

WEEKLY MEAL PLAN

#1

MEATLESS MONDAY



AIR FRYER STUFFED PORTOBELLO MUSHROOMS

Portobello Mushroom caps, extra virgin olive oil, fine sea salt, black pepper, ricotta cheese, bacon, frozen chopped spinach, red bell pepper, onion, garlic, dried dill, bread crumbs, Mozzarella cheese, Balsamic vinegar glaze, parsley.



AIR FRYER EASIEST CHOCOLATE CREAM PIES

Mini graham cracker crusts, chocolate pudding mix, ingredients for pudding mix as per box instructions, cool whip or whipped cream, chocolate shavings.

TACO TUESDAY



AIR FRYER STREET TACOS

Boneless chicken breast, salt, chili powder, black pepper, olive oil, flour or corn tortilla, red onions, lettuce, tomatoes, shredded cheddar cheese, sour cream.



AIR FRYER CHEESECAKE TACOS

Cream cheese, strawberry cream cheese, vanilla extract, lemon juice, heavy whipping cream, fresh strawberries, freeze-dried strawberries, cinnamon sugar, flour tortillas, egg, graham cracker crumbs, fresh mint.

PASTA WEDNESDAY



AIR FRYER MANICOTTI

Ricotta cheese, frozen spinach, onion, egg, garlic, Italian seasoning, nutmeg, Kosher salt, black pepper, mozzarella cheese, Parmesan cheese, manicotti shells, marinara sauce.



AIR FRYER CANNOLI

All-purpose flour, granulated sugar, sea salt, butter, egg yolk, dry white wine, ricotta cheese, powdered sugar, ground cinnamon, heavy whipping cream, cold water, mini chocolate chips, crushed pistachios, powdered sugar.

CHICKEN THURSDAY



AIR FRYER LEMON CHICKEN

Boneless skinless chicken breasts, lemons, olive oil, garlic, dried oregano, dried thyme, Kosher salt, black pepper, fresh parsley.



AIR FRYER TWICE BAKED POTATO

Potatoes, milk, sour cream, butter, bacon bits, shredded cheese.

SEAFOOD FRIDAY



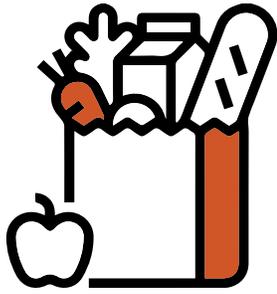
AIR FRYER CRAB CAKES

Fresh lump crab, green onion, mayonnaise, bread crumbs, lemon zest, lemon juice.



AIR FRYER APPLE DANISH CRESCENT ROLLS

Caramel candies, apple pie spice, granulated sugar, vanilla extract, cream cheese, apple, crescent dough rolls, caramel sauce.



GROCERY SHOPPING LIST

#1

PRODUCE

■	Lemons (2 large + for zest)
■	Apples (Golden Delicious + for apple danish)
■	Potatoes (2 large)
■	Onion (1 medium + 1 small)
■	Red bell pepper (1 small)
■	Strawberries (1 cup diced)
■	Green onion (1, sliced)
■	Garlic (2 cloves + 4 teaspoons minced)
■	Parsley (for garnish)
■	Mint (1 tablespoon, optional)

MEAT & SEAFOOD

■	Bacon (10 slices)
■	Lump crab meat (8 oz)
■	Chicken breasts (4, boneless, skinless)

DRY GOODS & PASTA

■	Chocolate pudding mix (4.5 oz)
■	Pasta shells, manicotti (8 oz)
■	All-purpose flour (4 cups + 2 cups)
■	Freeze-dried strawberries (1/4 cup)

SNACKS & SWEETS

■	Chocolate shavings (1/4 cup + for garnish)
■	Mini chocolate chips (1/4 cup + 1/4 cup)
■	Crushed pistachios (1/4 cup)
■	Caramel candies (3)

FROZEN FOODS

■	Frozen spinach, chopped (16 oz, thawed and squeezed dried)
■	Crescent dough rolls (2 cans)

DRINKS

■	Dry white wine (1/2 cup)squeezed dried)
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DAIRY & EGGS

■	Ricotta cheese (2 1/2 cups)
■	Eggs (5 large)
■	Milk (1/4 cup + as per pudding mix instructions)
■	Sour cream (1/4 cup)
■	Whipped cream or cool whip
■	Mozzarella cheese, shredded (6 tbs + 2 cups)
■	Parmesan cheese, grated (1 cup)
■	Butter (6 tbs)
■	Heavy whipping cream (2 1/2 cups)
■	Cream cheese (2 oz)
■	Strawberry cream cheese (4 oz)

BAKERY & BREAD

■	Flour tortillas (as needed for tacos)
■	Bread crumbs (2 tbs + 1/2 cup plain)
■	Graham cracker crusts (6 mini + 1 1/2 cups crumbs)

CONDIMENTS & SPICES

■	Olive oil (3 tbs)
■	Italian seasoning (1 tsp)
■	Salt (sea salt + Kosher salt)
■	Black pepper (3/4 tsp + to taste)
■	Cinnamon sugar (1/2 cup, divided)
■	Vanilla extract (2 1/2 teaspoons)
■	Dried dill (1/4 tsp)
■	Ground cinnamon (1/2 tsp)
■	Nutmeg, freshly grated (1/8 tsp)
■	Balsamic vinegar glaze (1/4 cup)
■	Apple pie spice (1 1/2 tbs)
■	Chili powder (2 tsp)
■	Oregano, dried (1 tsp)
■	Thyme, dried (1/2 tsp)