



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 (11-OZ PKG)
- TACO SEASONING (11-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)