



## MONDAY

Messy Burgers



## TUESDAY

Baked Gnocchi



## WEDNESDAY

Salmon Chowder



## THURSDAY

Greek Lemon Chicken



## FRIDAY

Pork Shashlik



## SNACK OF THE WEEK

Sourdough Crackers



## DESSERT OF THE WEEK

Blackberry Popsicles





## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Ground beef: 1 lb (M)
- ☐ Smoked salmon: 1 lb (W)
- ☐ Bone-in chicken thighs: 3 lbs (TH)
- ☐ Boneless pork: 5 lb (F)

### DAIRY / REFRIGERATED

- ☐ Cheese: 4 slices (M)
- ☐ Grated parmesan: 1 cup (T)
- ☐ Mozzarella cheese: 8 oz (T)
- ☐ Heavy whipping cream: 1½ cup (T, W)

### PRODUCE

- ☐ Carrots: 3 (W)
- ☐ Onions: 2 (M, F)
- ☐ Mushrooms: 1 lb (M)
- ☐ Spinach: 2 cups (T)
- ☐ Celery: ½ stalk (W)
- ☐ Green onions: ½ bunch (W)
- ☐ Potato: 1 large (W)
- ☐ Lemon: 1 (TH)
- ☐ Garlic: 9 cloves (TH, F)

### PANTRY / OTHER

- ☐ Oil: 2 tbsp + ¼ cup (M, W, TH)
- ☐ Salt: 2 tbsp + 3 tsp (M, W, TH, F)
- ☐ Ground black pepper: 1 tsp + 1 tbsp (TH, F)
- ☐ Burger buns: 4 (M)
- ☐ Mayonnaise: 3 tbsp + (M, F)
- ☐ Ketchup: as preferred (M)
- ☐ Pasta sauce: 16 oz (T)
- ☐ Gnocchi: 16 oz (T)
- ☐ Flour: 3 tbsp (W)
- ☐ Red pepper flakes: ¼ tsp (W)
- ☐ Better Than Bouillon: 1 tbsp (W)
- ☐ Dijon mustard: 1 tbsp (TH)
- ☐ Dried oregano: 2 tsp (TH)
- ☐ Dried thyme: 1 tsp (TH)

### 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.