



WEEK 105 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"I prefer to shred cheese from a block because of the anti-caking agents used in the pre-shredded bags. Plan for 4 ounces of block cheese for every cup of shredded cheese called for in a recipe."

MONDAY

LEMON CHICKEN PICCATA



[RECIPE HERE](#)

TUESDAY

TACO SPAGHETTI



[RECIPE HERE](#)

WEDNESDAY

CHILI CRISP RAMEN NOODLES



[RECIPE HERE](#)

THURSDAY

BROCCOLI CHEESE SOUP



[RECIPE HERE](#)

FRIDAY

CARMELIZED CHUCK ROAST



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (2 LBS)
- ☐ LEAN GROUND BEEF (2 LBS)
- ☐ CHUCK ROAST (3-4 LBS)

DAIRY

- ☐ UNSALTED BUTTER (½ CUP)
- ☐ HEAVY CREAM (¾ CUP)
- ☐ HALF & HALF (3 CUPS)
- ☐ CREAM CHEESE (3 OZ)
- ☐ SHREDDED COLBY JACK (1 ½ CUPS)
- ☐ SHREDDED SHARP CHEDDAR (3 CUPS)

PANTRY STAPLES

- ☐ FLOUR (½ CUP)
- ☐ OLIVE OIL (¼ CUP)
- ☐ CHICKEN BROTH (4 CUPS)
- ☐ BEEF BROTH (4 ½ CUPS)
- ☐ CAPERS (¼ CUP)
- ☐ ANGEL HAIR PASTA (1 LB)
- ☐ SPAGHETTI (12 OZ)
- ☐ RAMEN NOODLES (3 PKGS)
- ☐ BROWN SUGAR (⅓ + ¼ CUP)
- ☐ CHILI CRISP (1-2 TBSP)
- ☐ LOW-SODIUM SOY SAUCE (¼ CUP)
- ☐ CORNSTARCH (1 TBSP)
- ☐ SESAME OIL (2 TSP)
- ☐ WORCESTERSHIRE (2 TBSP)

PRODUCE

- ☐ LEMONS (2)
- ☐ ONION (3)
- ☐ GARLIC (9 TSP)
- ☐ BROCCOLI FLORETS (2 CUPS)
- ☐ CARROTS (2 LARGE)
- ☐ FRESH GINGER PASTE (1 TSP)
- ☐ GREEN ONIONS (GARNISH)
- ☐ FRESH PARSLEY (GARNISH)
- ☐ FRESH CILANTRO (GARNISH)

CANNED GOODS

- ☐ DICED TOMATOES AND GREEN CHILES (1 10-OZ CAN)
- ☐ TOMATO PASTE (3 TBSP)

SEASONINGS

- ☐ TACO SEASONING (1 1-OZ PGK)
- ☐ GROUND NUTMEG (½ TSP)
- ☐ SALT AND PEPPER