

MONDAY



Pasta Primavera

Tip:

Scoop out pasta water before draining; it's starchy and helps thicken the sauce!

TUESDAY



Pan Seared Fish

Side dish ideas:

- Steamed Broccoli
- Lemon Orzo

WEDNESDAY



Ground Beef Casserole

Tip:

Boil the pasta until just al dente because it will continue to cook in the oven.

THURSDAY



Coconut Shrimp Curry

Side dish ideas:

- Basmati Rice
- Cauliflower Rice, lower carb

FRIDAY



BBQ Chicken Pizza

Tip:

Let the dough sit out for about 30 minutes before stretching so it's easier to work with.

SNACK/DESSERT



Mango Sorbet

Tip:

If frozen, sit at room temperature for a few minutes until it's scoopable.

Produce

- red onion (2)
- yellow onion (2)
- garlic bulb (1)
- broccoli florets (10 oz bag)
- red bell pepper (2)
- zucchini (1)
- lemons (2)
- limes (2)
- fresh ginger (sm knob)

Fresh Herbs *optional*

- basil (1 sm pack)
- parsley (1 sm pack)
- cilantro (1 sm pack)

Refrigerated

Dairy

- whole milk (1 pint)
- pizza dough (1 lb)
- Parmesan cheese (8 oz block)
- shredded mozzarella cheese (8 oz)
- shredded smoked Gouda cheese (8 oz)

Frozen

- frozen peas (12 oz bag)
- frozen mango chunks (2 - 10 oz bags)

Meat/Seafood

- halibut fillets (1 1/2 lb)
- lean ground beef (1 lb)
- large shrimp (1 lb)
- chicken breast (1/2 lb)

Pantry

- olive oil
- penne pasta (2 lb)
- marinara sauce (25 oz jar)
- red curry paste (sm jar)
- coconut milk (14.5 oz can)
- white rice (1 lb bag)
- all-purpose flour (1/2 cup)
- barbecue sauce (sm bottle)
- honey (sm bottle)

Bakery

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Spices

- Italian seasoning
- garlic powder
- dried parsley

Ingredient notes

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