

# 7-DAY DINNER PLAN & SHOPPING LIST

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

## GROCERY LIST

MONDAY	Air Fryer Halibut Bok Choy with Sesame and Garlic
TUESDAY	Spring Pea Pasta with Garlic Butter Shrimp
WEDNESDAY	Basil Pesto Chicken Asparagus Salad with Lemon Vinaigrette
THURSDAY	Chimichurri Steak Garlic Mashed Potatoes
FRIDAY	Air Fryer Chicken Breast Cucumber Radish Salad Leftover Potatoes
SATURDAY	Avocado Risotto *Add protein if you want
SUNDAY	Take The Night Off! (Order In or Dine Out)

- 4 lemon; 1 lime
- fresh herbs: basil; parsley; cilantro; mint leaves; dill
- 1 bunch scallions; 4 heads baby bok choy
- 3 Persian cucumbers
- 1-2 bunches radishes
- 4 cups baby spinach leaves
- 1 cup cherry tomatoes
- 2 avocados
- 2 jalapeños
- 3 garlic heads
- 1 red onion; 1 yellow onion; 2 shallots
- 5 lbs Russet potatoes
- seasonings: paprika; smoked paprika; onion powder; garlic powder; Italian seasoning; salt; pepper; sesame seeds; dried thyme
- 1 cup wasabi peas
- 8z full fat coconut milk
- 1 panko
- olive oil
- white wine vinegar; apple cider vinegar
- maple syrup (sub with honey if you prefer); honey
- mayo; dijon mustard; Worcestershire sauce
- white cooking wine
- 4 tbsp soy sauce; 3 tbsp sesame oil
- 1 cup basil pesto
- 1 lb spaghetti; 1 cup arborio rice
- 8 chicken breasts (more if you want with your risotto); 3 lb skirt or flank steak
- 4 halibut filets (6 oz each); 1 lb jumbo shrimp
- 2 eggs
- 2 sticks butter; 1 cup whole milk
- parm cheese; shredded mozzarella; feta cheese
- 3/4c frozen peas