



WEEK 65 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Keep a couple jars of beef and chicken bouillon base in the refrigerator for weeks like this week that use a lot of broth! Whisk a teaspoon of base with 1 cup of water for each cup of broth called for."

MONDAY

KING RANCH CASSEROLE



[RECIPE HERE](#)

TUESDAY

CHICKEN & SAUSAGE GUMBO



[RECIPE HERE](#)

WEDNESDAY

TERIYAKI MEATBALL FOIL PACKETS



[RECIPE HERE](#)

THURSDAY

DORITOS CASSEROLE



[RECIPE HERE](#)

FRIDAY

CROCKPOT CHICKEN & DUMPLINGS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREAST (4 ½ LBS)
- ☐ COOKED SHREDDED CHICKEN (6 CUPS)
- ☐ ANDOUILLE SAUSAGE (1 LB)
- ☐ LEAN GROUND BEEF (1 ½ LB)

SEASONINGS

- ☐ GARLIC POWDER (1 TSP)
- ☐ CHILI POWDER (1 TSP)
- ☐ BAY LEAVES (3)
- ☐ CAJUN SEASONING (½ TSP)
- ☐ DRIED THYME (¼ TSP)
- ☐ RANCH SEASONING (1 PKG OR 3 TBSP)
- ☐ TACO SEASONING (1 PKG OR 3 TBSP)
- ☐ SESAME SEEDS (GARNISH)
- ☐ SALT AND PEPPER

DAIRY

- ☐ SHREDDED CHEDDAR (1 CUP)
- ☐ SHREDDED PEPPER JACK (1 CUP)
- ☐ SHREDDED MONTEREY JACK (3 CUPS)
- ☐ SOUR CREAM (1 CUP)
- ☐ UNSALTED BUTTER (¼ CUP + 2 TBSP)
- ☐ WHOLE MILK (½ CUP)

CANNED GOODS

- ☐ CREAM OF CHICKEN SOUP (1 10-OZ CAN)
- ☐ CREAM OF MUSHROOM SOUP (1 10-OZ CAN)
- ☐ GREEN CHILES (1 4-OZ CAN)
- ☐ FIRE ROASTED TOMATOES (1 10-OZ CAN)
- ☐ PINEAPPLE CHUNKS (1 20-OZ CAN)
- ☐ DICED TOMATOES & GREEN CHILES (1 10-OZ CAN)

PANTRY STAPLES

- ☐ OLIVE OIL (2 TBSP)
- ☐ VEGETABLE OIL (1 CUP)
- ☐ FLOUR (2 ⅔ CUPS)
- ☐ CHICKEN BROTH (9 CUPS)
- ☐ BEEF BROTH (1 CUP)
- ☐ CORNSTARCH (2 TBSP)
- ☐ BAKING POWDER (1 TSP)
- ☐ TERIYAKI SAUCE (1 CUP)
- ☐ TORTILLA CHIPS (1 BAG)
- ☐ NACHO CHEESE DORITOS (1 9.25-OZ BAG)
- ☐ RICE (FOR SERVING)

PRODUCE

- ☐ BELL PEPPER (2 GREEN, 2 RED, 1 ORANGE)
- ☐ ONION (3)
- ☐ RED ONION (1)
- ☐ CELERY (6 RIBS)
- ☐ CARROTS (2 LARGE)
- ☐ GREEN BEANS (6 OZ)
- ☐ GARLIC (6 TSP)
- ☐ FRESH OREGANO (2 TSP)
- ☐ FRESH THYME (2 TSP)
- ☐ FRESH PARSLEY (2 TBSP + 2 TSP)
- ☐ GREEN ONION (GARNISH)

FROZEN

- ☐ FROZEN MEATBALLS (1 32-OZ BAG)