



# WEEK 3 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Plan your preparation by preparing ingredients in bulk! Cook all of the rice on Monday and all of your chicken on Tuesday. Reserve what you need for later in the week.."

### MONDAY

#### KOREAN GROUND BEEF RICE BOWLS



[RECIPE HERE](#)

### TUESDAY

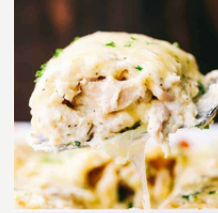
#### CHICKEN ENCHILADAS WITH AVOCADO CREAM SAUCE



[RECIPE HERE](#)

### WEDNESDAY

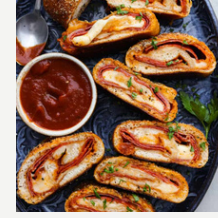
#### CHICKEN ALFREDO ROLL UPS



[RECIPE HERE](#)

### THURSDAY

#### QUICK AND EASY STROMBOLI



[RECIPE HERE](#)

### FRIDAY

#### SALMON RICE BOWLS



[RECIPE HERE](#)

## SHOPPING LIST

### DAIRY

- UNSALTED BUTTER (6 TBSP)
- HEAVY CREAM (1 PINT)
- CREAM CHEESE (4 OUNCES)
- SOUR CREAM (3/4 CUP)
- SHREDDED MONTEREY JACK (3 1/4 CUPS)
- FETA CHEESE (OPTIONAL)
- SHREDDED MOZZARELLA CHEESE (2 CUPS)
- SHREDDED PARMESAN CHEESE (1 CUP +2 TBSP)
- EGGS (1)

### CANNED GOODS

- PIZZA SAUCE (1/2 CUP)

### PANTRY STAPLES

- SOY SAUCE (1/2 CUP)
- MAYONNAISE (6 TBSP)
- SRIRACHA (2 TBSP)
- SESAME OIL (2 TSP)
- BROWN SUGAR (1/4 CUP)
- COOKED WHITE RICE (6 CUPS)
- AP FLOUR (2 TBSP)
- CHICKEN BROTH (2 CUPS)
- OLIVE OIL (2 TBSP)
- LASAGNA NOODLES (8)
- REFRIGERATED PIZZA DOUGH (1 TUBE)

### BREADS/BAKERY

- FLOUR TORTILLAS (8-10)

### PRODUCE

- AVOCADOS (4)
- CARROTS (2)
- MINI CUCUMBERS (4)
- EDAMAME (FROZEN)
- GREEN ONIONS (4)
- GARLIC CLOVES (4)
- FRESH CILANTRO (1/2 CUP)
- LIMES (1)
- YELLOW OR WHITE ONION (1)
- POBLANO PEPPERS (2)
- JALAPENOS (1)
- RED ONION (1, OPTIONAL)
- FRESH PARSLEY (2 TBSP)

### SEASONINGS

- GROUND GINGER (1 1/4 TSP)
- GARLIC POWDER (1/2 TSP)
- ONION POWDER (1 TSP)
- CRUSHED RED PEPPER (1/4 TSP)
- GROUND CUMIN (1/2 TSP)
- ITALIAN SEASONING (2 TSP)
- SALT AND PEPPER

### PROTEIN

- SALMON FILET (16 OUNCES)
- LEAN GROUND BEEF (1 LB)
- ITALIAN SALAMI (12 SLICES)
- PEPPERONI (16 SLICES)
- 2 ROTISSERIE CHICKENS (OR 6 CUPS COOKED AND SHREDDED CHICKEN BREAST)

**\*\*SALMON RICE BOWL HAS BEEN CALCULATED FOR 4 SERVINGS (4X THE RECIPE CARD)\*\***