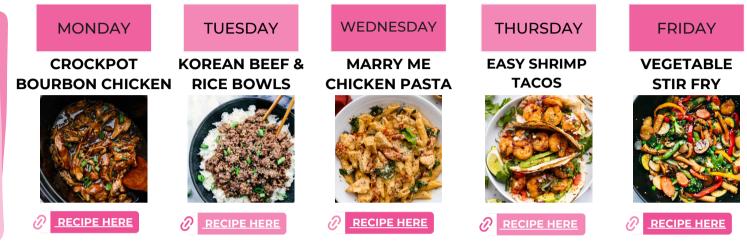


MY MOST POPULAR RECIPES MEAL PLAN



ALYSSA'S TIP OF THE WEEK CROCKPOT **KOREAN BEEF & BOURBON CHICKEN** "You can use oil-packed sun-**RICE BOWLS** dried tomatoes in a jar or dry sun-dried tomatoes for the Marry Me pasta! If you use the jarred tomatoes be sure \mathcal{O} **RECIPE HERE** \mathcal{O} to drain them really well." **RECIPE HERE**



SHOPPING LIST

PANTRY STAPLES

- BOURBON (1/3 CUP)
- BROWN SUGAR (1 CUP + 3 TBSP)
- LOW SODIUM SOY SAUCE (1 1/4 CUP)
- CORNSTARCH (3 TBSP)
- SESAME OIL (3 TSP)
- COOKED RICE (2 CUPS)
- UNCOOKED PENNE PASTA (10 OZ)
- OLIVE OIL (3 TBSP)
- FLOUR (3 TBSP)
- CHICKEN BROTH (2 1/2 CUPS)
- SUN-DRIED TOMATOES (1 CUP)

DAIRY

- BUTTER (3 TBSP)
- HEAVY CREAM (1 CUP)
- PARMESAN CHEESE (1 CUP)

CANNED GOODS

- BABY CORN (115-OZ CAN)
- WATER CHESTNUTS (18-OZ CAN)

BREAD

MEDIUM FLOUR TORTILLAS (8-10)

SEASONINGS

- GROUND GINGER (1/4 TSP)
- CRUSHED RED PEPPER (1/4 TSP)
- SESAME SEEDS (GARNISH) PAPRIKA (1 TSP)
- SMOKED PAPRIKA (1/2 TSP)
- ITALIAN SEASONING (2 TSP)
- GARLIC POWDER (1/2 TSP)
- ONION POWDER (1/2 TSP)
- CUMIN (1/2 TSP)
- CHILI POWDER (1/2 TSP)
- SALT AND PEPPER

PROTEIN

- BONELESS SKINLESS CHICKEN THIGHS (2 LBS)
- BONELESS SKINLESS CHICKEN BREASTS (1 1/2 LBS)
- LEAN GROUND BEEF (1 LB)
- MEDIUM SHRIMP (1 LB)

PRODUCE

- GARLIC (7 TSP)
- **GREEN ONIONS (GARNISH)**
- FRESH BASIL (GARNISH)
- **BELL PEPPERS (1 RED, 1 YELLOW)**
- ZUCCHINI (1 SMALL)
- SNAP PEAS (1 CUP)
- CARROTS (1 CUP)
- MUSHROOMS (1 CUP)
- BROCCOLI (1 CUP)