WEEK 111 **MEAL PLAN**

ALYSSA'S
TIP OF THE WEEK

"Money-Saving Tip: This week's recipes call for nearly 12 cups of chicken broth! Grab a jar of bouillon base instead of buying multiple cartons. It's more budget-friendly, and you'll have some left for later!"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CREAMY SAUSAGE TORTELLINI SOUP	**SLOW COOKER BEEF BOURGUIGNON**	**DUMP & BAKE FRIED RICE**	**CHICKEN CACCIATORE**	**PORK ENCHILADAS**
RECIPE HERE	RECIPE HERE	RECIPE HERE	RECIPE HERE	RECIPE HERE

SHOPPING LIST

PROTEIN

- [ ] GROUND PORK SAUSAGE (1 LB)
- [ ] BACON (5 SLICES)
- [ ] BONELESS CHUCK ROAST (3 LBS)
- [ ] DICED HAM (1 CUP)
- [ ] BONELESS SKINLESS CHICKEN BREASTS (4)
- [ ] PORK CARNITAS (3 CUPS)

DAIRY

- [ ] HEAVY CREAM (1 ¼ CUP)
- [ ] EGGS (2)
- [ ] GRATED PARMESAN (GARNISH)
- [ ] SHREDDED MONTEREY JACK (1 CUP)
- [ ] SHREDDED COLBY JACK (1 CUP)

PANTRY STAPLES

- [ ] FLOUR (CUP)
- [ ] CHICKEN BROTH (11 ½ CUPS)
- [ ] 3 CHEESE TORTELLINI (1 9-OZ PKG)
- [ ] RED COOKING WINE (1 CUP)
- [ ] SOY SAUCE (¼ CUP + 3 TBSP)
- [ ] LONG GRAIN WHITE RICE (2 CUPS)
- [ ] SESAME OIL (1 TBSP)
- [ ] OLIVE OIL (2 TBSP)

BREAD

- [ ] FLOUR TORTILLAS (8-12 LRG)

FROZEN

- [ ] PEAS & CARROTS (1 CUP)

PRODUCE

- [ ] ONION (2)
- [ ] CARROTS (2 LRG, 5 MED)
- [ ] GARLIC (10 TSP)
- [ ] KALE (3 CUPS)
- [ ] BABY POTATOES (1 LB)
- [ ] MUSHROOMS (16 OZ)
- [ ] GREEN ONIONS (¼ CUP)
- [ ] BELL PEPPER (1 RED)
- [ ] FRESH THYME (2 TBSP)
- [ ] FRESH BASIL (½ CUP)
- [ ] FRESH PARSLEY (GARNISH)
- [ ] FRESH CILANTRO (GARNISH)

SEASONINGS

- [ ] ITALIAN SEASONING (2 TBSP + 1 TSP)
- [ ] SALT AND PEPPER

CANNED GOODS

- [ ] TOMATO PASTE (1 6-OZ CAN)
- [ ] TOMATO SAUCE (½ CUP)
- [ ] CRUSHED TOMATOES (1 15-OZ CAN)
- [ ] RED ENCHILADA SAUCE (2 CUPS)
- [ ] DICED GREEN CHILIES (1 4-OZ CAN)