



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!"

MONDAY

HONEY LIME CHICKEN ENCHILADAS



[RECIPE HERE](#)

TUESDAY

SLOW COOKER CHICKEN CORDON BLEU



[RECIPE HERE](#)

WEDNESDAY

INSTANT POT MEATLOAF



[RECIPE HERE](#)

THURSDAY

LOUISIANA CASSEROLE



[RECIPE HERE](#)

FRIDAY

KOREAN BEEF BULGOGI



[RECIPE HERE](#)

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 (1 14.5-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)