

MONDAY



MEDITERRANEAN MEATBALL GYROS

TUESDAY



CARIBBEAN GRILLED CHICKEN SALAD

WEDNESDAY



CHICKEN BROCCOLI ALFREDO

THURSDAY



HONEY GARLIC SHRIMP

FRIDAY



WAFFLE IRON TURKEY & SMOKED GOUDA PANINI



## GROCERY LIST

### ITEMS YOU PROBABLY HAVE IN STOCK

- 9 tbs. olive oil
- 1 tsp. cumin
- salt and pepper
- 2 tbs. brown sugar
- 5 tbs. honey
- 1/4 tsp. cayenne
- 1 tbs. butter

### PRODUCE

- 1 English cucumber
- 8 cloves garlic
- 2 tbs. fresh dill
- 1 lemon
- 3 tbs. fresh parsley
- 1 cup chopped tomatoes
- 1 red onion
- 2 romaine hearts
- 2 red bell peppers
- cilantro
- 1 mango
- 3 limes
- 10 oz. broccoli
- 1/2 tsp. ginger
- 2 avocados
- 1 cup spring mix

### DAIRY & REFRIGERATED ITEMS

- 1 cup Greek yogurt
- 1 egg
- 1 cup heavy cream
- 1 cup milk
- 1.5 cups shredded mozzarella cheese
- 1 lb. bacon
- 1/2 lb. sliced smoked gouda

### FROZEN FOOD ITEMS

### MEAT, POULTRY, PORK & SEAFOOD

- 1 lb. ground chuck
- 4 thin-cut boneless, skinless chicken breasts
- 1.5 lbs. boneless, skinless chicken breasts
- 1 lb. large shrimp
- 1 lb. deli-style smoked turkey breast

### GRAINS, LEGUMES & PASTA

- 8 oz. penne pasta

### CANNED & JARRED GOODS

- 1/4 cup bread crumbs
- 6 tbs. soy sauce
- 1 (14.5oz) can black beans
- 15 oz. mandarin oranges
- 2 tbs. honey mustard

### MISCELLANEOUS ITEMS

- 4 pieces flatbread or pita bread
- 2 tsp. ground ginger
- 1/4 tsp. coriander
- 8 slices good-quality white bread