

MONDAY

**Broccoli Mac and Cheese****Tip:**

Use block cheese! It's cheaper to grate your own cheese and melts into the sauce better.

TUESDAY

**Yogurt Marinated Chicken****Side dish ideas:**

- Greek Orzo Salad or
- Pasta in Yogurt Sauce

WEDNESDAY

**Ground Beef Stir Fry****Tip:**

Use a big pan or wok so the ingredients fry instead of steam.

THURSDAY

**Blackened Salmon****Side dish ideas:**

- Sauteed Green Beans
- Cilantro Lime Cauliflower Rice

FRIDAY

**Chicken Lo Mein****Tip:**

Dried Lo mein takes about 3 mins to cook until tender but firm, and will finish in the pan.

SNACK/DESSERT

**Strawberry Parfait****Tip:**

Build the parfaits right before serving for the best layered look!

Produce

yellow onion (1 small)
garlic (1 bulb)
fresh ginger root (1 piece)
broccoli (2 large heads)
red bell peppers (2)
green cabbage (1 small head)
matchstick carrots (10 oz bag)
lemons (2)
strawberries (1 lb)

Fresh Herbs *optional*

green onions (1 bunch)

Refrigerated**Dairy**

salted butter (1 stick)
2% milk (1 quart)
Greek yogurt (16 oz container)
cream cheese (8 oz block)
cheddar cheese (8 oz block or bag shredded)
gruyere cheese (8 oz block or bag shredded)

Frozen

n/a

Meat/Seafood

boneless skinless chicken breasts (2 ½ lb)
90% lean ground beef (1 lb)
skin-on salmon fillets (4 6-oz)

Pantry

avocado oil or olive oil
rice vinegar *
low-sodium soy sauce *
toasted sesame oil *
elbow macaroni (8 oz box)
lo mein noodles (8 oz package)
white rice (1 lb bag)
chicken broth (14.5 oz can)
oyster sauce (9 oz bottle)*
Dijon mustard**
honey
granola (11 oz bag)
all-purpose flour
cornstarch
vanilla extract

Bakery

n/a

Spices

paprika
garlic powder
onion powder
dried oregano
dried thyme
cayenne pepper

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand