

MONDAY



CREAMY PUMPKIN BRUSSELS
SPROUTS GNOCCHI

TUESDAY



SLOW COOKER BACON BLUE CHEESE
BRISKET

WEDNESDAY



SHRIMP ALFREDO PASTA BAKE

THURSDAY



HONEY GARLIC CHICKEN

FRIDAY



AVOCADO, SLICED EGG & TOMATO
TOAST



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 4 tbs. olive oil
- 2 tbs. butter
- salt and pepper
- 3/4 tsp. red pepper flakes
- 1/2 tsp. dried oregano

PRODUCE

- 2 onions
- 10 cloves garlic
- 1 red onion
- 4 tbs. parsley
- 1 lb. brussels sprouts
- 1 1/2 tsp. rosemary
- 4 avocados
- 1 lime
- 4 small tomatoes

DAIRY & REFRIGERATED ITEMS

- 1/2 cup grated parmesan cheese
- 1 cup shredded mozzarella
- 6 oz. blue cheese
- 1 oz. cream cheese
- 1/2 cup almond milk
- 1/2 cup almond milk
- 1/2 cup almond milk
- 1/2 cup Greek yogurt
- 4 eggs

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 4 lbs. boneless, skinless chicken thighs
- 1 lb. thick-cut bacon
- 1 lb. medium shrimp
- 3.5 lbs. beef brisket

GRAINS, LEGUMES & PASTA

- 8 ounces whole wheat penne
- 1 (18-oz.) package gnocchi

CANNED & JARRED GOODS

- 1/4 cup chicken broth
- 1/2 cup ketchup
- 1 (14.5-oz) can petite diced tomatoes
- 1 (6-oz) can evaporated milk
- 1/2 cup soy sauce
- 1/2 cup vegetable stock

MISCELLANEOUS ITEMS

- 4 tsp. beef bouillon
- 1/2 cup honey
- 1/2 tsp. sesame seeds
- 4 slices whole wheat bread
- 4 tsp. chipotle in adobo