

MONDAY



Vegetable Lasagna

Tip

Rest your lasagna before slicing and serving for 15 minutes for clean slices!

TUESDAY



Cashew Chicken

Tip:

Don't skip the cornstarch! It's flavorless but helps the chicken brown and crisp in the pan.

WEDNESDAY



Salmon Patties

Side dish ideas:

- Cheesy Lemon Spinach Orzo
- Greek Salad

THURSDAY



Chicken Gnocchi Soup

Tip:

Cook the gnocchi according to package, but it's usually done when it floats to the top.

FRIDAY



Steak Gyros

Tip:

Cut the steak against the grain to break up muscle fibers so the steak is more tender.

SNACK/DESSERT



Date Cake

Tip:

For easiest clean up, I like to line the pan with parchment paper.

Produce

yellow onions (2)
 red onion (1)
 garlic (2 bulbs)
 ginger root (1 small knob)
 green bell pepper (1)
 red bell pepper (1)
 Baby Bella mushrooms (24 oz container)
 celery (1 bunch)
 carrots (1 lb bag)
 baby spinach (5 oz container)
 romaine lettuce (1 head)
 tomato (1)
 lemons (2)
 Medjool pitted dates (12 oz package)

Fresh Herbs *optional*

green onions (2 bunches)
 fresh dill (1 bunch)
 fresh parsley (1 bunch)

Refrigerated**Dairy**

ricotta cheese (15 oz container)
 mozzarella cheese, block or shredded (12 oz)
 Parmesan cheese (8 oz wedge)
 plain Greek yogurt (5.3 oz container)
 whole milk (1 quart)
 unsalted butter (1 stick)
 eggs (2)

Frozen

frozen spinach (2, 10 oz boxes)

Meat/Seafood

boneless skinless chicken breast (2½ lb)
 flank or skirt steak (1½ lb)

Bakery

- pocketless small pita bread (1 package, at least 4)

Pantry

olive oil or avocado oil
 sesame oil *
 rice vinegar *
 red wine vinegar *
 soy sauce *
 lasagna sheets (1 lb box)
 potato gnocchi (16 oz package)
 rice (1 lb bag, optional)
 canned salmon (2, 6 oz cans)
 marinara sauce (24 oz jar)
 low-sodium chicken broth (32 oz carton)
 roasted unsalted cashews (8 oz bag)
 Italian breadcrumbs (8 oz container)
 capers
 Dijon mustard
 Worcestershire sauce *
 Sriracha *
 honey
 date syrup (small bottle)
 cooking spray
 all-purpose flour
 baking powder
 baking soda
 cornstarch
 vanilla extract

Spices

Italian seasoning
 dried thyme
 dried oregano

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand