- ☐ Eggs: 2 (TH)
- ☐ Unsalted butter: 2 tbsp (F)
- ☐ Mexican cheese: 2 cups (F)

PRODUCE

- ☐ Carrots: 2 (T)
- ☐ Onion: 1 (T, F)
- ☐ Beet: 1 (T)
- ☐ Cabbage: ¼ head (T)
- ☐ Potatoes: 3 medium (T)
- ☐ Bell pepper: ½ (F)

PANTRY / OTHER

- ☐ Salt: 1 tbsp + 2 tsp (T, W, TH)
- ☐ Ground black pepper: 2½ tsp (T, W, TH)
- ☐ Oil: 5 tbsp (T, F)
- ☐ [Teriyaki sauce](#): 1½ cup (M)
- ☐ Kidney beans: 16 oz (T)
- ☐ Vinegar: 1 tbsp (T)
- ☐ Ketchup: 2 tbsp (T)
- ☐ Garlic powder: 1 tsp (W)
- ☐ Onion powder: 1 tsp (W)
- ☐ Chili powder: 1 tsp (W)
- ☐ Brown sugar: 1 tsp (W)
- ☐ Apple juice: 1 cup (W)
- ☐ [BBQ sauce](#): 1 cup (W)
- ☐ Flour: ½ cup (TH)
- ☐ Unsweetened coconut flakes: ¾ cups (TH)
- ☐ Bread crumbs: ½ cups (TH)
- ☐ [Taco seasoning](#): 1 tbsp (F)
- ☐ [Flour tortillas](#): 6 (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.