



# WEEK 43 MEAL PLAN



## ALYSSA'S

### TIP OF THE WEEK

"Seldom used seasonings, like the blackened seasoning, are often easier to make from scratch with spices you probably already have on hand rather than buying a premade seasoning to use once!"

## MONDAY

### SLOW COOKER CHICKEN & BROCCOLI



[RECIPE HERE](#)

## TUESDAY

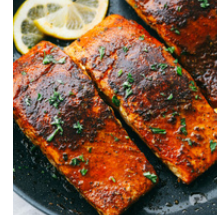
### BAKED HONEY SESAME CHICKEN



[RECIPE HERE](#)

## WEDNESDAY

### BLACKENED SALMON



[RECIPE HERE](#)

## THURSDAY

### TUSCAN CHICKEN PASTA BAKE



[RECIPE HERE](#)

## FRIDAY

### MELT IN YOUR MOUTH POT ROAST



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (5 LBS)
- SALMON (1 LB)
- CHUCK ROAST (3-4 LBS)

### PRODUCE

- BROCCOLI FLORETTES (4 CUPS)
- GARLIC (4 TSP)
- CHOPPED SPINACH (2 CUPS)
- CARROTS (4 LARGE)
- BABY POTATOES (1 LB)
- ONION (1)

### CANNED GOODS

- CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)
- CHEDDAR SOUP (1 10.5-OZ CAN)
- CHICKEN BROTH (1 14.5-OZ CAN)

### PANTRY STAPLES

- CORNSTARCH (1 CUP + 1 TBSP)
- CANOLA OIL (¼ CUP)
- HONEY (¾ CUP)
- SOY SAUCE (¾ CUP)
- KETCHUP (½ CUP)
- BROWN SUGAR (½ CUP)
- RICE WINE VINEGAR (½ CUP)
- SESAME OIL (1 TSP)
- OLIVE OIL (3 TBSP)
- PENNE PASTA (10 OZ)
- CHICKEN BROTH (2 ½ CUPS)
- BEEF BROTH (2 CUPS)
- SUNDRIED TOMATOES (2 8-OZ JARS)
- RED WINE (1/2 CUP)
- WORCESTERSHIRE (3 TBSP)

### SEASONINGS

- CAJUN SEASONING (¼ TSP)
- GARLIC SALT (¼ TSP)
- SESAME SEEDS (GARNISH)
- BLACKENED SEASONING (1 TBSP)
- ITALIAN SEASONING (2 TSP)
- GARLIC POWDER (2 ½ TSP)
- ONION POWDER (2 TSP)
- SALT AND PEPPER

### DAIRY

- SOUR CREAM (1 CUP)
- SHREDDED CHEDDAR (1 CUP)
- EGGS (3)
- HEAVY CREAM (2 CUPS)
- SHREDDED PARMESAN (1 CUP)
- SHREDDED MOZZARELLA (1 CUP)

MAKE THE BLACKENED SEASONING FROM SCRATCH!



### HOMEMADE BLACKENED SEASONING INGREDIENTS

- PAPRIKA (2 TBSP)
- ONION POWDER (1 TBSP)
- GARLIC POWDER (1 TBSP)
- CAYENNE PEPPER (1 TSP)
- DRIED THYME (1 TSP)
- DRIED BASIL (1 TSP)
- DRIED OREGANO (1 TSP)
- SALT (1 TSP)
- BLACK PEPPER (1 TSP)