



WEEK 106 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Save money by buying a center pork loin and slicing your own chops. Freeze any extras for later!"

MONDAY

SLOW COOKER RANCH PORK CHOPS



[RECIPE HERE](#)

TUESDAY

FRENCH ONION CHICKEN & RICE CASSEROLE



[RECIPE HERE](#)

WEDNESDAY

LASAGNA SOUP



[RECIPE HERE](#)

THURSDAY

NO FOLD BLANKET DUMPLINGS



[RECIPE HERE](#)

FRIDAY

CREAMY CAJUN CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS PORK CHOPS (2 LBS)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (4 ½ LBS)
- ☐ GROUND BEEF (1 LB)
- ☐ GROUND PORK (1 LB)

DAIRY

- ☐ SOUR CREAM (½ CUP)
- ☐ PROVOLONE CHEESE (6 SLICES)
- ☐ RICOTTA (TOPPING)
- ☐ GRATED PARMESAN (½ + ⅓ CUP)
- ☐ HEAVY CREAM (1 ¼ CUP)
- ☐ UNSALTED BUTTER (1 TBSP)

PANTRY STAPLES

- ☐ LONG GRAIN WHITE RICE (1 CUP)
- ☐ CRISPY FRIED ONIONS (1 CUP)
- ☐ BEEF BROTH (14.5 OZ)
- ☐ CHICKEN BROTH (5 CUPS)
- ☐ LASAGNA NOODLES (8 OZ)
- ☐ EXTRA VIRGIN OLIVE OIL (1 TBSP)
- ☐ SESAME OIL (2 TSP)
- ☐ VEGETABLE OIL (2 TBSP)
- ☐ SOY SAUCE (2 TBSP)
- ☐ GINGER PASTE (2 TSP)
- ☐ RICE VINEGAR (2 TSP)
- ☐ DUMPLING WRAPPERS (24)
- ☐ FLOUR (2 TBSP)
- ☐ CHILI CRISP (GARNISH)

PRODUCE

- ☐ RED POTATOES (6-8 MEDIUM)
- ☐ ONION (2)
- ☐ GARLIC (8 TSP)
- ☐ GREEN ONION (¼ CUP + GARNISH)
- ☐ FRESH BASIL (½ CUP + GARNISH)
- ☐ FRESH PARSLEY (GARNISH)

CANNED GOODS

- ☐ CONDENSED CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)
- ☐ CONDENSED FRENCH ONION SOUP (1 10.5-OZ CAN)
- ☐ CRUSHED TOMATOES (1 15-OZ CAN)
- ☐ TOMATO PASTE (2 TBSP)

SEASONINGS

- ☐ RANCH SEASONING (1 1-OZ PKG)
- ☐ ONION SOUP MIX (1 1-OZ PGK)
- ☐ DRIED OREGANO (1 TSP)
- ☐ CAJUN SEASONING (2 TBSP)
- ☐ RED PEPPER FLAKES (GARNISH)
- ☐ SALT AND PEPPER