

MONDAY

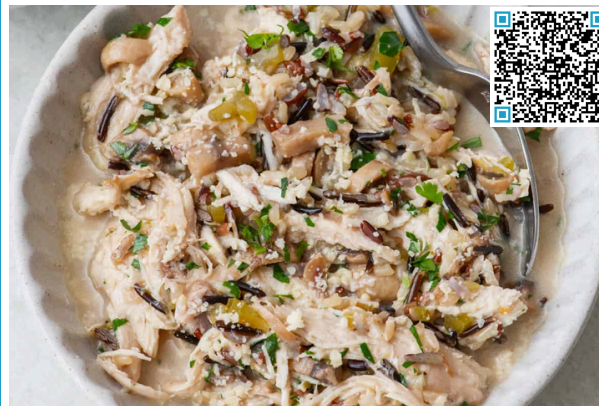


**Roasted Red Pepper Pasta**

**Protein ideas:**

- [Baked Tofu](#)
- [Chicken](#), [shrimp](#) or [steak](#)

TUESDAY

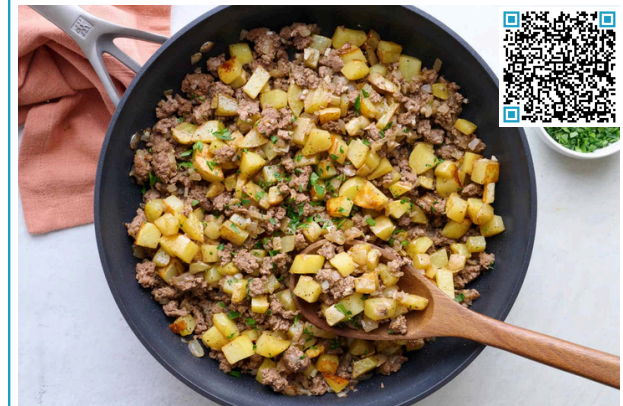


**Instant Pot Chicken and Rice**

**Tip:**

No pressure cooker? Try my [casserole recipe](#) and update the grocery list as needed!

WEDNESDAY



**Ground Beef and Potatoes**

**Side dish ideas:**

- [Sauteed Spinach](#)
- [Carrot Salad](#)

THURSDAY



**Spinach Tortellini Soup**

**Tip:**

Tortellini and spinach cook fast. Once you add them, be ready to eat in a few minutes!

FRIDAY



**Shrimp Broccoli Stir Fry**

**Tip:**

Stir-fry broccoli over high heat to keep it bright green and crunchy!

SNACK/DESSERT



**Olive Oil Cake**

**Tip:**

Use room temperature eggs. The yolks are softer & easier to incorporate into the batter.

**Produce**

- yellow onions (3 lb bag)
- garlic bulbs (2)
- ginger root (1 piece)
- celery (1 bunch)
- baby bella mushrooms (8 oz package)
- broccoli (1 large head)
- scallions (1 bunch)
- yukon gold potatoes (1 lb)
- fresh spinach (5 oz clamshell)
- lemons (2)
- limes (1)

**Fresh Herbs** *optional*

- basil (2 small packs)
- parsley (1 bunch)

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**Refrigerated**

**Dairy**

- milk (1 quart carton)
- greek yogurt (16 oz tub)
- parmesan cheese (8 oz block)
- cheese tortellini (9 oz package)
- eggs (1 dozen)

**Frozen**

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**Meat/Seafood**

- boneless skinless chicken breast (1¼ lb)
- medium shrimp, peeled and deveined (1 lb)
- 90% lean ground beef (1 lb)

**Pantry**

- olive oil
- toasted sesame oil
- rice vinegar
- soy sauce
- sriracha
- spaghetti (16 oz box)
- wild rice blend (1 lb bag)
- brown rice (1 lb bag)
- chicken stock (32 oz carton)
- vegetable stock (32 oz carton)
- diced tomatoes (28 oz can)
- tomato paste (6 oz can)
- roasted red peppers (15 oz jar)
- all-purpose flour (1¼ cups)
- granulated sugar (⅔ cup)
- dark brown sugar (1 small bag)
- cornstarch
- baking powder
- baking soda

**Bakery**

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**Spices**

- crushed red pepper
- dried oregano
- paprika
- 7 spice
- ground cumin

**Ingredient notes**

\* This ingredient can be used for many more recipes!  
 \*\* You may have this staple on hand