



WEEK 64 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"A huge time-saving hack for Shepherd's pie is to swap out the homemade mashed potatoes for about 4 cups of premade mashed potatoes. You can still add the boursin to them for that incredible flavor!"

MONDAY

CHICKEN PESTO PASTA



[RECIPE HERE](#)

TUESDAY

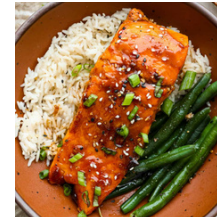
SHEPHERD'S PIE



[RECIPE HERE](#)

WEDNESDAY

AIR FRYER TERIYAKI SALMON



[RECIPE HERE](#)

THURSDAY

SLOW COOKER RANCH CHICKEN TACOS



[RECIPE HERE](#)

FRIDAY

SWAMP SOUP



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREAST (3 LB)
- ☐ LEAN GROUND BEEF (1 LB)
- ☐ SALMON FILETS (1 LB)
- ☐ SMOKED SAUSAGE (1 LB)

DAIRY

- ☐ UNSALTED BUTTER (4 TBSP)
- ☐ HALF & HALF (½ CUP)
- ☐ HEAVY CREAM (1 ½ CUPS)
- ☐ GRATED PARMESAN (¾ CUP)
- ☐ SHREDDED MOZZARELLA (½ CUP)
- ☐ BOURSIN CHEESE (5.2-OZ)

FROZEN

- ☐ PEAS (1 CUP)

PANTRY STAPLES

- ☐ OLIVE OIL (2 TBSP)
- ☐ VEGETABLE OIL (1 TBSP)
- ☐ CHICKEN BROTH (6 CUPS)
- ☐ BEEF BROTH (1 ½ CUPS)
- ☐ BASIL PESTO (¾ CUP)
- ☐ PENNE PASTA (8-OZ)
- ☐ CORNSTARCH (2 TBSP)
- ☐ WORCESTERSHIRE SAUCE (3 TBSP)
- ☐ LOW-SODIUM SOY SAUCE (½ CUP)
- ☐ RICE VINEGAR (1 TBSP)
- ☐ SESAME OIL (1 TSP)
- ☐ RANCH DRESSING (FOR SERVING)

BREAD

- ☐ TORTILLAS (FOR SERVING)

PRODUCE

- ☐ GARLIC (8 TSP)
- ☐ CARROTS (1 CUP)
- ☐ CELERY (1 ½ CUP)
- ☐ ONION (2)
- ☐ POTATOES (3 LBS)
- ☐ FRESH GINGER (1 TSP)
- ☐ AVOCADOS (FOR SERVING)
- ☐ TOMATOES (FOR SERVING)
- ☐ FRESH CILANTRO (FOR SERVING)
- ☐ GREEN ONIONS (GARNISH)

CANNED GOODS

- ☐ TOMATO PASTE (½ CUP)
- ☐ TURNIP GREENS (2 15-OZ CANS)
- ☐ NAVY BEANS (2 14-OZ CANS)
- ☐ TOMATOES & DICED CHILES (1 14.5-OZ CAN)

SEASONINGS

- ☐ ONION POWDER (½ TSP)
- ☐ ITALIAN SEASONING (1 TSP)
- ☐ DRIED PARSLEY (1 TSP)
- ☐ DRIED THYME (¼ TSP)
- ☐ DRIED OREGANO (¼ TSP)
- ☐ CAJUN SEASONING (½ TSP)
- ☐ TACO SEASONING (1 PKG OR 3 TBSP)
- ☐ RANCH SEASONING (1 PKG OR 3 TBSP)
- ☐ RED PEPPER FLAKES (GARNISH)
- ☐ SESAME SEEDS (GARNISH)
- ☐ SALT AND PEPPER