

7-DAY DINNER PLAN & SHOPPING LIST

FROM _____ TO _____

GROCERY LIST

MONDAY	Slow Cooker Enchiladas
TUESDAY	Salmon Patties Lemon Dill Sauce Air Fryer Potato Wedges
WEDNESDAY	Buffalo Chicken Meatballs (serve with leftover celery and carrots!) Air Fryer Broccoli
THURSDAY	Lemon Orzo Salad with Garlic Butter Shrimp
FRIDAY	Air Fryer Tilapia Air Fryer Biscuits Leftover Sides
SATURDAY	Mushroom & Wild Rice Soup Leftover Biscuits
SUNDAY	Take The Night Off! (Order In or Dine Out)

- 4 lemon
- fresh dill (a good amount!); fresh thyme; fresh sage
- 2 scallions
- bag of celery; bag of carrots
- 16 oz cremini mushrooms
- 1/2 c cherry tomatoes
- 1 large head broccoli
- 3 red bell peppers
- 2 medium onions; 1 red onion; 1 shallot
- 2 lbs large Russet potatoes
- 1 head garlic
- spices: garlic powder; chili powder; cumin; onion powder; paprika; salt; pepper; red pepper flakes; smoked paprika; Italian seasoning
- mayo; blue cheese dressing; ranch dressing
- frank's hot sauce
- Worcestershire sauce
- olive oil; olive oil spray
- 3/4 c panko
- 15 oz red enchilada sauce
- 8 c chicken bone broth
- white cooking wine
- 1 cup wild rice
- 1 cup orzo
- 2 lbs chicken; 1.25 lb ground chicken
- 1.5 lbs fresh salmon; 1 lb jump shrimp; 4 tilapia filets
- 3/4 c shredded cheddar; 8 oz crumbled feta; grated parmesan
- 1 c greek yogurt
- 3/4 c heavy cream
- 1 16oz package Pillsbury Grand Biscuits
- 4.5 tbsp butter
- 3 eggs