

MONDAY



BRAISED DIJON CHICKEN AND POTATOES

TUESDAY



SLOW COOKER GARLIC BUTTER SHRIMP AND QUINOA

WEDNESDAY



SLOW COOKER GYRO RICE BOWLS

THURSDAY



CHICKEN ALFREDO PRIMAVERA

FRIDAY



ANTIPASTO GRILLED CHEESE SANDWICHES



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

olive oil	1/4 cup granulated sugar	1 tsp. seasoned salt
salt and pepper	1/2 tsp. paprika	1/2 tsp. red pepper flakes
9 tbs. butter	1/4 tsp. garlic powder	

PRODUCE

2 heads garlic	8 cups fresh spinach	1 red onion
3 vidalia/white onion	1 seedless cucumber	1 small zucchini/squash
1 bunch dill	6-8 small Yukon Gold potatoes	1 small head broccoli
1 bunch parsley	2 tomatoes	3 lemons
8 oz. sliced mushrooms	1-2 cups chopped romaine lettuce	1 red bell pepper

DAIRY & REFRIGERATED ITEMS

3/4 cup plain Greek yogurt	1 cup grated Parmesan cheese
1/2 cup heavy cream	16 slices Provolone cheese
1/2 cup whole milk	

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

4 boneless, skinless chicken breasts	1/2-1lb. raw shrimp
6 slices bacon	1 lb. boneless leg of lamb
5 bone-in chicken thighs	1 lb. sliced pepperoni

GRAINS, LEGUMES & PASTA

- 1 cup quinoa
- 2 cups cooked rice
- 1 lb. dried bowtie pasta

CANNED & JARRED GOODS

1/3 cup apple cider vinegar	1 jar pitted kalamata olives	1 can marinated artichokes
1/4 cup dijon mustard	1 jar roasted red peppers	1 jar sliced banana peppers
1 1/4 cups chicken stock	1 can sliced black olives	
2 cups vegetable stock		
1/4 cup beef stock		

MISCELLANEOUS ITEMS

- 1/2 tsp. dried rosemary
- 1/2 tsp. dried oregano
- 1/2 cup white wine
- 8 slices Italian bread