

M
O
N
D
A
Y



TOMATO BUTTER ROASTED SALMON

T
U
E
S
D
A
Y



PORK CHOPS & BALSAMIC ROASTED VEGETABLES

W
E
D
N
E
S
D
A
Y



SPAGHETTI ALL'AMATRICIANA

T
H
U
R
S
D
A
Y



BEEF TORTILLA SOUP

F
R
I
D
A
Y



SPICY SAUSAGE PIZZA



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

olive oil	1 tbs. + 2 tsp. red pepper flakes
salt and pepper	1/4 tsp. garlic powder
8 tbs. butter	1/4 tsp. granulated sugar

PRODUCE

11 oz. cherry tomatoes	2 tbs. flat-leaf parsley	1/4 cup sliced sweet peppers
12 oz. baby red potatoes	1 vidalia onion	
1 tbs. chopped thyme	6 cloves garlic	
1 red onion	1 lime	
8 oz. cremini mushrooms	2 tablespoons cilantro	

DAIRY & REFRIGERATED ITEMS

1 ounce crumbled gorgonzola cheese	sour cream
3/4 cup grated Parmesan cheese	1 store-bought pizza dough
1 cup shredded cheddar cheese	2 cups shredded Mozzarella cheese

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

4 boneless, center-cut loin pork chops	2 lbs. lean ground beef
1 1/4 lbs. boneless, skinless chicken breasts	1 lb. ground spicy sausage
8 oz. pancetta	

GRAINS, LEGUMES & PASTA

1 lb. dried spaghetti

CANNED & JARRED GOODS

1/3 cup peppadew peppers	1 can Rotel tomatoes	3 cups tomato juice
4 tbs. tomato paste	2 cups chicken stock	2 tbs. Worcestershire sauce
3 tbs. balsamic vinegar	2 cups beef stock	1 can black beans
1 (28-oz.) can San Marzano crushed tomatoes		1 can red beans
1/2 cup pizza sauce		1 can whole kernel corn

MISCELLANEOUS ITEMS

1 tbs. chili powder
 1 1/2 tsp. cumin
 1 bag tortilla chips
 1 tbs. chili oil (optional)