WEEK 114 **MEAL PLAN**

ALYSSA'S
TIP OF THE WEEK

"Save a little money by swapping the chuck roast for less expensive stew meat in the Beef + Rice recipe!"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ONE POT BEEF & RICE	**CRACK CHICKEN CHILI**	**CHICKEN POT PIE PASTA**	**SWAMP POTATOES**	**LAZY ENCHILADAS**
				
RECIPE HERE	RECIPE HERE	RECIPE HERE	RECIPE HERE	RECIPE HERE

SHOPPING LIST

PROTEIN

- [ ] CHUCK ROAST (2 LBS)
- [ ] BONELESS SKINLESS CHICKEN BREASTS (3 LBS)
- [ ] COOKED BACON (8 SLICES)
- [ ] SMOKED SAUSAGE (14 OZ)

CANNED GOODS

- [ ] PINTO BEANS (1 15-OZ CAN)
- [ ] BLACK BEANS (1 15-OZ CAN)
- [ ] REFRIED BEANS (1 16-OZ CAN)
- [ ] CORN (1 15-OZ CAN)
- [ ] FIRE ROASTED DICED TOMATOES (1 14-OZ CAN)
- [ ] CREAM OF CHICKEN SOUP (2 10.5-OZ CANS)
- [ ] ENCHILADA SAUCE (1 10-Z CAN)

PANTRY STAPLES

- [ ] OLIVE OIL (¼ CUP)
- [ ] BEEF BROTH (2 ½ CUPS)
- [ ] CHICKEN BROTH (3 CUPS)
- [ ] LONG GRAIN RICE (3 CUPS)
- [ ] TOMATO SAUCE (¼ CUP)
- [ ] WIDE EGG NOODLES (8 OZ)
- [ ] ONION SOUP MIX (1 1-OZ PKG)

FROZEN

- [ ] MIXED VEGETABLES (12 OZ)
- [ ] TAQUITOS (20)

PRODUCE

- [ ] ONIONS (3)
- [ ] CARROTS (3 LRG)
- [ ] GARLIC HEADS (2 SM)
- [ ] GREEN BEANS (3 CUPS)

DAIRY

- [ ] CREAM CHEESE (8 OZ)
- [ ] SHREDDED SHARP CHEDDAR (1 CUP)
- [ ] SHREDDED MEXICAN BLEND CHEESE (1 ½ CUPS)
- [ ] UNSALTED BUTTER (10 TBSP)
- [ ] WHOLE MILK (1 CUP)

SEASONINGS

- [ ] PAPRIKA (2 ½ TSP)
- [ ] CUMIN (3 TSP)
- [ ] BAY LEAVES (2)
- [ ] RANCH SEASONING (2 1-OZ PKTS)
- [ ] CHILI POWDER (2 TSP)
- [ ] CHICKEN BOUILLON (2 TSP)
- [ ] GARLIC POWDER (2 TSP)
- [ ] CAJUN SEASONING (2 TSP)
- [ ] SALT AND PEPPER