

Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Roasted Chicken w/Mashed Potatoes and Dill + Brown Sugar Carrots	Crispy Skin Salmon w/Spinach and Orzo	Taco Tuesday!	Shrimp Scampi w/Angel Hair Pasta and Broccoli	New York Strip Steak Salad w/Onion Strings	Fish Fry	Day Off!

Shopping List

Pantry

- salt
- pepper
- grape seed oil
- olive oil
- canola oil
- thyme
- parsley
- cumin
- sweet paprika
- coriander
- chili powder
- garlic powder
- onion powder
- seafood seasoning (like Old Bay)
- red pepper flakes
- 1 box angel hair pasta
- 1 box orzo
- tortillas/taco shells
- beef stock
- Dijon mustard, coarse ground
- Brown sugar
- Flour
- Cornmeal
- Hot sauce

Meat/Seafood

- 1 whole roasting chicken
- 4 4oz pieces salmon
- 1 pound ground beef
- 1½ pound large shrimp
- 4 boneless NY Strip steaks

- 8-10 whiting filets

Produce

- Spinach (fresh or frozen)
- 8-10 carrots
- 2-3 broccoli crowns
- 1 serrano pepper
- 3 large sweet onions
- 1 red onion
- 2 heads garlic
- 2 shallots
- 3 scallions
- 2 lemons
- 1 cucumber
- 1 yellow bell pepper
- 1 green bell pepper
- 1 red bell pepper
- 2 celery stalks
- 2lbs yukon gold potatoes
- romaine lettuce
- 1 tomato
- Dill
- thyme

Dairy

- 1 stick butter
- Cheddar cheese
- Monterey jack cheese
- 1 quart heavy cream
- sour cream

Special Items

- 1 bottle dry white wine
- Taco sauce

Notes: