

MONDAY



ITALIAN SAUSAGE TORTELLINI

TUESDAY



EASY THAI CHICKEN

WEDNESDAY



CLASSIC FRIED SHRIMP

THURSDAY



JALAPENO STUFFED BACON BURGERS

FRIDAY



ROASTED CAULIFLOWER MAC AND CHEESE



## GROCERY LIST

### ITEMS YOU PROBABLY HAVE IN STOCK

- 3 tbs. olive oil
- 4 tbs. bbq sauce
- 6 tbs. butter
- 1/4 tsp. paprika
- 1/2 tsp. cayenne pepper
- 1/2 cup flour
- 2/3 cup yellow cornmeal

### PRODUCE

- 3 onions
- 5 cloves garlic
- 2 cups baby spinach
- 1 tbs. ginger
- 1 lime
- 2 tbs. cilantro
- 2 tomatoes
- 3 jalapeno peppers
- 1 small head cauliflower
- 4 pieces lettuce

### DAIRY & REFRIGERATED ITEMS

- 3 cups low-fat milk
- 2 cups shredded cheddar
- 2 cups shredded monterey jack cheese
- 6 slices cheddar cheese
- 2 oz. cream cheese
- 2 large eggs

### FROZEN FOOD ITEMS

- 1 lb. fresh or frozen tortellini

### MEAT, POULTRY, PORK & SEAFOOD

- 8 chicken thighs
- 4 slices bacon
- 1 lb. shrimp
- 1 and 1/4 lbs. ground beef
- 1 lb. Italian sausage

### GRAINS, LEGUMES & PASTA

- 13.5 oz. whole wheat pasta

### CANNED & JARRED GOODS

- 1 (14.5-oz.) can petite diced tomatoes
- 1 tbs. dijon mustard
- 2 tbs. soy sauce
- 1/2 tsp. worcestershire sauce
- 2 tsp. hot sauce

### MISCELLANEOUS ITEMS

- 1/4 cup peanuts
- 1/2 cup sweet chili sauce
- 1 tbs. fish sauce
- 1 tsp. sriracha sauce
- 1/2 cup panko bread crumbs
- 4 hamburger rolls