

MONDAY



ONE PAN CHICKEN WITH GARLIC LEMON CREAM SAUCE

TUESDAY



SWISS PAN BURGERS WITH ROSEMARY MUSHROOM SAUCE

WEDNESDAY



GARLIC & SUN-DRIED TOMATO SHRIMP PASTA

THURSDAY



SHREDDED BEEF TACOS WITH MUSTARD SLAW

FRIDAY



CHICKEN BACON CLUB SALAD



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 2 tbs. olive oil
- 2 tbs. butter
- salt and pepper
- 3/4 tsp. red pepper flakes
- 1 tsp. dried basil
- 1/4 tsp. paprika
- 1/2 tsp. smoked paprika
- 1 and 1/2 tbs. sugar
- 1 tbs. garlic powder
- 2 tsp. onion powder

PRODUCE

- 7 cloves garlic
- 1 lemon
- 3 lemons
- 3 shallots
- 2 tbs. basil
- 1 red onion
- 1 tbs. rosemary
- 8 oz. mushrooms
- 4 cups cabbage
- 3-4 carrots
- 5 cups romaine lettuce
- 4 scallions
- 2 roma tomatoes
- 1 large onion

DAIRY & REFRIGERATED ITEMS

- 1/4 cup heavy cream
- 2 eggs
- 4 slices Swiss cheese
- 1 cup grated Parmesan cheese
- 1 cup half and half
- 2 cups shredded Irish cheese

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 4 boneless, skinless chicken breasts
- 2 cups Grilled & Ready Chicken Strips
- 1 lb. lean ground beef
- 1/2 lb. small shrimp
- 2.5 lb. chuck roast

GRAINS, LEGUMES & PASTA

- 8 oz. fettuccine pasta

CANNED & JARRED GOODS

- 1 cup chicken stock
- 3 tbs. worcestershire sauce
- 1 cup beef broth
- 4 oz. sun-dried tomatoes
- 1 (28 oz.) can crushed tomatoes
- 1/4 cup apple cider vinegar
- 2 tbs. mayonnaise

MISCELLANEOUS ITEMS

- 1/2 cup real bacon pieces
- 1 cup croutons
- Italian dressing
- 4 hamburger rolls
- 1 cup Guinness Extra Stout
- 12 taco-sized flour tortillas