



# WEEK 74 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"For the Mexican Street Corn Soup, you can use frozen corn instead of fresh, so the soup works year round."

**MONDAY****SLOW COOKER LASAGNA**[RECIPE HERE](#)**TUESDAY****CASHEW CHICKEN**[RECIPE HERE](#)**WEDNESDAY****MEXICAN STREET CORN SOUP**[RECIPE HERE](#)**THURSDAY****SHEET PAN SAUSAGE & VEGGIES**[RECIPE HERE](#)**FRIDAY****LEMON CHICKEN PICCATA**[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- LEAN GROUND BEEF (1 LB)
- BONELESS SKINLESS CHICKEN BREASTS (3 ½ LBS)
- ANDOUILLE SAUSAGE (14 OZ)

### DAIRY

- SHREDDED MOZZARELLA (2 CUPS)
- SHREDDED PARMESAN (½ CUPS)
- COTTAGE CHEESE (1 16-OZ CONTAINER)
- SOUR CREAM (½ CUP)
- COTIJA CHEESE (⅔ CUP)
- BUTTER (2 TBSP)
- HEAVY CREAM (¾ CUP)

### PANTRY STAPLES

- MARINARA SAUCE (1 26-OZ JAR)
- LASAGNA NOODLES (10)
- ANGEL HAIR NOODLES (1 LB)
- VEGETABLE OIL (4 TBSP)
- OLIVE OIL (5 TBSP)
- CORNSTARCH (¼ CUP)
- SOY SAUCE (¼ CUP)
- CHICKEN BROTH (1 ½ CUP)
- VEGETABLE BROTH (4 CUPS)
- BROWN SUGAR (1 TBSP)
- HOISIN SAUCE (1 TBSP)
- SESAME OIL (1 TSP)
- UNSALTED WHOLE CASHEWS (1 CUP)
- LIME JUICE (2 TBSP)
- FLOUR (¼ CUP)
- CAPERS (¼ CUP)

### PRODUCE

- ONION (2)
- GARLIC (10 TSP)
- CORN KERNELS (6 CUPS)
- BABY GOLD POTATOES (1 LB)
- BRUSSELS SPROUTS (10 OZ)
- LEMONS (2)
- FRESH CILANTRO (2 TBSP)
- FRESH PARSLEY (GARNISH)

### SEASONINGS

- ITALIAN SEASONING (1 TBSP + 2 TSP)
- ANCHO CHILI POWDER (½ TSP)
- CHIPOLTE SEASONING (½ TSP)
- SALT AND PEPPER

### CANNED GOODS

- TOMATO PASTE (1 6-OZ CAN)