



MONDAY

Chicken Philly
Cheesesteak Sandwiches



TUESDAY

Lasagna Stuffed Peppers



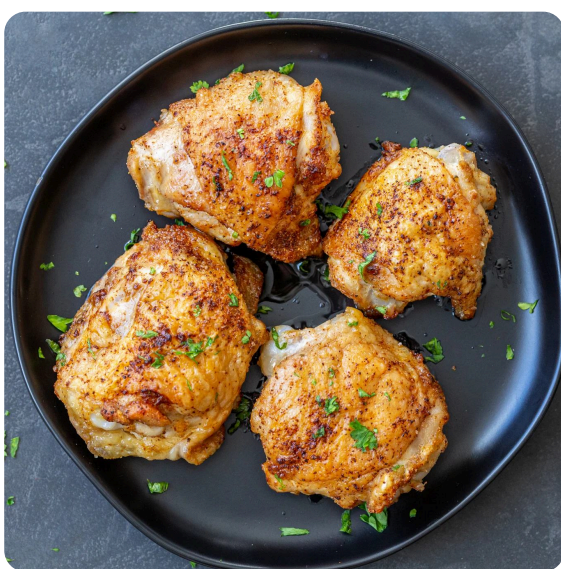
WEDNESDAY

Lamb Stew



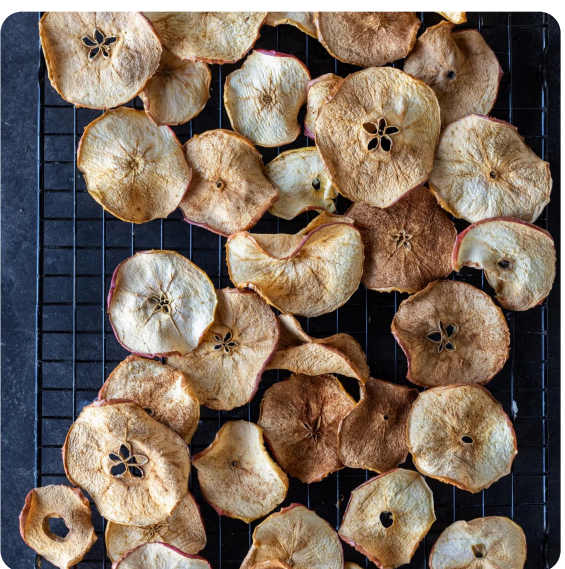
THURSDAY

Ground Beef Enchiladas



FRIDAY

Air Fryer Chicken Thighs



SNACK OF THE WEEK

Air Fryer Apple Chips



DESSERT OF THE WEEK

Pumpkin Creme Brulee



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Chicken breast (boneless & skinless): 2 lbs (M)
- ☐ Ground turkey: 1 lb (T)
- ☐ Lamb shoulder: 2 lbs (W)
- ☐ Ground beef: 1½ lbs (TH)
- ☐ Chicken thighs: 2 lbs (F)

DAIRY / REFRIGERATED

- ☐ Provolone cheese: 8 oz (M)
- ☐ Cottage cheese: 10 oz (T)
- ☐ Parmesan cheese: ½ cup (T)
- ☐ Mozzarella cheese: 1 cup (T)
- ☐ Beef broth: 4 cups (W)
- ☐ Mexican cheese: 3 cups (TH)

PRODUCE

- ☐ Green bell peppers: 2 (M)
- ☐ Onions: 5 (M, T, W, TH)
- ☐ Mushrooms: 1 lb (M)
- ☐ Bell peppers: 6 (T)
- ☐ Baby potatoes: 2 lbs (W)
- ☐ Carrots: 3 (W)
- ☐ Parsley: 1 bunch (W)
- ☐ Garlic: 2 cloves (TH)

PANTRY / OTHER

- ☐ Salt: 3 tbsp (M, T, W)
- ☐ Ground black pepper: 3 tsp (M, T, W)
- ☐ Oil: 3 tbsp (M, W,)
- ☐ Hoagie buns: 6 (M)
- ☐ Pasta sauce: 10 oz (M)
- ☐ Flour: 4 tbsp (W)
- ☐ Tomato puree: 1 cup (W)
- ☐ Bay leaves: 3 (W)
- ☐ Garlic powder: 1 tsp (W)
- ☐ Red enchilada sauce: 20 oz (TH)
- ☐ [Flour tortillas](#): 8 (TH)
- ☐ Garlic parsley salt: 2 tbsp (F)
- ☐ Paprika: 1 tbsp (F)

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.