



MONDAY

Khinkali
(Georgian Dumplings)



TUESDAY

Sheet Pan Sausage and Veggies



WEDNESDAY

Homemade Hamburger Helper



THURSDAY

Lobster Bisque



FRIDAY

Crock Pot Pork Chops



BREAKFAST OF THE WEEK

Russian Pancakes
(Oladi)



DESSERT OF THE WEEK

Homemade Ferrero
Raffaello Candies



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Ground beef: 1 lb (M)
- ☐ Ground chicken: 1 lb (M)
- ☐ Sausage: 16 oz (T)
- ☐ Ground beef (85% or leaner): 1 lb (W)
- ☐ Lobster tails: 4 (TH)
- ☐ Pork chops (thick, bone-in): 4 lbs (F)

DAIRY / REFRIGERATED

- ☐ Eggs: 2 (M)
- ☐ Milk: 1 cup (W)
- ☐ Cheddar cheese: 2 cups (W)
- ☐ Unsalted butter: 4 tbsp (TH)
- ☐ Heavy cream: ½ cup (TH)

PRODUCE

- ☐ Onions: 3 (M, TH, F)
- ☐ Bell peppers: 2 (T)
- ☐ Broccoli: 1 lb (T)
- ☐ Zucchini: 1 (T)
- ☐ Carrots: 2 (TH)
- ☐ Celery stalks: 2 (TH)
- ☐ Garlic: 4 cloves (TH)
- ☐ Mushrooms: 16 oz (F)

PANTRY / OTHER

- ☐ Salt: 4 tsp + 2 tbsp (M, W, TH, F)
- ☐ Ground black pepper: 2½ tsp (M, F)
- ☐ Olive oil: 4 tbsp (T, F)
- ☐ Flour: 4¼ cups + 3 tbsp (M, TH, F)
- ☐ Herbs: 4 tbsp (M, F)
- ☐ Garlic parsley salt: 1tbsp + 1 tsp (T, TH)
- ☐ Garlic powder: 1 tsp (W)
- ☐ Onion powder: 2 tsp (W)
- ☐ Italian seasoning: 1 tsp (W)
- ☐ Tomato paste: 5 tbsp (W, TH)
- ☐ [Chicken broth](#): 5½ cups (W, F)
- ☐ Elbow pasta: 2 cups (W)
- ☐ Dry white wine: ¾ cup (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.