

Weekly Meal Plan Shopping List

Recipes Included:

Instant Pot Barbecue Chicken

<https://chefsavvy.com/instant-pot-barbecue-chicken/>

Homemade Hamburger Helper

<https://chefsavvy.com/homemade-hamburger-helper/>

Chicken Shawarma

<https://chefsavvy.com/chicken-shawarma/>

Salmon Sushi Bowls

<https://chefsavvy.com/salmon-sushi-bowls/>

Chicken Shrimp Alfredo

<https://chefsavvy.com/chicken-shrimp-alfredo/>

Crustless Spinach Quiche

<https://chefsavvy.com/crustless-spinach-quiche/>

Proteins

- Boneless skinless chicken breast (1 1/2 lbs + 1/2 lb total)
- Boneless skinless chicken thighs (1 1/2 lbs)
- Ground beef (1 lb)
- Salmon (2 filets, ~6 oz each)
- Shrimp, peeled and deveined (1/2 lb)
- Eggs (4)

Dairy

- Sour cream (1/4 cup)
- Greek yogurt (1/4 cup)
- Sharp cheddar cheese, shredded (2 cups)
- Parmesan cheese, grated (1 cup + extra for serving)
- Monterey jack cheese, shredded (1 1/2 cups)
- Heavy cream (1 1/2 cups total)

- Unsalted butter (1/4 cup + 2 tbsp total)

Produce

- Onion (3 small total)
- Garlic (13 cloves total)
- Cucumber (1 large)
- Avocado (1)
- Carrot (1 large)
- Spinach (10 oz fresh)
- Parsley (for serving)

Grains & Pasta

- Macaroni (1 1/2 cups)
- Fettuccini (8 oz)
- White rice, uncooked (3/4 cup)

Canned & Jarred / Condiments

- Barbecue sauce (3/4 cup)
- Tomato paste (2 tbsp)
- Dijon mustard (1 tbsp)
- Worcestershire sauce (2 tbsp total)
- Eel sauce (2 tbsp + extra for drizzling)
- Sriracha (1 tbsp)

Pantry / Oils

- Olive oil (3 tbsp + extra for drizzling)
- Extra virgin olive oil (4 tbsp)
- Sesame oil (1/2 tsp)

Liquids

- Chicken broth (1/2 cup)
- Beef broth (4 cups)
- White wine or chicken stock (1/4 cup)
- Lemon juice (5 tbsp total)

Spices & Seasonings

- Onion powder (2 tsp total)
- Garlic powder (2 tsp total)
- Paprika (1 1/2 tsp total)
- Italian seasoning (1 tsp total)
- Ground cumin (2 tsp)
- Turmeric (1 tsp)
- Ground cinnamon (1/2 tsp)
- Chili powder (1/4 tsp)
- Salt (1 1/4 tsp + to taste)
- Black pepper (1 1/8 tsp + to taste)

Baking & Sweet

- Light brown sugar (1 tbsp)
- Sugar (1/4 cup)

Vinegars & Extras

- Apple cider vinegar (1 tbsp)
- Rice vinegar (1/4 cup)
- Toasted sesame seeds (1 tsp)