WEEK 112 **MEAL PLAN**

ALYSSA'S
TIP OF THE WEEK

"I prefer oil-packed sun-dried tomatoes over dry-packed. You can even use the flavorful oil in place of olive oil to add extra flavor and color!"

MONDAY

SLOW COOKER PASTA E FAGIOLI SOUP



RECIPE HERE

TUESDAY

POTSTICKER & RICE BAKE



RECIPE HERE

WEDNESDAY

CRUNCHY POTATO CHIP CHICKEN



RECIPE HERE

THURSDAY

CHARRO BEANS



RECIPE HERE

FRIDAY

TUSCAN GARLIC SKILLET CHICKEN



RECIPE HERE

SHOPPING LIST

PROTEIN

- [ ] LEAN GROUND BEEF (1 LB)
- [ ] BONELESS SKINLESS CHICKEN BREASTS (2 ½ LBS)
- [ ] THICK-CUT BACON (8 SLICES)
- [ ] HAM (1 CUP)

CANNED GOODS

- [ ] CRUSHED TOMATOES (1 28-OZ CAN)
- [ ] BEEF BROTH (2 14.5-OZ CANS)
- [ ] CANNELLINI BEANS (1 15-OZ CAN)
- [ ] RED KIDNEY BEANS (1 15-OZ CAN)
- [ ] PINTO BEANS (2 15-OZ CANS)
- [ ] MEXICAN STYLE DICED TOMATOES (1 15-OZ CAN)
- [ ] FIRE ROASTED TOMATOES (2 15-OZ CANS)

PANTRY STAPLES

- [ ] EXTRA VIRGIN OLIVE OIL (1 TBSP)
- [ ] OLIVE OIL (1 TBSP)
- [ ] DITALINI PASTA (1 CUP)
- [ ] LONG GRAIN RICE (1 ½ CUPS)
- [ ] CHICKEN BROTH (3 ½ CUPS)
- [ ] SOY SAUCE (¼ CUP)
- [ ] SESAME OIL (2 TSP)
- [ ] RICE VINEGAR (1 TSP)
- [ ] POTATO CHIPS (1 8-OZ BAG)
- [ ] WORCESTERSHIRE SAUCE (1 TBSP)
- [ ] BROWN SUGAR (2 TBSP)
- [ ] SUN-DRIED TOMATOES (½ CUP)
- [ ] SUN-DRIED TOMATO OIL (1 TBSP)

PRODUCE

- [ ] CARROTS (2 LRG)
- [ ] SHREDDED CARROTS (1 CUP)
- [ ] CELERY (4 RIBS)
- [ ] ONION (3)
- [ ] GARLIC (9 TSP)
- [ ] FRESH GINGER (3 TSP)
- [ ] BOK CHOY (2 CUPS)
- [ ] JALAPENOS (2)
- [ ] SLICED MUSHROOMS (12 OZ)
- [ ] LIMES (GARNISH)
- [ ] FRESH CILANTRO (GARNISH)
- [ ] FRESH BASIL (GARNISH)

FROZEN

- [ ] POTSTICKERS (20-24)

SEASONINGS

- [ ] ITALIAN SEASONING (1 TBSP)
- [ ] ONION POWDER (1 TSP)
- [ ] GROUND CUMIN (2 TSP)
- [ ] DRIED OREGANO (2 TSP)
- [ ] DRIED THYME (¼ TSP)
- [ ] PAPRIKA (2 TSP)
- [ ] BAY LEAVES (2)
- [ ] SALT AND PEPPER

DAIRY

- [ ] SOUR CREAM (1 CUP)
- [ ] BUTTER (½ CUP)
- [ ] GRATED PARMESAN (¼ CUP)