



# WEEK 1 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Save some money this week and use the leftover bourbon chicken to use in your shredded chicken tacos on Thursday!"

### MONDAY

#### HONEY GLAZED SALMON BITES



[RECIPE HERE](#)

### TUESDAY

#### MILLION DOLLAR SPAGHETTI



[RECIPE HERE](#)

### WEDNESDAY

#### CROCKPOT BOURBON CHICKEN



[RECIPE HERE](#)

### THURSDAY

#### SHREDDED CHICKEN TACOS



[RECIPE HERE](#)

### FRIDAY

#### EASY FRENCH BREAD PIZZA



[RECIPE HERE](#)

## SHOPPING LIST

### DAIRY

- CREAM CHEESE (8 OZ)
- UNSALTED BUTTER (1/4 CUP)
- SOUR CREAM (1/3 CUP)
- RICOTTA CHEESE (1 CUP)
- SHREDDED PARMESAN CHEESE (1/2 CUP)
- SHREDDED MOZZARELLA CHEESE (4 1/2 CUPS)

### CANNED GOODS

- MARINARA SAUCE (5 CUPS)
- PIZZA SAUCE (1 CUP)
- SALSA (1 CUP)

### PANTRY STAPLES

- SOY SAUCE (1 1/4 CUPS)
- CHICKEN BROTH (1/2 CUP)
- BOURBON (1/3 CUP) \*\*
- BROWN SUGAR (3/4 CUP)
- SPAGHETTI NOODLES (12 OZ)
- HONEY (1/2 CUP)
- PEPPERONI
- OLIVE OIL (3 TBSP)
- CORNSTARCH (2 TBSP)

### PROTEIN

- SALMON FILET (1 LB)
- LEAN GROUND BEEF (1 LB)
- SAUSAGE (1/2 LB)
- BONELESS CHICKEN THIGHS (2 LBS)
- 1 ROTISSARIE CHICKEN (OR 4 CUPS COOKED AND SHREDDED CHICKEN BREAST)

### PRODUCE

- 1 LIME
- 1 LEMON
- SMALL YELLOW ONION
- GARLIC CLOVES (5)

### SEASONINGS

- GARLIC POWDER (2 TSP)
- ITALIAN SEASONING (1 TSP)
- ONION POWDER (2 TSP)
- CHILI POWDER (2 TSP)
- CUMIN (1 TSP)
- SALT AND PEPPER

### BREADS/BAKERY

- 1 LOAF FRENCH BREAD
- FLOUR TORTILLAS

**\*\* CAN USE WHISKEY, APPLE JUICE OR CHICKEN BROTH INSTEAD OF BOURBON\*\***