



WEEK 30 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Since Kashmiri chili powder can be hard to find in a regular grocery store, you can substitute regular chili powder with a little bit of paprika for color and some cayenne pepper to your heat preference"

MONDAY

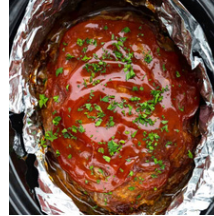
BROCCOLI CHEESE SOUP



[RECIPE HERE](#)

TUESDAY

CROCKPOT MEATLOAF



[RECIPE HERE](#)

WEDNESDAY

CHICKEN VINDALOO



[RECIPE HERE](#)

THURSDAY

POPPY SEED CHICKEN CASSEROLE



[RECIPE HERE](#)

FRIDAY

BROILED SALMON



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- SHREDDED COOKED CHICKEN (2-3 CUPS)
- GROUND BEEF (2 LBS)
- BONELESS SKINLESS CHICKEN BREAST (2 LBS)
- FRESH SALMON FILET (1 1/2 LBS)

DAIRY

- BUTTER (3/4 CUP + 1 TBSP)
- HALF & HALF (3 CUPS)
- MILK (1/2 CUP)
- SHREDDED CHEDDAR (3 CUPS)
- SHREDDED PARMESAN (1/2 CUP)
- EGGS (2)
- SOUR CREAM (8 OZ)

PRODUCE

- WHITE ONION (1)
- RED ONION (1)
- GARLIC (6 TSP)
- BROCCOLI FLORETS (2 CUPS)
- SHREDDED CARROTS (1 CUP)
- FRESH PARSLEY (4 TBSP)
- FRESH CILANTRO (FOR GARNISH)
- FRESH THYME (1 TSP)
- YELLOW POTATOES (2 LARGE)

CANNED GOODS

- CREAM OF CHICKEN SOUP (1 10.75-OUNCE CAN)

PANTRY STAPLES

- FLOUR (1/4 CUP)
- CHICKEN STOCK OR BROTH (4 CUPS)
- ITALIAN BREADCRUMBS (3/4 CUP)
- WORCESTERSHIRE (1 TBSP)
- KETCHUP (1/2 CUP)
- BALSAMIC VINEGAR (2 TBSP)
- APPLE CIDER VINEGAR (2/3 CUP)
- BROWN SUGAR (3 TBSP)
- GHEE (1/4 CUP)
- RICE (FOR SERVING)
- RITZ CRACKERS (1 SLEEVE)
- OLIVE OIL (2 TBSP)
- DIJON MUSTARD (1 TBSP)
- HONEY (1 TBSP)

SEASONINGS

- GROUND NUTMEG (1/2 TSP)
- GARLIC POWDER (1 TSP)
- KASHMIRI CHILI POWDER (2 TBSP)
- GROUND CUMIN (2 TSP)
- GROUND CORIANDER (2 TSP)
- GROUND CARDAMOM (1 TSP)
- GROUND CLOVES (1 TSP)
- GROUND CINNAMON (1/2 TSP)
- POPPY SEEDS (2 TSP)
- SALT AND PEPPER