

MONDAY



Mediterranean Pasta Salad

Protein add-on:

- Can of chickpeas or beans
- Crispy Tofu

TUESDAY



BBQ Chicken Sandwiches

Side dish ideas:

- Mustard Potato Salad
- Air Fryer French Fries

WEDNESDAY



Shrimp Pesto Pasta

Tip:

Add some pasta water to the pesto to add flavor and help the sauce bind to the pasta.

THURSDAY



Grilled Turkey Burgers

Tip:

Use ground turkey with 80-85% fat content for juicy burgers. ->Best Burger Sides

FRIDAY



Grilled Chicken Kabobs

Side dish ideas:

- Lebanese Rice Pilaf
- Fattoush Salad

SNACK/DESSERT



Frozen Yogurt Bark

Tip:

This one is super fun and patriotic for the 4th of July with red, white and blue!

Produce

- red onions (2)
- garlic (1 bulb)
- jalapeño (1, optional)
- English cucumber (1)
- cherry tomatoes (1 pint)
- baby spinach (5 oz container)
- coleslaw mix (14 oz bag)
- bell peppers (2)
- lemons (2)
- lime (1)
- strawberries (1 lb)
- blueberries (sm container)
- additional burger toppings*

Fresh Herbs *optional*

- cilantro (1 bunch)
- parsley (1 bunch)
- basil (about 9 oz, 3 cups)

Refrigerated

Dairy

- crumbled feta cheese (6 oz container)
- Parmesan cheese (5 oz wedge)
- Greek yogurt (1 tbsp *for slaw*)
- whole milk vanilla yogurt (32 oz container)
- eggs

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breasts (2½ lb)
- raw shrimp, peeled and deveined (1 lb)
- lean ground turkey, 80–85% lean (1 lb)

Pantry

- olive or avocado oil
- red wine vinegar *
- fusilli pasta (8 oz box)
- spaghetti (1 lb box)
- kalamata olives (6 oz jar)
- dill pickle slices (16 oz jar, optional)
- BBQ sauce (18 oz bottle)
- Dijon mustard *
- slivered almonds (4 oz bag)
- granola (sm bag)

Bakery

- brioche burger buns (4-count package)

Spices

- dried oregano
- dried mint
- Italian seasoning
- smoked paprika
- paprika
- onion powder
- cumin
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!
 ** You may have this staple on hand