



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)

CANNED GOODS

- ☐ TOMATO PASTE (1 6-OZ CAN)

SEASONINGS

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