

7-DAY DINNER PLAN & SHOPPING LIST

FROM _____ TO _____

GROCERY LIST

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| MONDAY | High Protein Pasta Crusty Bread + Olive Oil Bread Dip |
| TUESDAY | Air Fryer Turkey Burgers Garlic Roasted Potatoes |
| WEDNESDAY | Chicken Cucumber Salad (over Monday's leftover bread) |
| THURSDAY | Oven Baked Salmon In Foil Garlic Lemon Green Beans |
| FRIDAY | Leftover Chicken Chili (follow Leftover Turkey Chili recipe but replace with chicken) |
| SATURDAY | Chicken Shawarma Bowls (replace Feta Dip with Tzatziki) |
| SUNDAY | Take The Night Off! (Order In or Dine Out) |

- 3 lemon; 1 lime
- fresh herbs: basil, parsley, dill, thyme, oregano, mint
- butter lettuce; shredded romaine
- cherry tomatoes: 2 pints red; 1 pint golden
- 1 tomato
- 2 cucumbers
- onions: 1 red; 1 large white; 2 shallots
- 2 lbs baby gold potatoes
- 2 garlic bulbs
- 1 large rotisserie chicken
- spices: salt; pepper; Italian seasoning; crushed red pepper flakes; cumin; dried oregano; paprika; cumin; turmeric; pink peppercorns; shawarma seasoning
- oil: olive oil spray; extra virgin olive oil
- balsamic vinegar
- 4.75 cups chicken broth
- 1 jar pickled red onions (or make your own!)
- canned veggies: 1 sweet white corn; 1 cannellini bean
- 1 box protein pasta of choice
- 1 jar tomato basil sauce
- jasmine rice
- 1 4oz can green chilis
- bread: 1 loaf crusty bread; 4 brioche buns; 4 naans
- 1 lb salmon filet
- meats: 1 lb lean ground beef; 1 lb 93% ground turkey; 1.5 lb boneless, skinless chicken thighs
- 1 container Tzatziki sauce
- cottage cheese (enough for 2 cups)
- crumbled feta cheese (enough for 1.5 cups)
- parmesan cheese
- sour cream (enough for 1 cup)
- unsalted butter (1.5 tbsp)
- 1 lb frozen green beans