

MONDAY



GARLIC BASIL BARRAMUNDI SKILLET

TUESDAY



BLT SALAD WITH GRILLED CORN

WEDNESDAY



SLOW COOKER ASIAN MEATBALLS

THURSDAY



CROCKPOT FRENCH DIP SANDWICHES

FRIDAY



CHICKEN FAJITA KABOBS



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 1 tbs. cups olive oil
- 1 tbs. + 1 tsp. worcestershire
- salt and pepper
- 1/2 tsp. seasoning salt
- 4 tbs. butter
- 1 tbs. garlic powder

PRODUCE

- 8 cloves garlic
- 3 cups romaine
- 2 red onions
- 1 bunch basil
- 2 cups arugula
- 1 scallion
- 3 bell peppers
- 1 bunch parsley
- 3 avocados
- 1/4 cup fresh dill
- 4-6 tomatoes
- 1 pint grape tomatoes
- 1 lemon
- 1 tbs. grated ginger
- 1 serrano chile
- 3 bell peppers

DAIRY & REFRIGERATED ITEMS

- 1/4 cup Parmesan cheese
- 1/4 cup buttermilk
- 2/3 cup sour cream
- 2 eggs
- 1/4 cup mayo
- 8-12 slices provolone cheese

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 1lb. barramundi (or other white fish)
- 4 lb. chuck roast
- 8 slices bacon
- 1lb. boneless, skinless chicken breasts
- 2lbs. pork sausage

GRAINS, LEGUMES & PASTA

- 2 cups cooked white rice

CANNED & JARRED GOODS

- 1 (12-oz.) can white beans
- 1/3 cup hoison sauce
- 1/2 cup chicken stock
- 3 tbs. soy sauce
- 1 cup panko bread crumbs
- 3 tbs. sesame oil
- 1 (15-oz.) bottle Thai sweet chili sauce
- 1 (10.5-oz.) can beef consommé, in soup isle
- 11 oz. can guava nectar
- 1 (10.5-oz.) can condensed french onion soup

MISCELLANEOUS ITEMS

- 12 oz. stout
- 1 tbs. cumin
- 4-6 French rolls
- 1 tbs. chili powder
- 1 tbs. sesame seeds
- 2 tsp. paprika