



WEEK 54 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"If you keep an extensive collection of spices in your pantry, you can make the Italian, Fajita, and Cajun seasonings all from scratch!"

MONDAY

MARRY ME SALMON



[RECIPE HERE](#)

TUESDAY

CHICKEN FAJITAS



[RECIPE HERE](#)

WEDNESDAY

LOUISIANA CASSEROLE



[RECIPE HERE](#)

THURSDAY

HIBACHI CHICKEN



[RECIPE HERE](#)

FRIDAY

CROCKPOT MILLION DOLLAR CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ SALMON FILETS (4)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (2 LB)
- ☐ SHRIMP (1 LB)
- ☐ ANDOUILLE SAUSAGE (14-OZ)
- ☐ LEAN GROUND BEEF (2 LBS)

DAIRY

- ☐ BUTTER (¼ CUP + 3 TBSP)
- ☐ HEAVY CREAM (¾ CUP)
- ☐ GRATED PARMESAN (1 CUP)
- ☐ CREAM CHEESE (8 OZ)
- ☐ SOUR CREAM (½ CUP)
- ☐ RICOTTA CHEESE (1 CUP)
- ☐ SHREDDED MOZZARELLA (2 CUPS)

PANTRY STAPLES

- ☐ OLIVE OIL (3 TBSP)
- ☐ VEGETABLE OIL (1 TBSP)
- ☐ FLOUR (3 TBSP)
- ☐ BROWN SUGAR (1 TBSP)
- ☐ CHICKEN BROTH (1 ½ CUPS)
- ☐ SUN-DRIED TOMATOES (½ CUP)
- ☐ PLAIN BREAD CRUMBS (½ CUP)
- ☐ RICE WINE VINEGAR (2 TBSP)
- ☐ CHINKIANG VINEGAR (2 TBSP)
- ☐ COOKED RICE (FOR SERVING)
- ☐ YUM YUM SAUCE (FOR SERVING)
- ☐ PASTA SAUCE (2 24-OZ JARS)
- ☐ CAVATAPPI PASTA (16 OZ)

PRODUCE

- ☐ BELL PEPPERS (2 GREEN, 1 YELLOW, 2 RED)
- ☐ CARROTS (1 CUP)
- ☐ ZUCCHINI (1 CUP)
- ☐ ONION (4)
- ☐ GARLIC (9 TSP)
- ☐ FRESH GINGER (1 ½ TBSP)
- ☐ LEMONS (1 FOR 1 TSP ZEST AND JUICE)
- ☐ LIMES (FOR TOPPING)
- ☐ AVOCADOS (FOR TOPPING)
- ☐ GREEN ONIONS (GARNISH)
- ☐ FRESH BASIL (GARNISH)
- ☐ FRESH CILANTRO (FOR GARNISH)

CANNED GOODS

- ☐ FIRE-ROASTED TOMATOES (1 14.5-OZ CAN)

BREAD

- ☐ FLOUR TORTILLAS (FOR SERVING)

SEASONINGS

- ☐ ITALIAN SEASONING (4 ½ TSP)
- ☐ FAJITA SEASONING (2 TBSP)
- ☐ CAJUN SEASONING (2 TBSP)
- ☐ SALT AND PEPPER

FROZEN

- ☐ BROCCOLI FLORETS (12 OZ)