

7-DAY DINNER PLAN & SHOPPING LIST

FROM _____ TO _____

GROCERY LIST

MONDAY	One Pot Chicken Bruschetta Pasta
TUESDAY	Honey Garlic Shrimp Strawberry Spinach Salad
WEDNESDAY	Brown Sugar Pork Chops Slow Cooker Carrots
THURSDAY	Air Fryer Fish & Chips
FRIDAY	<i>Breakfast For Dinner!</i> Veggie Frittata Muffins Air Fryer Bacon Leftover Berries
SATURDAY	Leftover Turkey Tacos <i>*replace turkey with chicken</i> Homemade Guacamole
SUNDAY	Take The Night Off! (Order In or Dine Out)

- 1 lime
- strawberries; blueberries; 1 orange
- 4 avocado
- fresh basil; fresh cilantro; fresh parsley; chives
- 1 tomato
- 1 bag large carrots (around 2 lbs)
- 1 red pepper; 1 green pepper; 1 jalapeño pepper
- 1 sweet onion; 1 red onion; 2 white onion
- 1 head of garlic
- 1 large bag baby spinach
- Rotisserie chicken
- tortilla chips
- spices: salt; pepper; Italian seasoning; chili powder; paprika; smoked paprika; oregano; thyme; ground cinnamon; cumin; garlic powder
- brown sugar
- all purpose flour; cornstarch
- olive oil; cooking spray
- balsamic dressing (your choice)
- Worcestershire sauce
- Sriracha
- honey
- 1 chicken bullion cube
- 30 oz canned diced tomatoes
- 1 lb spaghetti
- flour tortillas
- 2 chicken breasts; 4 boneless pork chops; 1 pkg bacon
- 1 lb jumbo shrimp; 4 4oz fish filets (cod or tilapia)
- 1/2 cup milk
- Parm cheese; goat cheese crumbles; cotija cheese
- 1 stick butter
- 1 dozen eggs
- frozen french fries