

Five Easy Dinners

Week 1 shopping list . dinners for the week of September 28

THIS WEEK

Monday	Cajun Dirty Rice
Tuesday	Cracker Barrel Chicken Tenders
Wednesday	Mississippi Steak Bites
Thursday	Baked Mahi Mahi
Friday	Creamy Lemon Shrimp
Treat	Pumpkin Spice Cake

PRODUCE

- ☐ Garlic, 1 head (7 cloves)
- ☐ Lemons, 2
- ☐ Lime, 1
- ☐ Scallions, 1 bunch (garnish, optional)
- ☐ Fresh parsley, 1 small bunch

MEAT AND SEAFOOD

- ☐ Ground pork sausage, 1 lb
- ☐ Chicken tenderloins, 1 lb
- ☐ Sirloin steak, 3 lbs (cut into bite-size pieces)
- ☐ Mahi mahi filets, 1 1/2 lbs
- ☐ Large shrimp, 1 1/2 lbs (peeled and deveined)

DAIRY AND EGGS

- ☐ Unsalted butter, 3 sticks
- ☐ Salted butter, 1 stick (frosting)
- ☐ Half and half, 1 cup
- ☐ Parmesan cheese, 1/2 cup plus more to finish
- ☐ Eggs, 4 large
- ☐ Evaporated milk, one 5 oz can
- ☐ Heavy cream, small carton (3 tablespoons)

PANTRY

- ☐ Long grain white rice, 2 cups dry
(Monday's dirty rice, then under Friday's shrimp)
- ☐ All-purpose flour, 2 1/4 cups
- ☐ Vegetable oil, 1 1/4 cups
- ☐ Chicken stock, 3/4 cup
- ☐ Unsalted beef stock, 1 cup
- ☐ Italian dressing, 1/2 cup
- ☐ Honey
- ☐ Au jus gravy mix, 1 packet
- ☐ Dried ranch seasoning, 1 packet
- ☐ Pepperoncini peppers, 1 jar
- ☐ Pure pumpkin puree, one 15 oz can (not pie filling)
- ☐ Dark brown sugar, 2 1/2 cups
- ☐ Light brown sugar, 1/2 cup
- ☐ Powdered sugar, 1 cup
- ☐ Baking soda
- ☐ Vanilla extract
- ☐ Pumpkin pie spice
- ☐ Smoked paprika, paprika, ground cumin
- ☐ Garlic powder, onion powder
- ☐ Dried oregano, dried thyme
- ☐ Salt and black pepper