

MONDAY

**Potato Tuna Cakes****Tip:**

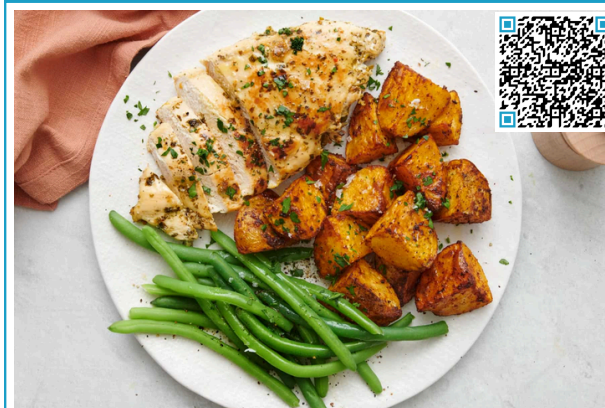
Make sure to drain the tuna well so the mixture stays firm while cooking.

TUESDAY

**Salmon Tacos****Tip:**

The fish taco slaw makes these so good! So I added the ingredients to the grocery list, too!

WEDNESDAY

**Lemon Garlic Chicken****Side dish ideas:**

- Air Fryer Potatoes
- Sauteed Green Beans

THURSDAY

**Air Fryer Stuffed Peppers****Tip:**

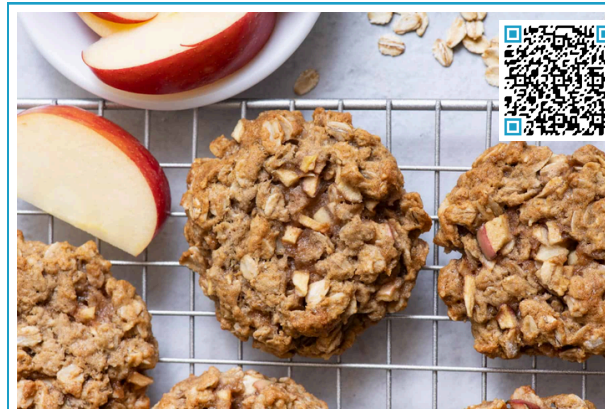
If you prefer a softer pepper, you can air fry them alone for about 5 minutes before filling.

FRIDAY

**Chicken Fajita Pasta****Tip:**

If you'd like to keep this dairy-free, swap the milk for the starchy pasta water.

SNACK/DESSERT

**Apple Oatmeal Cookies****Tip:**

Finely chop the apples so they mix better and prevent cookie breakage during baking.

Produce

yellow onions (2)
 shallot (1)
 garlic (1 bulb)
 Yukon gold potatoes (1 lb bag)
 green cabbage (1 small head)
 red cabbage (1 small head)
 bell peppers (4 large, variety of colors)
 + bell peppers (3 medium)
 avocado (1)
 lemons (3)
 limes (2)
 Honeycrisp or Gala apple (1)

Fresh Herbs *optional*

fresh dill (1 bunch)
 fresh parsley (1 bunch)
 fresh cilantro (1 bunch)

Refrigerated**Dairy**

eggs
 milk
 full-fat Greek yogurt (5.3 oz container)
 shredded mozzarella cheese (8 oz)
 unsalted butter (1 stick)
 tzatziki sauce *for serving*

Frozen

n/a

Meat/Seafood

boneless skinless chicken breast (2 ½ lbs,
including at least 4, 6-oz pieces)
 lean ground beef (1 lb)
 salmon fillets (4, 6 oz each)

Bakery

small corn or flour tortillas (10-count)

Pantry

olive oil or avocado oil
 penne pasta (16 oz box)
 tuna packed in water (2, 5 oz cans)
 tomato sauce, no salt added (15 oz can)
 diced tomatoes (14.5 oz can)
 diced green chiles (4.5 oz can)
 marinara sauce (small jar)
 mayonnaise (15 oz jar)
 panko breadcrumbs (8 oz package)
 long-grain rice (1 lb bag)
 rolled oats (18 oz canister)
 honey
 unsweetened applesauce (4 oz cup)
 light brown sugar
 all-purpose flour
 vanilla extract
 baking soda

Spices

smoked paprika
 paprika
 garlic powder
 onion powder
 dried thyme
 cumin
 oregano
 crushed red pepper
 Italian seasoning
 taco seasoning
 cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand