

MONDAY



CHICKEN PARMESAN PASTA SKILLET

TUESDAY



MEGA CHOPPED SALAD WITH SHRIMP AND ROASTED POTATOES

WEDNESDAY



HONEY MUSTARD CHICKEN THIGHS

THURSDAY



GRILLED FLANK STEAK SANDWICH

FRIDAY



PISTACHIO PESTO FLATBREAD PIZZA



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 1 cup olive oil
- 1 tbs. butter
- salt and pepper
- 1/8 tsp. paprika
- 1 tsp. dried basil
- 1/4 tsp. paprika

PRODUCE

- 2 1/4 cups basil
- 3 small potatoes
- 1 head romaine lettuce
- 1 avocado
- 4 radishes
- 1 pint grape tomatoes
- 1/2 cup green beans
- 2 tbs. parsley
- 2 tbs. dill
- 7 clove garlic
- 1 tbs. fresh rosemary
- 1 lg. onion
- 8-oz. sliced mushrooms
- 1 lemon
- 1 lb. asparagus
- 1 large tomato
- 1 and 1/2 cups baby arugula

DAIRY & REFRIGERATED ITEMS

- 1/2 cup grated mozzarella cheese
- 1 cup grated parmesan cheese
- 4 eggs (hard-boiled)
- 6 tbs. buttermilk
- 2 tbs. Greek yogurt
- 8 slices white cheddar
- 1/4 cup sour cream
- 2 lbs. fresh mozzarella cheese

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 3 boneless, skinless chicken breasts
- 4 slices bacon
- 3/4 lb. shrimp
- 4 large chicken thighs
- 1.5 lb. flank steak

GRAINS, LEGUMES & PASTA

- 16 oz. rigatoni pasta

CANNED & JARRED GOODS

- 1 (24-oz.) jar marinara sauce
- 1/3 cup pitted olives
- 6 tbs. mayonnaise
- 1 tbs. basil pesto
- 1/4 tsp. worcestershire
- 1 cup cannellini beans
- 4 tbs. honey
- 2 tbs. dijon mustard
- 2 tbs. red wine vinegar
- 1/3 cup soy sauce
- 2 tbs. creamed horseradish sauce

MISCELLANEOUS ITEMS

- 2 tbs. Italian dressing
- 1 large French baguette
- 1/2 cup shelled pistachios
- 4 pieces flatbread