

1 WEEK OF MEALS

1 GROCERY LIST

All you need for 7 easy dinners.

MON: Taco Lasagna

TUE: Spring Risotto

WED: Tomato & Burrata

THURS: Shortcut Beef Ragu

FRI: Loaded Sweet Potatoes

SAT: Lemon Basil Orzo w/ Chicken

SUN: Croque Madame



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shopping list

CANS

- 28 oz Crushed Tomatoes
- Worcestershire
- Tomato Paste

FROZEN

- Frozen Peas
- Frozen Corn

MISCELLANEOUS

- Dijon Mustard
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PRODUCE

- Pico de Gallo
- Asparagus
- 2 Lemons
- 3 Onion
- Heirloom Tomatoes
- Cherry tomatoes
- Fresh Basil
- Garlic
- 2 Sweet Potatoes
- Scallions

PANTRY

- All Purpose Flour
- Taco Deasoning
- Flour Tortillas
- Arborio Rice
- Chicken Broth
- Garlic Powder
- Orzo Pasta
- Crusty Sliced Bread
- Spaghetti

FISH/MEAT/POULTRY

- 1 lb Ground Turkey
- 2 Lbs Chicken Breasts
- Sliced Ham
- 2 Lb Beef Round Roast
- Bacon

DAIRY

- Heavy Cream
- Shredded Cheddar
- Butter
- Parmesan (grated)
- Burrata (or ricotta)
- Eggs
- Gruyere cheese
- Milk