

	Main	Side
<b>Monday:</b>	Organic hot dogs	Spiralized zucchini
<b>Tuesday:</b>	4th of July	
<b>Wednesday:</b>	Roasted chicken	Grilled zucchini, asparagus, onions
<b>Thursday:</b>	<a href="#">Salmon Cakes</a>	Cucumbers
<b>Friday:</b>	Movie night! Popcorn, cheese, sliced meat, sliced veggies, fruit	
<b>Saturday:</b>	Out!	
<b>Sunday:</b>	Family dinner: TBD	

Grocery list		
Item	Dish	Day
Hot dogs	Main	Monday
Hot dog buns	Main	Monday
Zucchini	Side	Monday and Wednesday
Asparagus	Side	Monday, Wednesday, and Thursday
Whole chicken	Main	Wednesday
Canned salmon	Main	Thursday
Green onions	Salmon cakes, Farro salad	Thursday
Farro	Side	Thursday
Artichoke hearts (canned)	Side	Thursday
Garlic	Roasted chicken, salmon cakes, and farro salad	Wed, and Thursday
Lemon	Roasted chicken, farro	Wed, and Thursday
Sweet onion	Side, Main	Wed, and Thursday

Side
Grilled asparagus
Farro salad

Notes/Prep
Start defrosting on Monday
Chop on Sunday or Monday
Chop on Sunday or Monday

**\*Grocery list** assumes items that will need to be purchased frozen for specific dishes.

**\*Pantry** assumes items that most people currently have in their cupboards. I am not listing olive oil, salt, or pepper.

Pantry	
Item	Dish
Olive oil	Zukes and asparagus
Montreal Steak Seasoning	Zukes and asparagus
Old Bay	Salmon cakes
Butter	Roasted chicken
Smoked paprika	Roasted chicken

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Day	Note
Mon, Wed & Thurs	
Mon & Wed	
Thursday	
Wednesday	
Wednesday	