



MONDAY

Pasta Primavera



TUESDAY

Grilled Cilantro Lime
Chicken



WEDNESDAY

Chicken Fried Rice



THURSDAY

Broccoli Cheddar Soup



FRIDAY

Lemon Butter Broiled
Tilapia



APPETIZER OF THE WEEK

Braised Tomatoes with
Burrata



DESSERT OF THE WEEK

Beignets



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken thighs (boneless, skinless): 2 lbs (T)
- ☐ Chicken (cooked): 1 lb (W)
- ☐ Tilapia filets: 3 lbs (F)

DAIRY / REFRIGERATED

- ☐ Parmesan cheese: $\frac{3}{4}$ cup (M)
- ☐ Eggs: 5 (W)
- ☐ Unsalted butter: 8 tbsp (TH, F)
- ☐ Cheddar cheese: 8 oz (TH)
- ☐ Half & half: 2 cups (TH)

PRODUCE

- ☐ Red bell pepper: 1 (M)
- ☐ Broccoli: 9 cups (M, W, TH)
- ☐ Red onion: 1 (M)
- ☐ Onion: 1 (TH)
- ☐ Garlic: 7 cloves (M, TH)
- ☐ Squash: 1 small (M)
- ☐ Zucchini: 1 small (M)
- ☐ Cherry tomatoes: 1 cup (M)
- ☐ Lemons: 2 (M, F)
- ☐ Basil: $\frac{1}{4}$ cup (M)
- ☐ Cilantro: $\frac{1}{4}$ cup (T)
- ☐ Lime: 1 (T)
- ☐ Carrot: 1 large (TH)

PANTRY / OTHER

- ☐ Salt: 1 tsp + 1 tbsp (TH, F)
- ☐ Oil: 8 tbsp (M, T, W)
- ☐ Ground black pepper: 1 tsp (TH)
- ☐ Penne pasta: 8 oz (M)
- ☐ Garlic parsley salt: 1 tsp (M)
- ☐ [Taco seasoning](#): 2 tbsp (T)
- ☐ Ground cumin: 1 tsp (T)
- ☐ [Cooked Rice](#): 3 cups (W)
- ☐ Low sodium soy sauce: $\frac{1}{4}$ cup (W)
- ☐ Flour: $\frac{1}{4}$ cup (TH)
- ☐ [Chicken broth](#): 3 cups (TH)
- ☐ Smoked paprika: 1 tbsp (F)

NOTES:

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