

Meal Plan 1: Cozy, Comforting & Fresh

Printable grocery list • about four servings per dinner

This week's dinners

Monday: Chuck Roast Tacos

Tuesday: Lemon Chicken and Orzo

Wednesday: Creamy Italian Sausage and Gnocchi Soup

Thursday: Korean Ground Beef Bowls

Friday: Lemon Dijon Baked Salmon

GROCERY CHECKLIST

PRODUCE

- ☐ 2–3 yellow onions
- ☐ 1 head garlic
- ☐ 2–3 lemons and 1 orange (or orange juice)
- ☐ Fresh parsley
- ☐ Fresh ginger
- ☐ 2 cucumbers
- ☐ 2–3 carrots
- ☐ 4–5 green onions
- ☐ Fresh spinach
- ☐ Optional: baby potatoes and/or asparagus
- ☐ Optional taco toppings: cilantro, lime, extra onion

MEAT & SEAFOOD

- ☐ 3–4 lb beef chuck roast
- ☐ About 1½ lb boneless chicken thighs
- ☐ 1 lb Italian sausage
- ☐ 1 lb ground beef
- ☐ 1½ lb salmon fillet

DAIRY & REFRIGERATED

- ☐ Heavy cream
- ☐ Parmesan cheese
- ☐ Butter, if needed

GRAINS & PANTRY

- ☐ Orzo
- ☐ Rice
- ☐ Tortillas
- ☐ Potato gnocchi
- ☐ Beef stock/broth
- ☐ Chicken broth
- ☐ Taco seasoning
- ☐ Soy sauce
- ☐ Sesame oil
- ☐ Rice vinegar
- ☐ Brown sugar
- ☐ Dijon mustard
- ☐ Olive oil
- ☐ Tomato paste
- ☐ Sesame seeds

SPICES

- ☐ Garlic powder, paprika, black pepper, salt
- ☐ Italian seasoning, dried parsley, onion powder
- ☐ Cumin or taco spices as needed

Approximate checklist for about four servings per dinner. Review each recipe card for exact quantities, optional toppings, and substitutions.