

MONDAY



LEMON ORZO CHICKEN SOUP

TUESDAY



NEW YORK FRITO PIE

WEDNESDAY



CHICKEN ALFREDO PRIMAVERA

THURSDAY



SALMON & ASPARAGUS IN FOIL

FRIDAY



TEXAS TOAST GARLIC BREAD PIZZA



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 5 tbs. olive oil
- 10 tbs. butter
- salt and pepper
- 1 cup all-purpose flour
- 2 bay leaves
- 1/2 tsp. garlic powder
- 1 tsp. seasoned salt
- 1/2 tsp. red pepper flakes

PRODUCE

- 2 onions
- 8 cloves garlic
- 1 red bell pepper
- 3 medium carrots
- 1 small head broccoli
- 2 stalks celery
- 1 sprig rosemary
- 2 lemons
- 1/4 cup parsley
- 1 tbs. cilantro
- 1 yellow squash
- 1 lb. asparagus
- 4 sprigs fresh dill

DAIRY & REFRIGERATED ITEMS

- 1 cup grated parmesan cheese
- 1 cup shredded cheddar
- 1/2 cup whole milk
- 1/2 cup heavy cream
- 2 cups shredded mozzarella

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 1.5 lbs. boneless, skinless chicken breasts
- 1 lb. boneless, skinless chicken thighs
- 4 oz. sliced pepperoni
- 1 lb. ground beef
- 4 (6-oz.) salmon filets

GRAINS, LEGUMES & PASTA

- 1 (16-oz.) box bow-tie pasta
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CANNED & JARRED GOODS

- 5 cups chicken stock
- 1 jar pizza sauce
- 1 cup tomato sauce
- 1 (15.5-oz.) can kidney beans

MISCELLANEOUS ITEMS

- 1/2 tsp. dried thyme
- 1/2 cup white wine
- 1 + 1/2 cups Frito's corn chips
- 1 box Texas Toast (8 slices)