

MONDAY



Baked Chicken Meatballs

Side dish ideas:

- [Pasta with Cherry Tomatoes](#)
- [Caprese Salad](#)

TUESDAY



Shrimp Fajita Bowls

Tip:

Make sure the pan is hot so the peppers and onions get that popular fajita char.

WEDNESDAY



Lasagna Soup

Tip:

Scrape up any browned bits from the bottom of the pot. This adds flavor to the soup!

THURSDAY



Chicken Broccoli Casserole

Tip:

Rinse your rice first! This removes excess starch so your dish doesn't turn out mushy.

FRIDAY



Pan Seared Salmon

Side dish ideas:

- [Lemon Pasta](#)
- [Green Beans with Almonds](#)

SNACK/DESSERT



Lemon Ricotta Cake

Tip:

Don't skip massaging the sugar and lemon zest to infuse the best lemon flavor.

Produce

- yellow onion (2 medium)
- garlic bulb (1)
- broccoli florets (3 cups)
- bell peppers (3 medium)
- carrots (2)
- celery stalks (2)
- avocado (1)
- lemons (4 small)
- lime (1)

Fresh Herbs *optional*

- parsley (1 bunch)
- cilantro (1 bunch)
- basil (1 bunch)

Refrigerated

Dairy

- whole milk ricotta (16 oz)
- whole milk (1 cup)
- plain Greek yogurt (8 oz container)
- shredded cheddar cheese (8 oz bag)
- grated Parmesan cheese (sm container)
- sour cream (sm container)
- eggs (1 dozen)

Frozen

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Meat/Seafood

- salmon fillets (4 - 6 oz fillets)
- chicken breast (1 lb)
- shrimp (1 lb)
- ground chicken (1 lb)
- ground beef (1 lb)

Pantry

- olive oil (sm bottle)
- white rice (1 cup)
- brown rice (1 1/4 cups)
- lasagna noodles (1 box)
- breadcrumbs (1 cup)
- marinara sauce (24 oz jar)
- tomato paste (6 oz can)
- diced tomatoes (28 oz can)
- low-sodium chicken broth (16 oz carton)
- low-sodium vegetable broth (3 - 16 oz cartons)
- hot sauce (sm bottle)
- granulated sugar (1 cup)
- powdered sugar *optional*
- vanilla extract (sm bottle)
- all purpose flour (1 1/4 cups)
- baking powder (2 tsp)

Bakery

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Spices

- garlic powder
- onion powder
- dried thyme
- taco seasoning (1 packet)
- oregano
- dried parsley
- paprika
- Italian seasoning
- crushed red pepper

Ingredient notes

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