



WEEK 109 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Almost always, broth and stock can be used interchangeably in recipes. They are made a little differently and have slightly different flavors and nutritional value, but swapping one for the other in **most** cases is just fine!"

MONDAY

ITALIAN WEDDING SOUP



[RECIPE HERE](#)

TUESDAY

CARAMELIZED CHUCK ROAST



[RECIPE HERE](#)

WEDNESDAY

HOBO CASSEROLE



[RECIPE HERE](#)

THURSDAY

CROCKPOT MISSISSIPPI CHICKEN



[RECIPE HERE](#)

FRIDAY

DRAGON NOODLES



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ GROUND CHICKEN (8 OZ)
- ☐ GROUND CHICKEN SAUSAGE (8 OZ)
- ☐ GROUND BEEF (2 LBS)
- ☐ GROUND PORK (½ LB)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (2 LBS)
- ☐ CHUCK ROAST (3-4 LBS)

DAIRY

- ☐ EGGS (1)
- ☐ GRATED PARMESAN (½ CUP)
- ☐ SHREDDED CHEDDAR (3 CUPS)
- ☐ UNSALTED BUTTER (½ CUP)

PANTRY STAPLES

- ☐ BREADCRUMBS (¾ CUP)
- ☐ OLIVE OIL (1 TBSP)
- ☐ CHICKEN BROTH (10 CUPS)
- ☐ BEEF BROTH (1 CUP)
- ☐ ACINI DI PEPE PASTA (½ CUP)
- ☐ WORCESTERSHIRE (2 TBSP)
- ☐ BROWN SUGAR (¼ + ⅓ CUP)
- ☐ FRENCH FRIED ONIONS (1 CUP)
- ☐ PEPPERONCINI PEPPERS (1 16-OZ JAR)
- ☐ SESAME OIL (1 TBSP)
- ☐ RAMEN NOODLES (1 9-OZ PKG)
- ☐ CHILI GARLIC SAUCE (⅓ CUP)
- ☐ SOY SAUCE (⅓ CUP)
- ☐ UNSALTED PEANUTS (⅓ CUP)

PRODUCE

- ☐ ONION (3)
- ☐ CARROTS (3 LRG)
- ☐ CELERY (2 RIBS)
- ☐ GARLIC (7 TSP)
- ☐ SPINACH (4 CUPS)
- ☐ BELL PEPPER (1 RED, 1 GREEN)
- ☐ RUSSET POTATOES (2 LBS)
- ☐ GINGER PASTE (1 TSP)
- ☐ GREEN ONIONS (¼ CUP)

CANNED GOODS

- ☐ EVAPORATED MILK (1 12-OZ CAN)
- ☐ CREAM OF MUSHROOM SOUP (1 10.5-OZ CAN)
- ☐ CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)

SEASONINGS

- ☐ ITALIAN SEASONING (1 TBSP)
- ☐ RANCH SEASONING (1 1-OZ PKG)
- ☐ AU JUS MIX (1 1-OZ PKG)
- ☐ SALT AND PEPPER