



# WEEK 62 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Swap out the bone-in thighs in the apricot chicken for boneless chicken breasts so you can buy in them in bulk and cook the remaining breasts for the enchiladas!"

### MONDAY

#### CREAMY VEGETABLE TORTELLINI SOUP



[RECIPE HERE](#)

### TUESDAY

#### CROCKPOT APRICOT CHICKEN



[RECIPE HERE](#)

### WEDNESDAY

#### CREAM CHEESE ENCHILADAS



[RECIPE HERE](#)

### THURSDAY

#### MONTEREY SPAGHETTI



[RECIPE HERE](#)

### FRIDAY

#### GROUND BEEF & BROCCOLI



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- ☐ BONE-IN CHICKEN THIGHS (6)
- ☐ COOKED SHREDDED CHICKEN (2 CUPS)
- ☐ LEAN GROUND BEEF (1 LB)

### DAIRY

- ☐ HEAVY CREAM (1 CUP)
- ☐ SOUR CREAM (1 CUP)
- ☐ RICOTTA (½ CUP)
- ☐ SHREDDED PARMESAN (1 ½ CUP)
- ☐ CREAM CHEESE (8 OZ)
- ☐ MEXICAN BLEND CHEESE (1 CUP)
- ☐ SHREDDED COBY JACK (1 CUP)
- ☐ SHREDDED MONTEREY JACK (2 CUPS)
- ☐ EGGS (1)

### PANTRY STAPLES

- ☐ OLIVE OIL (2 TBSP)
- ☐ VEGETABLE BROTH (3 CUPS)
- ☐ BEEF BROTH (½ CUP)
- ☐ REFRIGERATED CHEESE TORTELLINI (9 OZ)
- ☐ APRICOT PRESERVES (1 ½ CUPS)
- ☐ RUSSIAN DRESSING (1 CUP)
- ☐ ONION SOUP MIX (1 2-OZ PKG)
- ☐ LIME JUICE (¼ CUP)
- ☐ GREEN ENCHILADA SAUCE (2 CUPS)
- ☐ SPAGHETTI NOODLES (8 OZ)
- ☐ FRIED ONIONS (6 OZ)
- ☐ SOY SAUCE (⅓ CUP)
- ☐ BROWN SUGAR (¼ CUP)
- ☐ SESAME OIL (2 TSP)
- ☐ CORNSTARCH (1 TBSP)
- ☐ RICE (FOR SERVING)

### PRODUCE

- ☐ ONION (2)
- ☐ CARROTS (2 MEDIUM)
- ☐ CELERY (2 RIBS)
- ☐ GARLIC (6 TSP)
- ☐ BABY SPINACH (2 CUPS)
- ☐ FRESH BASIL (2 TBSP + GARNISH)
- ☐ BROCCOLI FLORETS (4 CUPS)
- ☐ GREEN ONIONS (GARNISH)

### BREAD

- ☐ 6-INCH FLOUR TORTILLAS (12)

### FROZEN

- ☐ CHOPPED SPINACH (1 10-OZ BAG)

### SEASONINGS

- ☐ ITALIAN SEASONING (1 TBSP)
- ☐ GARLIC POWDER (2 TSP)
- ☐ CUMIN (2 TSP)
- ☐ GROUND GINGER (1 TSP)
- ☐ SALT AND PEPPER

### CANNED GOODS

- ☐ DICED TOMATOES (1 14.5-OZ CAN)