

MONDAY



HEALTHY CROCK POT NACHOS

TUESDAY



MAGGIANO'S COPYCAT CHOPPED SALAD

WEDNESDAY



MONGOLIAN BEEF RAMEN

THURSDAY



PIZZA MARGHERITA PIZZA GRILLED CHEESE

FRIDAY



GRILLED COCONUT AND PINEAPPLE SWEET CHILE SHRIMP



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 1/2 cup olive oil
- 1 tbs, cumin
- salt and pepper
- 1 1/2 tsp. oregano
- 1 tsp. garlic powder
- 2 tbs. sugar
- 1 tsp. dry mustard
- 3/4 tsp. red pepper flakes
- 1/3 cup canola oil
- 1/4 cup cornstarch
- 1/4 cup vegetable oil
- 2/3 cup brown sugar
- 3 tbs. butter

PRODUCE

- 5 cloves garlic
- 3 romaine hearts
- 10.5 oz. cherry tomatoes
- 1 avocado
- 1 green bell pepper
- 3 scallions
- 2 cups purple cabbage
- 4 scallions
- 1 cup basil leaves
- 1 pineapple

DAIRY & REFRIGERATED ITEMS

- 6 oz. grated cheddar cheese
- 1/3 cup grated parmesan
- 5 oz. gorgonzola cheese
- 3 oz. prosciutto
- 16 oz. fresh mozzarella cheese

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 1.25 lbs. boneless, skinless chicken thighs
- 1.5 lbs. flank steak
- 1 lb. large shrimp

GRAINS, LEGUMES & PASTA

- 8 oz. ramen noodles

CANNED & JARRED GOODS

- 3/4 cup salsa verde
- 1 (14.5-oz.) can pinto beans
- 2 tbs. red wine vinegar
- 2 tbs. white vinegar
- 3 tbs. sweet pineapple chili sauce
- 2 tsp. sesame oil
- 3/4 cup soy sauce
- 1 1/4 cup chicken broth/stock
- 1 (14.5 oz.) can fire-roasted tomatoes
- 3 tbs. coconut cream
- 1 tsp. sriracha

MISCELLANEOUS ITEMS

- 1 tsp. chipotle powder
- 8 corn tortillas
- 8 slices sourdough bread