

MONDAY



SHRIMP LINGUINE WITH LEMON BUTTER CREAM SAUCE

TUESDAY



MAPLE PEACH PORK CHOPS

WEDNESDAY



EASY BEEF & BROCCOLI STIR FRY

THURSDAY



ONE PAN CHICKEN WITH CREAMY PESTO SAUCE

FRIDAY



ROASTED TOMATO CAPRESE GRILLED CHEESE SANDWICH



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 4 tbs. olive oil
- 10 tbs. butter
- 2 tbs. corn starch
- red pepper flakes
- 3 tbs. honey

PRODUCE

- 2 sweet potatoes
- 1 onion
- 4 peaches
- 2 sprigs fresh thyme
- 7 cloves garlic
- 1 tsp. fresh ginger
- 1 large head broccoli
- 2 lbs. campari tomatoes
- 3 cups baby spinach
- 8 ounces baby bella mushrooms
- 2 tbs. basil
- 2 lemons

DAIRY & REFRIGERATED ITEMS

- 1 1/3 cup half and half
- 1/2 cup parmesan cheese
- 1/4 cup goat or mozzarella cheese
- 1/4 cup heavy cream
- 1 lb. fresh mozzarella

MEAT, POULTRY, PORK & SEAFOOD

- 4 boneless, skinless chicken breasts
- 1 lb. flank steak
- 1 lb. shrimp
- 4 pork loin chops

GRAINS, LEGUMES & PASTA

- 1 and 1/2 cups white rice
- 8 ounces linguine
- 2 cups fusilli pasta

CANNED & JARRED GOODS

- 2 tbs. sesame oil
- 1 tbs. sriracha
- 1/2 cup beef broth
- 1/2 cup soy sauce
- 1 (6.35) ounce jar sundried tomato pesto
- 4 tbs. basil pesto

MISCELLANEOUS ITEMS

- 1/3 cup maple syrup
- 2 tbs. bourbon
- 3 tbs. sherry wine
- 4 pieces ciabatta sandwich bread