



# WEEK 38 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Whenever you find yourself with leftover rotisserie chicken, shred it and freeze it. Once you've saved enough, use it in recipes like the white chicken enchiladas!"

### MONDAY

#### ASPARAGUS STUFFED CHICKEN



[RECIPE HERE](#)

### TUESDAY

#### GARLIC CHICKEN STIR FRY



[RECIPE HERE](#)

### WEDNESDAY

#### FRENCH ONION POT ROAST



[RECIPE HERE](#)

### THURSDAY

#### WHITE CHICKEN ENCHILADAS



[RECIPE HERE](#)

### FRIDAY

#### BROILED SALMON



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (2.5 LBS)
- COOKED SHREDDED CHICKEN (2 CUPS)
- CHUCK ROAST (3 LBS)
- SALMON FILET (1.5 LBS)

### DAIRY

- SALTED BUTTER (1/4 CUP)
- MOZZARELLA (6 SLICES)
- SOUR CREAM (1 1/2 CUP)
- SHREDDED MONTEREY JACK (4 CUPS)
- CREAM CHEESE (6 OZ)

### PANTRY STAPLES

- BROWN SUGAR (2 TBSP)
- OLIVE OIL (1/2 CUP)
- VEGETABLE OIL (1 TBSP + 1 TSP)
- CHICKEN BROTH (3 3/4 CUPS)
- BEEF BROTH (3 CUPS)
- SOY SAUCE (2 TBSP)
- SESAME OIL (2 TSP)
- CORNSTARCH (2 TSP)
- FLOUR (1/4 CUP + 2 TBSP)
- RED WINE (1 CUP)
- WORCESTERSHIRE (3 TBSP)
- DIJON MUSTARD (1 TBSP)
- HONEY (1 TBSP)

### PRODUCE

- ASPARAGUS (9 STALKS)
- BROCCOLI (1 CUP)
- HALVED MUSHROOMS (1 CUP)
- BELL PEPPER (1 YELLOW)
- GARLIC (3 TBSP + 1 TSP)
- ONIONS (3 LARGE)
- FRESH PARSLEY (1 TBSP)
- FRESH THYME (1 TSP)
- FRESH CILANTRO (GARNISH)

### CANNED GOODS

- DICED GREEN CHILES (1 4-OZ CAN)

### SEASONINGS

- CHILI POWDER (1 TSP)
- PAPRIKA (1/2 TSP)
- ITALIAN SEASONING (1 TSP)
- GARLIC POWDER (1 TSP)
- DRIED OREGANO (1 TSP)
- DRIED THYME (1 TSP)
- CUMIN (1 TSP)
- SALT AND PEPPER

### BREAD

- 8-IN FLOUR TORTILLAS (10)