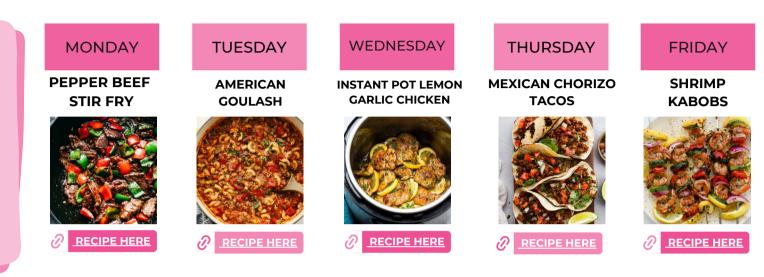


WEEK 11 MEAL PLAN



ALYSSA'S TIP OF THE WEEK "Making marinades and seasonings from scratch isn't always cost effective. If it's easier or more affordable, you may replace those fromscratch things with readymade substitutes you find at the store."



SHOPPING LIST

PANTRY STAPLES	<u>SEASONINGS</u>	CANNED GOODS	DAIRY
OLIVE OIL (4 TBSP) BROWN SUGAR (1/4 CUP) SOY SAUCE (1/2 CUP + 3 TBSP) SESAME OIL (2 TSP) CORNSTARCH (1 TBSP)	GROUND GINGER (I TSP) BAY LEAVES (3) SEASONED SALT (I TBSP) ITALIAN SEASONING (3 1/2 TBSP) PAPRIKA (2 TSP)	TOMATO SAUCE (2 15-OZ) DICED TOMATOES (1 15-OZ) PETITE DICED TOMATOES (1 15-OZ) CREAM OF CHICKEN (1 10-OZ)	SHREDDED CHEDDAR CHEESE (1 CUP) BUTTER (3 TBSP)
BEEF BASE OR BOUILLON (I TBSP) ELBOW MACARONI (2 CUPS) CHICKEN BROTH (1/3 CUP) SHRIMP MARINADE**	GARLIC POWDER (1/2 TSP) CHORIZO SEASONING** (1/3 CUP) SALT AND PEPPER	SONINGS FROM	CHORIZO SEASONING OIL (I/2 CUP)
PROTEIN FLANK STEAK (8 OZ) GROUND BEEF (2 LBS) BONELESS CHICKEN THIGHS (6-8) GROUND PORK (1 LB) SHRIMP (1 LB)		SCRATCH! RED W GARLI ITALIA LEMO SOY S/ DIJON	VINE VINEGAR (I/4 CUP) GARLIC POWDER (2 TBSP) C (3 CLOVES) ONION POWDER (2 TBSP) N SEASONING (I TBSP) DRIED OREGANO (I TBSP) N JUICE (I TBSP) SMOKED PAPRIKA (2 TSP) CUMIN (2 TSP) CUMIN (2 TSP) AUCE (2 TBSP) KOSHER SALT (2 TSP) MUSTARD (I TSP) PEPPER (I/2 TSP) SESTERSHIRE (I TBSP) GROUND CORIANDER (I/2 TSP)