



MONDAY

[Chicken Broccoli Alfredo](#)



TUESDAY

[Split Pea and Lentil
Soup with Pork Chops](#)



WEDNESDAY

[Mexican Stuffed Bell
Peppers](#)



THURSDAY

[Shrimp Orzo](#)



FRIDAY

[Beef Lo Mein](#)



BREAKFAST OF THE WEEK

[Homemade Sausage
Patties](#)



DESSERT OF THE WEEK

[Magic Coconut Bars](#)



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken breast: 1 lb (M)
- ☐ Pork chops: 1 lb (T)
- ☐ Ground turkey: 1 lb (W)
- ☐ Large shrimp: 1 lb (TH)
- ☐ Beef: 1 lb (F)

DAIRY / REFRIGERATED

- ☐ Heavy whipping cream: 2 cups (M)
- ☐ Unsalted butter: ½ cup +2 tbsp (M, TH)
- ☐ Parmesan cheese: ½ cup (M)
- ☐ Mexican cheese: 2 cup (W)

PRODUCE

- ☐ Broccoli: 1 lb (M)
- ☐ Garlic: 10 cloves (M, TH, F)
- ☐ Onions: 2 (T, F)
- ☐ Carrots: 4 (T, F)
- ☐ Dill: 1 bunch (T)
- ☐ Green onions: 1 bunch (T)
- ☐ Corn: ½ cup (W)
- ☐ Red bell pepper: 4 (W)
- ☐ Broccoli: 2 cup (F)

PANTRY / OTHER

- ☐ Salt: 1 tsp + 2 tbsp (M, T)
- ☐ Ground black pepper: 2 tsp (M, T)
- ☐ Oil: 3 tbsp + (M, T, TH, F)
- ☐ Fettuccine pasta: 8 oz (M)
- ☐ Lentils: 1 cup (T)
- ☐ Split peas: 1 cup (T)
- ☐ Rice: 2 cup (W)
- ☐ Canned black beans: 10 oz (W)
- ☐ Salsa: 1 cup (W)
- ☐ [Taco seasoning](#): 1 tbsp (W)
- ☐ Garlic parsley salt: 2 tsp (TH)
- ☐ Orzo: 1 cup (TH)
- ☐ Dry white wine: ⅓ cup (TH)
- ☐ Lo mein noodles: 8 oz (F)
- ☐ Sesame oil: 1 tsp (F)
- ☐ Beef Better Than Bouillon: 1 tbsp (F)
- ☐ Soy sauce: 3 tbsp (F)
- ☐ Brown sugar: 2 tbsp (F)

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.