

1 WEEK OF MEALS GROCERY LIST

ALL YOU NEED FOR 7 EASY DINNERS

MON: Tortellini & Spinach

TUE: Skillet Lasagna

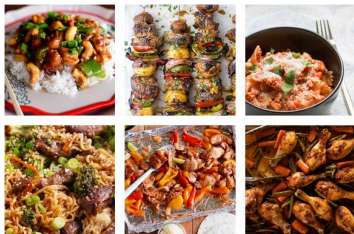
WED: Mongolian Beef Ramen

THURS: Sheet Pan Curried Chicken

FRI: Sheet Pan Fajitas

SAT: Steak Kabobs

SUN: Cashew Chicken



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shopping list

PANTRY

- cornstarch
- fajita seasoning
- toasted sesame oil
- dijon mustard
- worcestershire
- rice vinegar
- soy sauce
- tomato paste
- brown sugar
- curry sauce
- chicken broth
- 28 oz can crushed tomatoes
- 15 oz can diced tomatoes
- bowtie pasta
- 2 packs fresh tortellini
- 3 packs ramen noodles
- tortillas
- rice
- dried oregano
- dried parsley
- water chestnuts
- cashews

PRODUCE

- 3 onion
- 1 red onion
- 3 red bell pepper
- 1 yellow bell pepper
- 3 green bell pepper
- 1 head broccoli
- 1 carrot
- spinach
- scallions
- garlic
- ginger
- carrots
- lime
- lemon
- Pico de Gallo
- green beans
- 1 lb baby yukon gold potatoes
- basil paste
- garlic paste

FISH/MEAT/POULTRY

- 1 lb ground chicken
*turkey or beef fine too
- 1 lb sirloin steak
- 8-10 chicken drumsticks
- 1 1/2 lb chicken breasts
- 6 boneless skinless chicken thighs
- 2 lb beef tenderloin

DAIRY

- shredded mozzarella
- 1 large ball burrata
- shredded cheddar or Monterey Jack
- grated parmesan

STAPLES

- olive oil
- vegetable oil
- salt & pepper