

# 7-DAY DINNER PLAN & SHOPPING LIST

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

MONDAY	Air Fryer Baked Spaghetti
TUESDAY	Roasted Sweet Potato Bowls
WEDNESDAY	Air Fryer Popcorn Shrimp (dip into Baja Sauce) Cilantro Lime Farro
THURSDAY	Salmon Rice Bowls
FRIDAY	Fried Chicken Without Flour Golden Sweet Cornbread Coleslaw
SATURDAY	Air Fryer Chicken Wings Air Fryer Onion Wings Leftover Coleslaw
SUNDAY	Take The Night Off! (Order In or Dine Out)

## GROCERY LIST

- 2 limes; 1 lemon
- 2 jalapeño peppers; 1/4 red bell pepper
- 6 radishes
- fresh parsley; fresh cilantro; fresh basil; chives; 2 cups sprouts
- 4 avocados
- 4 english cucumbers
- 2 cups coleslaw mix
- 1 sweet onion; 1 yellow onion
- 3 large sweet potatoes
- garlic (only need 3 cloves)
- 1 cup hummus
- Seasonings: salt; pepper; cajun; sweet paprika; garlic powder; onion powder; mustard powder; Italian; cayenne pepper; chili powder; ground cinnamon
- 1/4 cup pine nutes
- olive oil; olive oil spray
- 3/4 cup mayo (light if preferred)
- 3.5 cup all purpose flour; baking powder; cornstarch; l
- brown sugar; vanilla extract
- 14 oz condensed milk; 12 oz evaporated milk
- 1.5 c quinoa
- 12 oz spaghetti
- 28 oz spaghetti sauce
- 2.5 c panko
- 3 cups sweet corn (canned is fine)
- 1 cup farro; 2 cup jasmine rice
- 1.5 lb chicken breasts; 1 lb ground beef
- 16 oz salmon; 1 lb large shrimp
- grated parmesan cheese; 8 oz mozzarella
- 1 cup whole milk Greek yogurt; sour cream
- 7 oz butter
- 7 eggs