



# WEEK 94 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"I love pairing summer meals with fresh produce from the farmer's market. Give these parmesan roasted vegetables a try this week!"

### MONDAY

#### 3 INGREDIENT BUTTER BEEF



[RECIPE HERE](#)

### TUESDAY

#### CROCKPOT POPPY SEED CHICKEN



[RECIPE HERE](#)

### WEDNESDAY

#### SAUSAGE AND POTATO SKILLET



[RECIPE HERE](#)

### THURSDAY

#### HONEY DIJON PORK TENDERLOIN



[RECIPE HERE](#)

### FRIDAY

#### CRACK CHICKEN PASTA



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- CHUCK ROAST OR STEW MEAT (3 LBS)
- BONELESS SKINLESS CHICKEN BREASTS (2 LBS)
- SMOKED SAUSAGE (12 OZ)
- PORK TENDERLOIN (2 LBS)
- BACON (8 SLICES)

### DAIRY

- UNSALTED BUTTER (1 CUP)
- SOUR CREAM (2 CUPS)
- SHREDDED PARMESAN (½ CUP)
- SHREDDED CHEDDAR (2 CUPS)
- CREAM CHEESE (4 OZ)

### PANTRY STAPLES

- ONION SOUP MIX (1 1-OZ PKG, OR 3 TBSP)
- RITZ CRACKERS (1 SLEEVE)
- OLIVE OIL (¼ CUP + 3 TBSP)
- DIJON MUSTARD (2 TBSP)
- HONEY (2 TBSP)
- PENNE PASTA (10 OZ)
- CHICKEN BROTH (2 CUPS)

### CANNED GOODS

- CONDENSED CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)

### PRODUCE

- BABY POTATOES (1 LB)
- BELL PEPPER (1 RED)
- GARLIC (6 TSP)
- ONION (1)
- FRESH PARSLEY (GARNISH)
- GREEN ONIONS (GARNISH)

### SEASONINGS

- POPPY SEEDS (2 TSP)
- GARLIC POWDER (1 TSP)
- DRIED OREGANO (1 TSP)
- DRIED PARSLEY (3 TSP)
- RANCH SEASONING (1 1-OZ PKG)
- SALT AND PEPPER