



# WEEK 76 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Choose the taco toppings you like best to serve on the side with the Taco Ring. I love using tomatoes, guacamole, sour cream, cilantro, and black olives."

### MONDAY

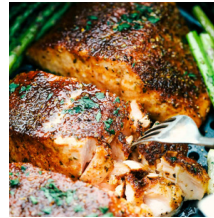
#### CRACK CHICKEN & RICE SOUP



[RECIPE HERE](#)

### TUESDAY

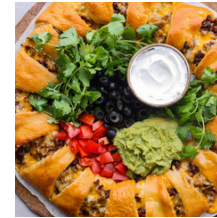
#### BROWN SUGAR AIR FRYER SALMON



[RECIPE HERE](#)

### WEDNESDAY

#### TACO RING



[RECIPE HERE](#)

### THURSDAY

#### ONE POT BEEF STROGANOFF



[RECIPE HERE](#)

### FRIDAY

#### CHICKEN DIVAN



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- ☐ COOKED CHICKEN (2 CUPS)
- ☐ BONELESS SKINLESS CHICKEN BREAST (4)
- ☐ COOKED BACON (1 CUP)
- ☐ LEAN GROUND BEEF (1 LB)
- ☐ SALMON (1 LB)

### DAIRY

- ☐ BUTTER (10 TBSP)
- ☐ CREAM CHEESE (10 OZ)
- ☐ SHREDDED CHEDDAR (3 CUPS)
- ☐ SHREDDED COLBY JACK (1 CUP)
- ☐ MILK (1 CUP)
- ☐ SOUR CREAM (1 CUP)

### PANTRY STAPLES

- ☐ CHICKEN BROTH (8 CUPS)
- ☐ BEEF BROTH (4 CUPS)
- ☐ LONG GRAIN WHITE RICE (1 CUP)
- ☐ BROWN SUGAR (2 TBSP)
- ☐ CRESCENT ROLLS (2 8-OZ TUBES)
- ☐ PLAIN PANKO (2 CUPS)
- ☐ FLOUR (½ CUP)
- ☐ DIJON MUSTARD (1 TBSP)
- ☐ WORCESTERSHIRE (1 TBSP)
- ☐ WIDE EGG NOODLES (8 OZ)

### PRODUCE

- ☐ GARLIC (5 TSP)
- ☐ ONION (2)
- ☐ CELERY (2 RIBS)
- ☐ CARROTS (2 LARGE)
- ☐ MUSHROOMS (8 OZ)

### SEASONINGS

- ☐ RANCH SEASONING (1 1-OZ PKG)
- ☐ TACO SEASONING (1 1-OZ PKG)
- ☐ CHILI POWDER (1 TSP)
- ☐ PAPRIKA (½ TSP)
- ☐ ITALIAN SEASONING (1 TSP)
- ☐ GARLIC POWDER (1 TSP)
- ☐ DRIED THYME (1 TSP)
- ☐ SALT AND PEPPER

### CANNED GOODS

- ☐ CREAM OF CHICKEN SOUP (2 10.5-OZ CANS)