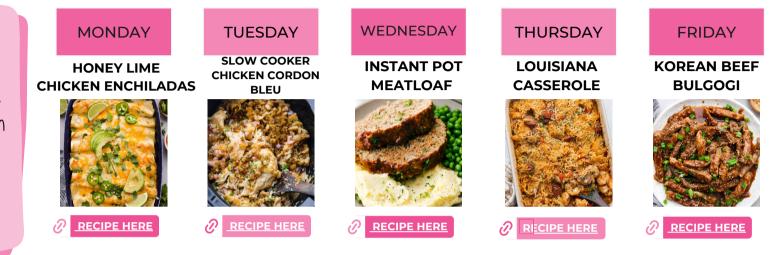


WEEK 35 MEAL PLAN



ALYSSA'S TIP OF THE WEEK "Whenever possible, I always recommend using fresh lemon or lime juice over bottled for its brighter flavor. But if you have bottled juice on hand, it will work just fine!"



SHOPPING LIST

PROTEIN

- LEAN GROUND BEEF (2 LB)
- BONELESS SKINLESS CHICKEN BREAST
 - (4 1/2 LBS)
- SLICED OR DICED HAM (8 OZ)
- SHRIMP (1 LB)
- ANDOUILLE SAUSAGE (14 OZ)
 - FLANK STEAK (2 LBS)

CANNED GOODS

- GREEN ENCHILADA SAUCE (16 OZ)
- CREAM OF CHICKEN SOUP (1 10-OZ CAN)
- FIRE ROASTED TOMATOES (114.5-OZ CAN)

BREAD

LARGE FLOUR TORTILLAS (8-10)

PANTRY STAPLES

- CHICKEN BROTH (1/2 CUP)
- HONEY (6 TBSP)
- LIME JUICE (6 TBSP)
- LEMON JUICE (2 TBSP)
- DIJON MUSTARD (1 TSP)
- CHICKEN STUFFING MIX (1 6-OZ BOX)
- ITALIAN BREAD CRUMBS (3/4 CUP)
- PLAIN BREAD CRUMBS (1/3 CUP)
- WORCESTERSHIRE (1 TBSP)
- KETCHUP (1/4 CUP)
- BALSAMIC VINEGAR (1 TBSP)
- BROWN SUGAR (4 TBSP)
- SRIRACHA (2 TSP)
- VEGETABLE OIL (3 TBSP)

PANTRY STAPLES CONT.

- COOKED RICE (3 CUPS)
- SOY SAUCE (1/3 CUP)
- SESAME OIL (2 TSP)

DAIRY

- SHREDDED MONTEREY JACK (8 OZ)
- SHREDDED CHEDDAR (8 OZ)
- SHREDDED SWISS (8 OZ)
- GRATED PARMESAN (1/2 CUP)
- HEAVY CREAM (1/2 CUP)
- MILK (2 CUPS)
- UNSALTED BUTTER (10 TBSP)
- SALTED BUTTER (1/4 CUP)
- EGGS (2)

SEASONINGS

- CHILI POWDER (1 TBSP)
- GARLIC POWDER (1 TSP)
- ONION POWDER (1 TBSP)
- CAJUN SEASONING (2 TBSP)
- SALT AND PEPPER

PRODUCE

- GARLIC (6 TSP)
- SWEET ONION (1)
- ONION (1 1/2)
- RUSSET POTATOES (3 LBS)
- BELL PEPPER (1 GREEN, 1 RED)
- PEAR (1)
- FRESH GINGER (1 TBSP)
- FRESH PARSLEY (3 TBSP)