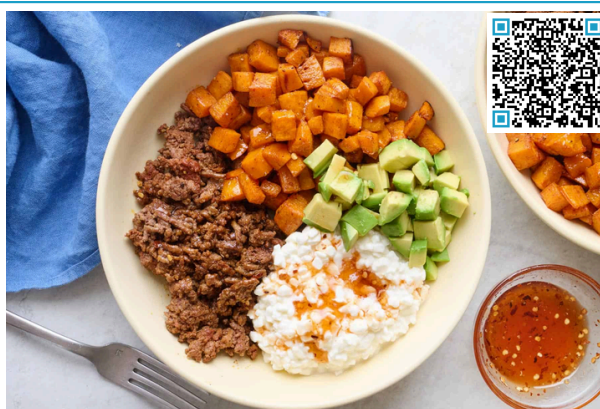


MONDAY

**Pasta Pomodora****Tip:**

Peel the tomatoes first. Optional, but it makes for an extra smooth sauce.

TUESDAY

**Beef Cottage Cheese Bowls****Tip:**

Assemble right before eating to since ingredients are both hot and cold.

WEDNESDAY

**Baked Shrimp****Side dish ideas:**

- Lemon Rice
- Roasted Broccoli

THURSDAY

**Ravioli Soup****Tip:**

Simmer gently to prevent overcooking ravioli; remember, simmering = small bubbles.

FRIDAY

**Baked BBQ Chicken Breast****Side dish ideas:**

- Mustard Potato Salad
- Pan Roasted Brussel Sprouts

SNACK/DESSERT

**Apple Crumble****Tip:**

Avoid overmixing the butter into the flour; keep larger pieces for a textured crumble.

Produce

onions (1 small, 1 large)
garlic (2 bulbs)
sweet potatoes (2 large)
tomatoes (2 lb)
avocado (1)
lemon (1 small)
apples (5–6 medium)

Fresh Herbs *optional*

fresh basil (1 bunch)
fresh parsley (1 bunch)

Refrigerated**Dairy**

cottage cheese, 2% low fat (16 oz)
Parmesan cheese (8 oz wedge)
unsalted butter (1 lb box)

Frozen

ravioli (9 oz package)

Meat/Seafood

lean ground beef (2 lb)
boneless skinless chicken breasts (4, 6 oz each)
large or jumbo shrimp, peeled and deveined (1½ lb)

Pantry

olive oil
spaghetti (16 oz box)
crushed tomatoes (28 oz can)
low-sodium vegetable broth (32 oz carton)
barbecue sauce (18 oz bottle)
sriracha (small bottle)
honey
light brown sugar
granulated sugar
cornstarch
all-purpose flour
baking powder

Bakery

na

Spices

paprika
garlic powder
crushed red pepper flakes
dried basil
ground cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand