

MONDAY



CAJUN POTATO AND ANDOUILLE SAUSAGE BAKE

TUESDAY



PASTA WITH CAULIFLOWER RAGU

WEDNESDAY



CARIBBEAN JERK CHICKEN RICE BOWLS

THURSDAY



SAUSAGE PIZZA AU GRATIN POTATO CASSEROLE

FRIDAY



TURKEY BACON AVOCADO GRILLED CHEESE



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 1 cup olive oil
- 2 tbs. canola oil
- 2 tbs. brown sugar
- salt and pepper
- 4 tbs. butter
- 1/4 tsp. distilled vinegar
- 1/2 tsp. garlic powder
- 1 tsp. red pepper flakes
- 1/2 tsp. Italian seasoning

PRODUCE

- 2 onions
- 8 cloves garlic
- 2 1/4 lbs. red potatoes
- 1 tbs. thyme
- 2 limes
- 2 tomatoes
- 2 green pepper
- 1 yellow pepper
- 1/2 cup basil
- 1/4 cup parsley
- 1 shallot
- 1 red pepper
- 1 head cauliflower
- 2 avocados
- 8 oz. sliced mushrooms
- 1/2 cup mango
- 3 scallions

DAIRY & REFRIGERATED ITEMS

- 3/4 cup parmesan cheese
- 1/2 cup milk
- 2 cups shredded mozzarella
- 8 slices mozzarella

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 12 oz. andouille sausage
- 4 large boneless, skinless chicken breasts
- 1 lb. ground hot Italian sausage
- 8-12 slices turkey or pork bacon

GRAINS, LEGUMES & PASTA

- 8 oz. ziti pasta
- 1 cup white rice
- 1 cup dried orca or black beans or 2 (15.5-oz) cans

CANNED & JARRED GOODS

- 1 cup chicken stock
- 1 (28-oz.) can pizza sauce
- 1 tsp. dijon mustard

MISCELLANEOUS ITEMS

- 3 tsp. cajun seasoning
- 1/4 cup white wine
- 1/2 cup seasoned panko bread crumbs
- 8 slices artisan bread
- 1 tbs. allspice
- 1 tbs. dried thyme
- 1 tsp. cayenne pepper
- 1 tsp. nutmeg
- 1/4 tsp. cumin