

MONDAY



RAVIOLI ALFREDO BAKE WITH SPINACH AND BACON

TUESDAY



FIRECRACKER BAKED SALMON

WEDNESDAY



GARLIC BEEF AND VEGGIE RAMEN

THURSDAY



PHILLY CHEESE BRATS

FRIDAY



MEDITERRANEAN GRILLED VEGGIE PITA PIZZA



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

1/3 cup olive oil	4 tbs. flour	3 tbs. + 1tsp. cornstarch
salt and pepper	2 tsp. red pepper flakes	5 tbs. vegetable oil
4 tbs. butter	3/4 cup brown sugar	

PRODUCE

8 cloves garlic	2 red bell peppers	1 green pepper
2 cups baby spinach	8 oz. snap peas	1 zucchini
1 bunch thyme	1.5 lbs. sliced mushrooms	1 bunch parsley, optional
1 bunch scallions	1 cup shredded carrots	
1 tbs. + 1tsp. ginger	2 large onions	

DAIRY & REFRIGERATED ITEMS

4 cups milk	1 cup shredded smoked Provolone cheese
1 cup grated Parmesan cheese	1 cup shredded white American cheese
2 oz. cream cheese	1/2 cup crumbled Feta cheese
1 cup hummus (favorite flavor)	

FROZEN FOOD ITEMS

2 (10-oz.) packages 4 cheese ravioli

MEAT, POULTRY, PORK & SEAFOOD

4 strips bacon	1 lb. flank steak
1.5 lbs. salmon filet, skinless	
4-5 brats	

GRAINS, LEGUMES & PASTA

2 (3oz.) packages ramen

CANNED & JARRED GOODS

1 cup + 2tbs. soy sauce
 1 tbs. sriracha
 2 tbs. hoisin sauce
 2 tbs. sesame oil
 1 cup beef stock

MISCELLANEOUS ITEMS

4-5 brat buns
 3/4 tsp. za'atar
 4 whole wheat pita