

MONDAY



SLOW COOKER BEEF STROGANOFF

TUESDAY



BALSAMIC GLAZED CAPRESSE CHICKEN

WEDNESDAY



SPRING ROLL BOWLS

THURSDAY



CHICKEN AVOCADO SALAD WITH PEANUT DRESSING

FRIDAY



PIMENTO AND ANDOUILLE GRILLED CHEESE



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

olive oil	2 tsp. Italian seasoning	4 tbs. butter
salt and pepper	4 1/2 tbs. brown sugar	
1/3 cup vegetable oil	1/2 cup + 2 tsp. peanut butter	

PRODUCE

1 cup mushrooms	1 bunch mint	1 seedless cucumber
2 onions	1 bunch cilantro	1 large carrot
7 cloves garlic	1 red bell pepper	2 1/2 cups cherry tomatoes
1 bunch basil	2 avocados	3 cups napa cabbage
5 limes	2 serrano chiles	2 cups slaw mix

DAIRY & REFRIGERATED ITEMS

1 cup sour cream	1/2 cup pimento cheese
6 oz. cream cheese	1/2 cup shredded cheddar cheese
8 oz. fresh mozzarella	

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

1 1/2 lbs. beef stew meat	1 lb. boneless, skinless chicken breasts
1 lb. shrimp	4 fully-cooked andouille sausage
6 bone-in, skinless chicken thighs	

GRAINS, LEGUMES & PASTA

12 oz. short pasta
8 oz. rice noodles

CANNED & JARRED GOODS

3 cups beef stock	1/4 cup fish sauce
1/4 cup worcestershire	3 tbs. honey
1 tbs. dijon mustard	2 tsp. apple cider vinegar
2/3 cup balsamic vinegar	1 1/2 tbs. soy sauce
1/3 cup rice vinegar	

MISCELLANEOUS ITEMS

1 tsp. dried oregano	1/2 tsp. smoked paprika
1 tsp. dried basil	8 slices multigrain bread
1/4 cup agave	dill pickles
3/4 cup peanuts	