



WEEK 103 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Don't forget to get the toppings of your choice for the taco casserole! Pick ones that your family loves to pair with traditional tacos."

MONDAY

BRUSCHETTA CHICKEN PASTA



[RECIPE HERE](#)

TUESDAY

EASY TACO CASSEROLE



[RECIPE HERE](#)

WEDNESDAY

SWAMP SOUP



[RECIPE HERE](#)

THURSDAY

FUNERAL CHICKEN POTATOES



[RECIPE HERE](#)

FRIDAY

4 INGREDIENT MUSHROOM BEEF



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (1 ½ LBS)
- ☐ GROUND BEEF (1 LB)
- ☐ SMOKED SAUSAGE (1 LB)
- ☐ COOKED, SHREDDED CHICKEN (3 CUPS)
- ☐ BONELESS CHUCK ROAST (3 LBS)

DAIRY

- ☐ GRATED PARMESAN (GARNISH)
- ☐ GRATED MEXICAN CHEESE BLEND (2 CUPS)
- ☐ SHREDDED SHARP CHEDDAR (2 ½ CUPS)
- ☐ SOUR CREAM (2 CUPS)
- ☐ BUTTER (¼ CUP)

SEASONINGS

- ☐ ITALIAN SEASONING (2 TSP)
- ☐ TACO SEASONING (1 1-OZ PKG)
- ☐ CAJUN SEASONING (½ TSP)
- ☐ ONION POWDER (1 ½ TSP)
- ☐ SALT AND PEPPER

CANNED GOODS

- ☐ CONDENSED TOMATO SOUP (1 10.5-OZ CAN)
- ☐ CONDENSED CREAM OF CHICKEN SOUP (2 10.5-OZ CANS)
- ☐ CONDENSED CREAM OF MUSHROOM SOUP (1 10.5-OZ CAN)
- ☐ TURNIP GREENS (2 15-OZ CANS)
- ☐ NAVY BEANS (2 14-OZ CANS)
- ☐ TOMATOES AND DICED CHILES (1 14.5-OZ CAN)

PRODUCE

- ☐ GARLIC (5 TSP)
- ☐ LARGE TOMATOES (3)
- ☐ ONION (2)
- ☐ CELERY (1-2 RIBS)
- ☐ YUKON GOLD POTATOES (1 LB)
- ☐ GREEN ONIONS (GARNISH)
- ☐ FRESH BASIL (¼ CUP)

PANTRY STAPLES

- ☐ ANGEL HAIR PASTA (10 OZ)
- ☐ OLIVE OIL (2 TBSP)
- ☐ BALSAMIC VINEGAR (1 TBSP)
- ☐ BALSAMIC GLAZE (GARNISH)
- ☐ TORTILLA CHIPS (1 11-OZ BAG)
- ☐ CHICKEN BROTH (4 CUPS)
- ☐ BEEF BROTH (½ CUP)
- ☐ CORNFLAKE CEREAL (2 CUPS)
- ☐ ONION SOUP MIX (1 1-OZ PKG)

FROZEN

- ☐ SHREDDED HASHBROWNS (1 30-OZ BAG)