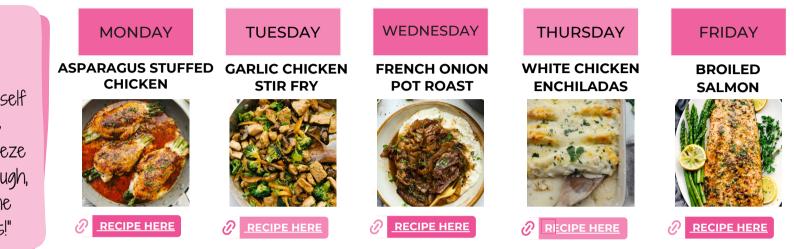


# WEEK 38 MEAL PLAN



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!"



# 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**

- ICHILI 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)