



WEEK 107 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"For the Asian meatballs, feel free to swap the pork for ground beef or chicken. Or save time and use frozen, pre-cooked meatballs!"

MONDAY

CREAMY SAUSAGE PASTA BAKE



[RECIPE HERE](#)

TUESDAY

SHEPHERD'S PIE SOUP



[RECIPE HERE](#)

WEDNESDAY

BEEF TAQUITOS



[RECIPE HERE](#)

THURSDAY

CROCKPOT TUSCAN CHICKEN



[RECIPE HERE](#)

FRIDAY

ASIAN MEATBALLS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ SMOKED SAUSAGE (14-OZ)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (4)
- ☐ LEAN GROUND BEEF (2 LBS)
- ☐ GROUND PORK (3 LB)

DAIRY

- ☐ HEAVY CREAM (2 CUPS)
- ☐ BOURSIN GARLIC & HERB CHEESE (1 5.3-OZ PGK)
- ☐ SHREDDED MEXICAN BLEND CHEESE (TOPPING)
- ☐ BUTTER (3 TBSP)
- ☐ HALF & HALF (2 CUPS)
- ☐ SHREDDED CHEDDAR (2 CUPS)
- ☐ GRATED PARMESAN (½ CUP)
- ☐ EGGS (2)

PANTRY STAPLES

- ☐ PENNE PASTA (12 OZ)
- ☐ CHICKEN BROTH (3 CUPS)
- ☐ BEEF BROTH (4 CUPS)
- ☐ FLOUR (⅓ CUP)
- ☐ WORCESTERSHIRE (1 TBSP)
- ☐ CORN TORTILLAS (16)
- ☐ SUN-DRIED TOMATOES (½ CUP)
- ☐ SESAME OIL (3 TSP)
- ☐ PANKO BREADCRUMBS (1 CUP)
- ☐ HOISIN SAUCE (⅔ CUP)
- ☐ RICE VINEGAR (¼ CUP)
- ☐ SOY SAUCE (2 TBSP)
- ☐ OLIVE OIL

PRODUCE

- ☐ BROCCOLI FLORETS (2 CUPS)
- ☐ GRAPE TOMATOES (1 CUP)
- ☐ ONION (2)
- ☐ GARLIC (11 TSP)
- ☐ BABY SPINACH (1 CUP)
- ☐ GREEN ONION (½ CUP)
- ☐ FRESH PARSLEY (GARNISH)

CANNED GOODS

- ☐ TOMATO PASTE (1 TBSP)
- ☐ DICED GREEN CHILES (1 4-OZ CAN)

SEASONINGS

- ☐ ITALIAN SEASONING (4 TSP)
- ☐ TACO SEASONING (2 TBSP)
- ☐ ONION POWDER (½ TSP)
- ☐ GROUND GINGER (1 ½ TSP)
- ☐ SALT AND PEPPER

FROZEN

- ☐ MIXED VEGETABLES (2 CUPS)