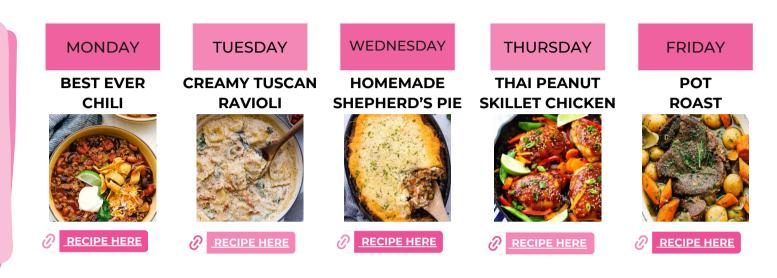


WEEK 25 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"If you prefer leaner meat, you may swap the ground beef for ground turkey in the chili or the shepherd's pie"



SHOPPING LIST

PROTEIN

- LEAN GROUND BEEF (3 LBS)
- BONE-IN, SKIN-ON CHICKEN THIGHS (4)
- CHUCK ROAST (3-4 LBS)

DAIRY

- HEAVY CREAM (1 CUP)
- GRATED PARMESAN CHEESE (1/2 CUP)
- BUTTER (2 TBSP)
- HALF & HALF (1/2 CUP)
- BOURSIN CHEESE (1 5.2-OZ PKG)

CANNED GOODS

- TOMATO SAUCE (18-OZ CAN)
- DICED TOMATOES (115-OZ CAN)
- PINTO BEANS (115-OZ CAN)
- KIDNEY BEANS (115-OZ CAN)
- TOMATO PASTE (1/3 CUP)

PRODUCE	<u>PA</u>	NT
ONION (3)		OLI
BELL PEPPER (1 GREEN, 1 RED, 1 ORANGE)		VEC
GARLIC (9 TSP)		BEE
SPINACH (1 CUP)		CHI
CELERY (I CUP)		SUN
RUSSET POTATOES (2 LBS)		RA\
CARROTS (5 LARGE)		CO
1 LIME (FOR JUICE)		WO
SNOW PEAS (1 CUP)		SOY
GREEN ONIONS (GARNISH)		PEA
		WH
,		BRC
FROZEN		RED

RY STAPLES

OLIVE OIL (2 TBSP)	CHILI POWDER (3 TBSP)
VEGETABLE OIL (2 TBSP)	DRIED OREGANO (1 TBSP + 1/4 TSP)
BEEF BROTH (5 1/2 CUPS)	DRIED THYME (1/4 TSP)
CHICKEN BROTH (1/2 CUP)	DRIED PARLSEY (1 TSP)
SUN DRIED TOMATOES (1/2 CUP)	CUMIN (1 TSP)
RAVIOLI (20 OZ)	CORIANDER (1 TSP)
CORNSTARCH (1 TBSP)	CAYENNE (1/4 TSP)
WORCHESTERSHIRE (6 TBSP)	ITALIAN SEASONING (1 TSP)
SOY SAUCE (1/4 CUP)	GARLIC POWDER (2 TSP)
PEANUT BUTTER (1/4 CUP)	ONION POWDER (1 TSP)
WHITE VINEGAR (2 TBSP)	RED PEPPER FLAKES (GARNISH)
BROWN SUGAR (2 TBSP)	SALT AND PEPPER

D WINE (1/2 CUP)

ER FLAKES (GARNISH) PEPPER

SEASONINGS

PEAS (1 CUP)