

MONDAY

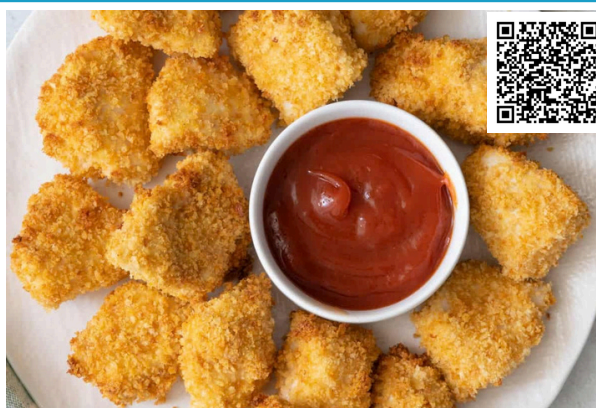


Fettuccine Alfredo

Tip:

Save some pasta water before draining to help the cheese sauce cling to the pasta.

TUESDAY



Baked Chicken Nuggets

Side dish ideas:

- [Baked French Fries](#)
- [Healthy Coleslaw](#)

WEDNESDAY



Corn Chowder

Tip:

Let the Greek yogurt reach room temperature so it blends smoothly into the soup.

THURSDAY



Zucchini Ravioli

Tip:

Bake uncovered so excess moisture can escape.

FRIDAY



Honey Mustard Salmon

Side dish ideas:

- [Brown Rice](#)
- [Roasted Asparagus](#)

SNACK/DESSERT



Brownie Bites

Tip:

Let the bites cool in the pan before removing so they have time to set.

Produce

yellow onion (1 large)
garlic (1 bulb)
red bell pepper (1 medium)
celery (1 bunch)
potatoes (1 lb)
corn (4 large ears)
zucchini (3 large)
lemon (1)

Fresh Herbs

fresh basil (1 bunch)
green onions (1 bunch)

Refrigerated**Dairy**

milk (1 pint)
plain Greek yogurt (16 oz container)
whole milk ricotta cheese (15 oz container)
Pecorino Romano cheese (4 oz wedge)
Parmesan cheese (4 oz wedge)
mozzarella cheese (8 oz block)
unsalted butter (2 sticks)
salted butter (1 stick)
eggs (½ dozen)

Frozen

n/a

Meat/Seafood

boneless skinless chicken breast (1½ lb)
salmon fillets (4, 6 oz each)

Pantry

olive oil or avocado oil
fettuccine pasta (16 oz box)
marinara sauce (25 oz jar)
low-sodium vegetable broth (1 quart)
Dijon mustard*
whole grain Dijon mustard*
panko breadcrumbs (8 oz package)
honey
cooking spray
semi-sweet chocolate chips (12 oz bag)
unsweetened cocoa powder
all-purpose flour
granulated sugar
vanilla extract

Bakery

n/a

Spices

garlic powder
onion powder
paprika
smoked paprika
dried thyme
bay leaves

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand