



WEEK 70 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"The chicken and dumpling casserole is a great use of rotisserie chicken. One rotisserie chicken is typically 3-4 cups of shredded chicken once cleaned"

MONDAY

HOBO STEW



[RECIPE HERE](#)

TUESDAY

**CHICKEN & DUMPLING
CASSEROLE**



[RECIPE HERE](#)

WEDNESDAY

**SHIPWRECK
CASSEROLE**



[RECIPE HERE](#)

THURSDAY

**HONEY WALNUT
SHRIMP**



[RECIPE HERE](#)

FRIDAY

**CREAMY TUSCAN
RAVIOLI**



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ LEAN GROUND BEEF (2 ½ LBS)
- ☐ COOKED CHICKEN (3 CUPS)
- ☐ LARGE SHRIMP (1 LB)

DAIRY

- ☐ UNSALTED BUTTER (1 ½ CUP)
- ☐ SALTED BUTTER (1 TBSP)
- ☐ HALF & HALF (1 CUP)
- ☐ HEAVY CREAM (1 CUP)
- ☐ WHOLE MILK (1 ¾ CUP + 2 TBSP)
- ☐ SHREDDED CHEDDAR (3 ½ CUPS)
- ☐ EGGS (1)
- ☐ GRATED PARMESAN (½ CUP)

PANTRY STAPLES

- ☐ OLIVE OIL (2 TBSP)
- ☐ VEGETABLE OIL (1 CUP)
- ☐ BEEF BROTH (2 CUPS)
- ☐ CHICKEN BROTH (2 ½ CUPS)
- ☐ TOMATO JUICE (2 CUPS)
- ☐ FLOUR (1 ¾ CUP)
- ☐ BAKING POWDER (1 ½ TSP)
- ☐ ELBOW MACARONI (2 CUPS)
- ☐ SUGAR (½ CUP)
- ☐ WALNUTS (1 CUP)
- ☐ CORNSTARCH (½ CUP)
- ☐ MAYONNAISE (½ CUP)
- ☐ HONEY (3 TBSP)
- ☐ SUNDRIED TOMATOES (½ CUP)
- ☐ REFRIGERATED RAVIOLI (20 OZ)

SEASONINGS

- ☐ ITALIAN SEASONING (2 TSP)
- ☐ GARLIC POWDER (2 TSP)
- ☐ DRIED PARSLEY (1 TSP)
- ☐ DRIED BASIL (1 ½ TSP)
- ☐ SALT AND PEPPER

FROZEN

- ☐ CORN (2 CUP)
- ☐ PEAS (2 CUP)

CANNED GOODS

- ☐ DICED TOMATOES (1 14.5-OZ CAN, 1 10-OZ CAN)
- ☐ SWEETENED CONDENSED MILK (1 TBSP)

PRODUCE

- ☐ ONION (3)
- ☐ CARROTS (4 MEDIUM)
- ☐ MUSHROOMS (8 OZ)
- ☐ GARLIC (5 TSP)
- ☐ POTATOES (2 CUPS)
- ☐ CELERY (2 RIBS)
- ☐ BABY SPINACH (1 CUP)
- ☐ GREEN ONION (GARNISH)