

MONDAY



Cottage Cheese Pasta

Tip:
Blend the sauce with whatever you have: blender, food processor or immersion.

TUESDAY



Grilled Lemon Chicken

Side dish ideas:

- Grilled Corn on the Cob
- Lemon Orzo Salad

WEDNESDAY



Shrimp Lo Mein

Tip:
Rinse noodles after draining to stop cooking, prevent sticking, and help absorb the sauce.

THURSDAY



Buffalo Chicken Wrap

Tip:
Warm the tortilla before rolling to help prevent it from tearing while assembling.

FRIDAY



Garlic Butter Steak Bites

Side dish ideas:

- Microwaved Baked Potato
- Caesar Salad

SNACK/DESSERT



Microwave Popcorn

Tip:
Start listening around the 90-second mark and stop as soon as the pops slow down.

Produce

- onion (1 medium)
- garlic bulb (1)
- baby bok choy (1 lb)
- carrots (1 lb bag)
- romaine lettuce (1 head)
- green onions (1 bunch)
- lemons (2 large)

Fresh Herbs *optional*

- parsley (1 bunch)

Refrigerated

Dairy

- whole milk cottage cheese (16 oz tub)
- parmesan cheese (5 oz wedge)
- unsalted butter (1 lb box)
- shredded mozzarella cheese (8 oz bag)

Frozen

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Meat/Seafood

- boneless skinless chicken breasts (1 ½ lb)
- chicken tenders (1 lb)
- raw shrimp, peeled and deveined (1 lb)
- sirloin steak (1 ½ lb)

Pantry

- olive oil (sm bottle)
- avocado oil (sm bottle)
- soy sauce*
- oyster sauce*
- fusilli pasta (16 oz box)
- lo mein noodles or spaghetti (8 oz package)
- vegetable broth (1 quart carton)
- marinara sauce (sm jar)
- Frank's hot sauce (12 oz bottle)
- ranch dressing*
- popcorn kernels
- granulated sugar** (1 tbsp)

Bakery

- large 10-inch flour tortillas (4)

Spices

- crushed red pepper
- dried oregano
- paprika
- garlic powder

Ingredient notes

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