WEEK 113 **MEAL PLAN**

ALYSSA'S
TIP OF THE WEEK

"One of my favorite cooking shortcuts is minute rice! It's great to keep on hand when you don't have time to cook a fresh pot. Try it with the ground beef and broccoli this week!"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF & CABBAGE SOUP	**MISSISSIPPI CHICKEN SPAGHETTI**	**ITALIAN SAUSAGE & PEPPERS**	**GROUND BEEF & BROCCOLI**	**COWBOY CHICKEN**
				
RECIPE HERE	RECIPE HERE	RECIPE HERE	RECIPE HERE	RECIPE HERE

SHOPPING LIST

PROTEIN

- [ ] GROUND BEEF (2 LB)
- [ ] BONELESS SKINLESS CHICKEN BREASTS (4 LBS)
- [ ] ITALIAN SAUSAGE (1 LB)

CANNED GOODS

- [ ] DICED TOMATOES (1 28-OZ CAN, 1 15-OZ CAN)
- [ ] TOMATO SAUCE (1 8-OZ CAN)
- [ ] FIRE ROASTED TOMATOES (1 15-OZ CAN)
- [ ] KIDNEY BEANS (1 16-OZ CAN)
- [ ] BLACK BEANS (1 15-OZ CAN)
- [ ] CORN (1 15-OZ CAN)

PANTRY STAPLES

- [ ] OLIVE OIL (4 TBSP)
- [ ] BEEF BROTH (4 CUPS)
- [ ] PEPPERONCINI PEPPERS (10)
- [ ] PEPPERONCINI JUICE (½ CUP)
- [ ] SPAGHETTI NOODLES (16 OZ)
- [ ] SOY SAUCE (⅓ CUP)
- [ ] BROWN SUGAR (¼ CUP)
- [ ] SESAME OIL (2 TSP)
- [ ] CORNSTARCH (1 TBSP)
- [ ] LIME JUICE (2 TBSP)
- [ ] COOKED RICE (FOR SERVING)

PRODUCE

- [ ] MINCED GARLIC (11 TSP)
- [ ] GREEN CABBAGE (1 HEAD)
- [ ] CELERY (2 RIBS)
- [ ] CARROTS (2 MED)
- [ ] GREEN ONIONS (½ CUP + GARNISH)
- [ ] BELL PEPPERS (3)
- [ ] ONIONS (2)
- [ ] BROCCOLI FLORETS (4 CUPS)
- [ ] FRESH CILANTRO (¼ CUP)

DAIRY

- [ ] BUTTER (1 CUP)
- [ ] CREAM CHEESE (8 OZ)
- [ ] SHREDDED COLBY JACK (8 OZ)
- [ ] SHREDDED MEXICAN BLEND CHEESE (1 CUP)

SEASONINGS

- [ ] ITALIAN SEASONING (2 TBSP)
- [ ] AU JUS MIX (1 1-OZ PKG)
- [ ] RANCH SEASONING (1 1-OZ PKG)
- [ ] GROUND GINGER (1 TSP)
- [ ] PAPRIKA (1 TBSP)
- [ ] CUMIN (2 TSP)
- [ ] DRIED OREGANO (2 TSP)
- [ ] GARLIC POWDER (1 TSP)
- [ ] ONION POWDER (½ TSP)
- [ ] CHILI POWDER (¼ TSP)
- [ ] SALT AND PEPPER