



WEEK 79 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"You can use apple juice, apple cider (NOT apple cider vinegar), or chicken broth in place of the bourbon if you prefer not to use any alcohol."

MONDAY

SLOW COOKER BOURBON MEATBALLS



[RECIPE HERE](#)

TUESDAY

JALAPENO CHICKEN



[RECIPE HERE](#)

WEDNESDAY

BROCCOLI CHEDDAR SOUP



[RECIPE HERE](#)

THURSDAY

CAJUN & RICE SAUSAGE SKILLET



[RECIPE HERE](#)

FRIDAY

SWEDISH MEATBALL CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- FROZEN MEATBALLS (26 OZ)
- BONELESS SKINLESS CHICKEN BREAST (1 ½ LBS)
- ANDOUILLE SAUSAGE (14 OZ)
- GROUND CHICKEN (1 ½ LBS)

DAIRY

- UNSALTED BUTTER (5 TBSP)
- HALF & HALF (3 CUPS)
- WHOLE MILK (¾ CUP)
- SHREDDED CHEDDAR (3 CUPS)
- GRATED PARMESAN (½ CUP)
- SHREDDED PARMESAN (½ CUP)
- EGGS (1)

PANTRY STAPLES

- BOURBON (½ CUP)
- BROWN SUGAR (¾ CUP)
- HONEY (½ CUP)
- LOW-SODIUM SOY SAUCE (½ CUP)
- WORCESTERSHIRE (1 TBSP)
- CORNSTARCH (½ CUP + 2 TBSP + 2 TSP)
- FLOUR (½ CUP)
- VEGETABLE OIL (½ CUP)
- CHICKEN BROTH OR STOCK (5 CUPS)
- SHOAXING WINE OR SHERRY (¼ CUP)
- UNCOOKED LONG GRAIN RICE (1 CUP)
- ITALIAN BREADCRUMBS (¾ CUP)
- COOKED RICE (FOR SERVING)

PRODUCE

- GARLIC (11 TSP)
- ONION (3)
- JALAPENOS (3)
- BROCCOLI FLORETS (2 CUPS)
- SHREDDED CARROTS (1 CUP)
- BELL PEPPERS (1 RED, 1 GREEN)
- FRESH PARSLEY (3 TBSP)
- GREEN ONIONS (GARNISH)

CANNED GOODS

- DICED TOMATOES & GREEN CHILES (1 10-OZ CAN)

SEASONINGS

- GROUND GINGER (1 TSP)
- NUTMEG (½ TSP)
- CAJUN SEASONING (1 TBSP)
- SALT AND PEPPER