



Laughing Spatula

5 Recipes to Get You From Monday to Tuesday Grocery Shopping List

Monday: Roasted Chicken with Potatoes & Rosemary

Tuesday: Chicken Sheet Pan Fajitas

Wednesday: Lasagna Roll Ups

Thursday: 20 Minute Shrimp & Orzo Dinner

Friday: Slow Cooker Beef & Barley Soup

- **Meat:**

- 1 Lb Shrimp
- 8-10 Pieces of your Favorite Chicken Cut (Bone in or out)
- 1 Lb Chicken Breasts
- 1.5 Lb Cubed Stew Meat
- **Veggies**
- 4 White Onions
- 1 Whole Garlic Clove
- Frozen Peas (only enough for 1/2 cup)
- 3 Lemons
- Fresh Spinach (only enough for 1.5 cups raw)
- 1 Lb Baby Red Potatoes
- Fresh Rosemary
- Red, Yellow & Orange Bell Peppers (1 of each)
- Raw Carrot (Only 1 cup whole carrot needed- baby carrots will work just fine too though)
- White Sliced Mushrooms (only enough for 1 cup)

- **Dairy**

- Butter (Unsalted or Salted- only enough for 2 sticks)
- One 8 oz. bag of shredded mozzarella
- One 8 oz. bag of shredded parmesan
- One 15 oz. container of ricotta cheese

- **Canned Goods**

- Chicken Broth (One 4 cup box is perfect)
- 6 Cups Beef Broth
- 3 Cups Marinara Sauce
- 4 oz. Tomato Paste



- **Pasta, Etc**

- Orzo
- Lasagna Noodles
- Pearl Barley (2/3 cup)

- **Spices, Etc. We suggest buying enough of these to keep as staples in your pantry! 2-6oz. of each is perfect.**

- Olive Oil- enough for 2 full cups (You should always have some- we buy ours in bulk @ Costco!)
- Salt
- Pepper
- Chili Powder
- Cumin
- Garlic Powder
- Chili Flakes (smallest container you can find)