



WEEK 83 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Using pre-cooked bacon is the perfect way to shave down the prep time on recipes that call for cooked bacon, like the crack chicken tacos."

MONDAY

HORSERADISH POT ROAST



[RECIPE HERE](#)

TUESDAY

CRACK CHICKEN TAOCS



[RECIPE HERE](#)

WEDNESDAY

BEEF CHOW MEIN



[RECIPE HERE](#)

THURSDAY

GARLIC PARMESAN CHICKEN MEATLOAF



[RECIPE HERE](#)

FRIDAY

COWBOY CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BEEF CHUCK ROAST (3-4 LBS)
- COOKED, SHREDDED CHICKEN (3 CUPS)
- BACON (10 SLICES)
- FLANK STEAK (1 LB)
- GROUND CHICKEN (1 ½ LBS)
- LEAN GROUND BEEF (1 LB)

DAIRY

- SOUR CREAM (1 CUP)
- CREAM CHEESE (6 OZ)
- SHREDDED CHEDDAR (3 CUPS)
- GRATED PARMESAN (½ CUP)
- SHREDDED PARMESAN (½ CUP)
- EGGS (1)
- MILK (½ CUP)

PANTRY STAPLES

- BEEF BROTH (1 ¼ CUP)
- PREPARED HORSERADISH (½ CUP)
- WORCESTERSHIRE (3 TBSP)
- CORNSTARCH (¼ CUP)
- VEGETABLE OIL (3 TBSP)
- CORN TORTILLAS (10-12)
- BAKING SODA (¼ TSP)
- SOY SAUCE (¼ CUP + 2 TBSP)
- SESAME OIL (2 TSP)
- OYSTER SAUCE (2 TBSP)
- BROWN SUGAR (2 TBSP)
- CHOW MEIN NOODLES (6 OZ)
- ITALIAN BREADCRUMBS (¾ CUP)

SEASONINGS

- FRESH THYME (3 SPRIGS)
- RANCH SEASONING (1 1-OZ PKG)
- SALT AND PEPPER

CANNED GOODS

- TOMATO PASTE (1 6-OZ CAN)
- BEAN SPROUTS (1 14-OZ CAN)
- DICED TOMATOES & GREEN CHILES (1 10-OZ CAN)

FROZEN

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

PRODUCE

- ONION (3)
- GREEN ONIONS (¾ CUP)
- FRESH GINGER (2 TSP)
- GARLIC (4 TBSP + 2 TSP)
- COLESLAW MIX (2 CUPS)
- FRESH PARSLEY (3 TBSP)