

MONDAY



SAUCY SPINACH AND COTTAGE CHEESE STUFFED CHICKEN

TUESDAY



ONE POT BEEF STROGANOFF

WEDNESDAY



ONE POT WHITE CHICKEN LASAGNA SOUP

THURSDAY



ASIAN PAN SEARED SALMON SALAD

FRIDAY



SAUSAGE PIZZA AU GRATIN POTATO CASSEROLE



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

olive oil
salt and pepper
3 tbs. butter

1/3 cup all-purpose flour
1 1/4 tsp. red pepper flakes
1/2 tsp. Italian seasoning

PRODUCE

12 garlic cloves
1 (8-oz.) bag baby spinach
1 bunch parsley
1 lb. cremini mushrooms
3 large vidalia onions

2 green pepper
4 large carrots
3 cups romaine lettuce
1 cup red cabbage
1/2 cup edamame

1/2 cup mandarin oranges
1 tbs. ginger
8-oz. baby bella mushrooms
5 red potatoes (5 cups)

DAIRY & REFRIGERATED ITEMS

1/2 cup cottage cheese
3 cups mozzarella cheese
1 egg white

1/2 cup sour cream
3 cups half and half
1/2 cup heavy cream (optional)

1 1/4 cups Parmesan cheese

FROZEN FOOD ITEMS

10 ounces frozen chopped spinach

MEAT, POULTRY, PORK & SEAFOOD

7-8 large boneless, skinless chicken breast
1 lb. lean ground beef

2 (4-oz.) salmon filets
1 lb. hot Italian sausage

GRAINS, LEGUMES & PASTA

8 ounces whole wheat spaghetti
8 ounces egg noodles
10 lasagna noodles

CANNED & JARRED GOODS

1 cup spaghetti sauce
2 tbs. tomato paste
4 cups beef stock
10 cups chicken stock

1 (15-oz.) can cannellini beans
3 tbs. soy sauce
1/4 cup honey
2 tsp. sesame oil
1/4 cup Gold Plum Chinking Vinegar or rice vinegar

1 (28-oz.) can pizza sauce

MISCELLANEOUS ITEMS

2 teaspoons smoked paprika
4 tbs. cornstarch
1 tsp. dried parsley
1 tbs. chicken boullion

1 tsp. dried basil
1/2 tsp. dried oregano
1/2 tsp. dried thyme
2 bay leaves

1/4 cup sliced almonds
1 tbs. sesame seeds