



WEEK 77 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"For the Pepper Steak, I suggest freezing the flank steak for 1-2 hours before slicing it. It's much easier to get those thin strips when your steak is frozen."

MONDAY

PEPPER STEAK



[RECIPE HERE](#)

TUESDAY

SLOW COOKER JAMBALAYA



[RECIPE HERE](#)

WEDNESDAY

MILLION DOLLAR CHICKEN



[RECIPE HERE](#)

THURSDAY

KOREAN BEEF NOODLES



[RECIPE HERE](#)

FRIDAY

COWBOY CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREAST (4 LB)
- ☐ ANDOUILLE SAUSAGE (1 LB)
- ☐ RAW SHRIMP (1 LB)
- ☐ BACON (½ LB)
- ☐ LEAN GROUND BEEF (2 LBS)
- ☐ FLANK STEAK (1 ½ LBS)

DAIRY

- ☐ CREAM CHEESE (8 OZ)
- ☐ SOUR CREAM (½ CUP)
- ☐ SHREDDED CHEDDAR (1 CUP)
- ☐ MILK (¾ CUP)
- ☐ SOUR CREAM (¾ CUP)

PANTRY STAPLES

- ☐ CHICKEN BROTH (2 CUPS)
- ☐ LONG GRAIN UNCOOKED RICE (1 CUP)
- ☐ SLIVERED ALMONDS (¼ CUP)
- ☐ LINGUINI NOODLES (8 OZ)
- ☐ BROWN SUGAR (⅓ + ¼ CUP)
- ☐ LOW-SODIUM SOY SAUCE (1 CUP)
- ☐ SESAME OIL (1 TBSP + 2 TSP)
- ☐ VEGETABLE OIL (2 TBSP)
- ☐ CORNSTARCH (3 TBSP)
- ☐ WORCESTERSHIRE (2 TBSP)

FROZEN

- ☐ TATER TOTS (1 30-OZ BAG)
- ☐ CORN (1 ½ CUPS)

PRODUCE

- ☐ GARLIC (9 TSP)
- ☐ ONION (2)
- ☐ CELERY (2 RIBS)
- ☐ BELL PEPPER (2 RED, 1 GREEN)
- ☐ GREEN ONIONS (¾ CUP)

CANNED GOODS

- ☐ DICED TOMATOES (1 28-OZ CAN)
- ☐ DICED TOMATOES AND CHILES (1 10-OZ CAN)
- ☐ TOMATO PASTE (1 TBSP)

SEASONINGS

- ☐ DRIED THYME (½ TSP)
- ☐ DRIED OREGANO (2 TSP)
- ☐ CAJUN SEASONING (1 TBSP)
- ☐ CAYENNE PEPPER (½ TSP)
- ☐ PAPRIKA (½ TSP)
- ☐ GARLIC POWDER (½ TSP)
- ☐ ONION POWDER (½ TSP)
- ☐ GROUND GINGER (1 ½ TSP)
- ☐ RED PEPPER FLAKES (½ TSP)
- ☐ SESAME SEEDS (GARNISH)
- ☐ SALT AND PEPPER