



# WEEK 20 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Keep a knob of fresh ginger in the freezer. It can be grated from frozen whenever a recipe calls for it and it doesn't even need to be peeled!"

### MONDAY

#### CREAMY LEMON PARMESAN CHICKEN



[RECIPE HERE](#)

### TUESDAY

#### CHICKEN CHOW MEIN



[RECIPE HERE](#)

### WEDNESDAY

#### CHEESEBURGER SOUP



[RECIPE HERE](#)

### THURSDAY

#### STEAK DIANE



[RECIPE HERE](#)

### FRIDAY

#### PESTO SALMON



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (2 1/2 LBS)
- GROUND BEEF (1 LB)
- BEEF TENDERLOIN STEAKS (4 4-OZ)
- SALMON FILLET (10 OZ)

### DAIRY

- HEAVY CREAM (1 3/4 CUP)
- PARMESAN CHEESE (1/2 CUP)
- BUTTER (5 TBSP)
- VELVEETA CHEESE (2 CUPS)
- MILK (1 1/2 CUPS)
- SOUR CREAM (1/4 CUP)

### PRODUCE

- GARLIC (4 CLOVES)
- LEMON (1)
- COLESLAW MIX (2 CUPS)
- GREEN ONIONS (GARNISH)
- FRESH GINGER (2 TSP)
- ONION (1)
- CARROTS (2 LARGE)
- CELERY (3 RIBS)
- POTATOES (4-5 LARGE)
- SHALLOT (1)
- CHERRY TOMATOES (2 CUPS)

### PANTRY STAPLES

- OLIVE OIL (10 TBSP)
- CHICKEN BROTH (3 3/4 CUP)
- CORNSTARCH (3 TBSP)
- SESAME OIL (1 TBSP + 2 TSP)
- CHOW MEIN NOODLES (1 LB)
- SOY SAUCE (1/4 CUP)
- OYSTER SAUCE (2 TSP)
- LIGHT BROWN SUGAR (1 TBSP)
- FLOUR (1/4 CUP)
- COGNAC OR BRANDY (1/2 CUP)
- BEEF BROTH (1 CUP)
- WORCESTERSHIRE (1 TSP)
- DIJON MUSTARD (1 TSP)
- BASIL PESTO (1/4 CUP)

### SEASONINGS

- GARLIC POWDER (1/2 TSP)
- ITALIAN SEASONING (2 TSP)
- DRIED BASIL (1 TSP)
- DRIED PARSLEY (1 TSP)
- SALT AND PEPPER