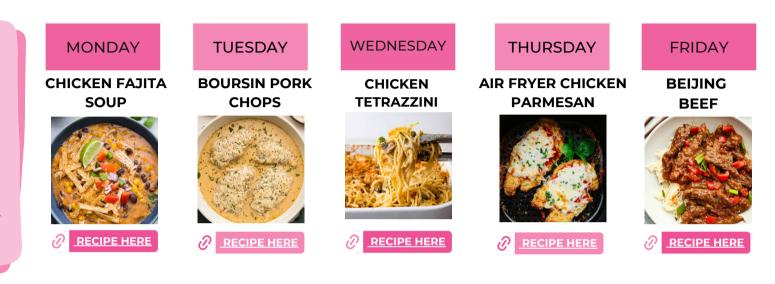


WEEK 21 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Instead of buying already cooked and diced chicken for the Chicken Tetrazzini, you may use rotisserie, canned, or even diced leftover chicken for that recipe!



SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (2 LB)
- PORK CHOPS (4)
- COOKED, CUBED CHICKEN (2 CUPS)
- FLANK STEAK (1 LB)

DAIRY

- SHREDDED CHEDDAR (1 CUP)
- BUTTER (1/4 CUP + 2 TBSP)
- HEAVY CREAM (1/2 CUP)
- GRATED PARMESAN CHEESE (2 CUPS)
- BOURSIN CHEESE (1 5.2-OZ PKG)
- HALF & HALF (1 CUP)
- LARGE EGGS (3)
- SHREDDED MOZZARELLA (1 CUP)

- TOMATO (TOPPING)
 - LIMES (TOPPING)
 - FRESH CILANTRO (TOPPING)
- FRESH PARSLEY (1 TSP + GARNISH)
- FRESH THYME (1 TSP + GARNISH)
- YELLOW ONION (1)
- RED ONION (TOPPING)
- BELL PEPPER (1 RED, 1 GREEN)
- SHALLOT (1)
- GARLIC (4 TSP)
- SLICED MUSHROOMS (8 OZ)

FROZEN

CORN (2 CUPS) PEAS (1 CUP)

PANTRY STAPLES

- SALSA (1 CUP)
- CHICKEN BROTH (3 1/2 CUPS)
- TORTILLA STRIPS (TOPPING)
- OLIVE OIL (2 TBSP)
- UNCOOKED SPAGHETTI (16 OZ)
- FLOUR (1/4 CUP + 2 TBSP)
- ITALIAN BREADCRUMBS (1/2 CUP)
- PANKO BREADCRUMBS (1 CUP)
- MARINARA SAUCE (1 CUP)
- SOY SAUCE (6 TBSP)
- CORNSTARCH (5 TBSP)
- VEGETABLE OIL (1/2 CUP)
- BROWN SUGAR (1/3 CUP)
- RICE VINEGAR (1/4 CUP)
- SWEET CHILI SAUCE (1/4 CUP)
- HOISIN SAUCE (2 TBSP)

SEASONINGS

- CUMIN (1 TSP)
- DRIED CILANTRO (1/2 TSP)
- GARLIC POWDER (31/2TSP)
- ONION POWDER (2 TSP)
- ITALIAN SEASONING (2 3/4 TSP)
- SALT AND PEPPER

CANNED GOODS

- CREAM OF CHICKEN SOUP (4 10.5-OZ CANS)
- BLACK BEANS (115-OZ CAN)
- TOMATO PASTE (1/4 CUP)