



WEEK 110 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Ground beef can be expensive!

Try swapping it for ground pork, chicken, or turkey to save a little money. My trick? Add a tablespoon of vegetable oil to ground chicken or turkey to keep it nice and juicy!"

MONDAY

WHITE BOLOGNESE



[RECIPE HERE](#)

TUESDAY

CROCKPOT SALISBURY STEAK



[RECIPE HERE](#)

WEDNESDAY

TACO CASSEROLE



[RECIPE HERE](#)

THURSDAY

EGG ROLL IN A BOWL



[RECIPE HERE](#)

FRIDAY

HONEY BUTTER CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ GROUND BEEF (3 LB)
- ☐ GROUND PORK (1 LB)
- ☐ GROUND TURKEY (1 LB)
- ☐ THICK BACON OR PANCETTA (1 CUP)
- ☐ BONELESS SKINLESS CHICKEN (1 LB)

DAIRY

- ☐ HEAVY CREAM (1 CUP)
- ☐ EGGS (2)
- ☐ UNSALTED BUTTER (7 TBSP)
- ☐ SHREDDED PARMESAN (½ CUP)
- ☐ SHREDDED MEXICAN BLEND
- ☐ CHEESE (1 CUP)

PANTRY STAPLES

- ☐ DRY WHITE WINE (1 ½ CUPS)
- ☐ CHICKEN BROTH (2 CUPS)
- ☐ BEEF BROTH (2 ½ CUPS)
- ☐ PAPPARDELLE OR TAGLIATELLE PASTA (16 OZ)
- ☐ BREAD CRUMBS (½ CUP)
- ☐ KETCHUP (¼ CUP)
- ☐ WORCESTERSHIRE (3 TBSP)
- ☐ CORNSTARCH (1 CUP + 2 TBSP)
- ☐ OLIVE OIL (1 TBSP)
- ☐ VEGETABLE OIL (½ CUP)
- ☐ SESAME OIL (2 TSP)
- ☐ THICK SALSA (1 26-OZ JAR)
- ☐ TORTILLA CHIPS (2 CUPS)
- ☐ SOY SAUCE (¼ CUP + 2 TBSP)
- ☐ HOISIN SAUCE (2 TBSP)
- ☐ HONEY (½ CUP)
- ☐ APPLE CIDER VINEGAR (3 TBSP)

PRODUCE

- ☐ ONION (3)
- ☐ CARROTS (2 LRG)
- ☐ CELERY (3 RIBS)
- ☐ GARLIC (10 TSP)
- ☐ MUSHROOMS (6 OZ)
- ☐ FRESH GINGER (1 TBSP)
- ☐ COLESLAW MIX (1 14-OZ BAG)
- ☐ GREEN ONIONS (¼ CUP + TOPPING)
- ☐ TOMATOES (TOPPING)
- ☐ FRESH CILANTRO (TOPPING)

CANNED GOODS

- ☐ BLACK BEANS (1 15.25-OZ CAN)
- ☐ CORN (1 15-OZ CAN)

SEASONINGS

- ☐ DRIED ROSEMARY (1 TSP)
- ☐ DRIED THYME (½ TSP)
- ☐ DRIED OR RUBBED SAGE (¼ TSP)
- ☐ MUSTARD POWDER (1 TSP)
- ☐ TACO SEASONING (1 1-OZ PKG)
- ☐ GARLIC SALT (¼ TSP)
- ☐ SALT AND PEPPER