



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 (¼ 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 (½ + 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 (¼ 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