

Bright & Springy 7-Day Meal Plan

Shopping Checklist

Baked Goods:

- 2 Loaves [Martin's Old-Fashioned Real Butter Bread](#) (1 loaf + 8 slices, divided)
- 1 Loaf [Martin's Potato Bread](#) (12 slices, divided)
- 1 Pack [Martin's Dinner Potato Rolls](#) (10-12 rolls depending on servings)

Fresh Produce:

- 5 Lemons (divided)
- ¼ Cup Capers (in brine)
- 2 Cups Arugula
- 1 Granny Smith Apple
- 2 Large Onion (white or yellow)
- 2-3 Shallots
- 2-3 Roma Tomatoes
- 2 Cucumbers
- 2 Large Heads Broccoli
- 2 Large Bell Peppers
- 1 Head Romaine Lettuce
- 3 Cups Mixed Baby Greens
- 1 Bunch Radishes
- Mushrooms (optional)

Fresh Herbs

- 1 Head Garlic (at least 9 cloves, divided)
- 1 Tablespoon Chives
- 1 Bunch Fresh Basil (at least 1/2 cup)
- 2 Tablespoon Fresh Thyme
- 3 Tablespoons Fresh Dill (divided)
- 1 Small Bunch Fresh Tarragon (at least 1/4 cup)
- 1 Bunch Fresh Italian Parsley (at least 1/2 cup, divided)

Meat & Seafood:

- 6 Boneless Chicken Breasts (divided)
- 4 Slices Bacon
- 1 Pound Turkey Bacon or Bacon Alternative
- 1 Summer Sausage
- 1 Pound Salmon Fillets
- ½ Pound Canadian Bacon or Thick-Cut Ham
- Italian Sausage (optional)
- Prosciutto (optional)

Dairy:

- 2 Cups Half and Half
- ½ Cup Low-Fat Greek Yogurt
- ½ Cup Parmesan Cheese
- 4 Cups Gruyère Cheese, *shredded*
- 8 Ounces Burrata or Fresh Mozzarella Cheese (*optional*)

Condiments:

- 3 Tablespoons Dijon Mustard
- ½ Teaspoon Hot Sauce

Spices:

- 2 Teaspoons Garlic Powder
- 1/2 Teaspoon Nutmeg

Canned/Dried Goods:

- 3 Pepperoncini or Banana Peppers
- 1 Can Quartered Artichoke Hearts
- Olives (*optional*)
- ½ Cup Pine Nuts

Frozen Foods:

- 1 Bag Shredded Hash Brown Potatoes, *thawed*

Kitchen Staples:

- 14 Eggs (*divided*)
- 1+ Cup Extra-Virgin Olive Oil (*divided*)
- 9+ Tablespoons Unsalted Butter (*divided*)
- 1 Cup All-Purpose Flour
- 1/3 Cup White Wine
- ¼ Cup Low-Sodium Chicken Broth
- Kosher Salt (*divided*)
- Freshly Ground Black Pepper (*divided*)