

# 7-DAY DINNER PLAN & SHOPPING LIST

FROM \_\_\_\_\_ TO \_\_\_\_\_

## GROCERY LIST

MONDAY	Chicken Piccata (served over pasta)
TUESDAY	Air Fryer Filet Mignon Red Wine Mushrooms Air Fryer Sweet Potato Cubes
WEDNESDAY	Ahi Tuna Tacos Ginger Rice
THURSDAY	Crispy Buffalo Chicken Salad
FRIDAY	Roasted Vegetable Soup Grilled Cheese Roll Ups
SATURDAY	Ground Turkey Shepards Pie
SUNDAY	Take The Night Off! (Order In or Dine Out)

- 1 mango; 1 lime; 2 lemon
- fresh thyme; fresh rosemary; fresh basil; fresh cilantro; fresh ginger; fresh parsley; fresh oregano
- 2 pints cherry tomatoes
- 2 red bell peppers; 1 zucchini; 1 bag carrots
- 16 oz cremini mushrooms
- shredded red cabbage; butter lettuce
- 1 avocado
- 1 head garlic
- 2 white onion; 1 sweet onion; 1 red onion; 1 shallot
- 4 russet potatoes; 1 large sweet potatoes
- 1 package (16 oz) potato gnocchi
- salt, pepper, Italian seasoning, black & white sesame seeds, onion powder; garlic powder, paprika; Montreal seasoning; all spice
- corn starch; all purpose flour; baking soda
- olive oil; balsamic vinegar; Worcestershire sauce
- mayo; honey; Baja sauce; blue cheese dressing; buffalo sauce
- capers
- vegetable broth (1.5 cups); chicken broth (1/2 cup)
- tomato paste; 30z San Marzano tomatoes
- jasmine rice
- pasta of choice
- 1 lb lean ground turkey; 1 lb chicken tenders; 4 chicken cutlets; 4 (6oz) filet mignons
- 2 ahi tuna steaks
- 8 slices white bread; 8 corn tortillas
- eggs
- unsalted butter
- whole milk; heavy cream
- shredded cheddar, shredded mozzarella, Parmesan cheese; blue cheese crumbles
- frozen peas; frozen corn
- Guinness stout; dry red wine; dry white wine