MENU #51

MEAL PLAN



MONDAY Khinkali

(Georgian Dumplings)



TUESDAY



Sheet Pan Sausage and Veggies



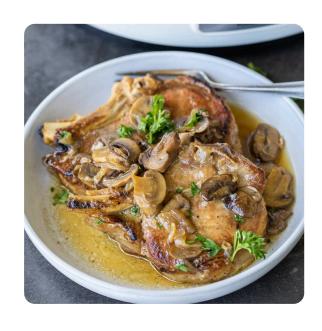
<u>Helper</u>

Homemade Hamburger



THURSDAY

Lobster Bisque



FRIDAY

Crock Pot Pork Chops



BREAKFAST OF THE WEEK

Russian Pancakes (Oladi)



DESSERT OF THE WEEK

Homemade Ferrero Raffaello Candies





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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: $2\frac{1}{2}$ tsp (M, F)
- Olive oil: 4 tbsp (T, F)
- Flour: 41/4 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: 3/4 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 yourt are my regulars.