



WEEK 6 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Shop your pantry and fridge first! See what you already have on hand that will work with your meal plan. Make substitutions if ingredients you already have work for toppings and mix-ins."

MONDAY

**CAJUN SHRIMP,
SAUSAGE, AND VEGGIE
SKILLET**



[RECIPE HERE](#)

TUESDAY

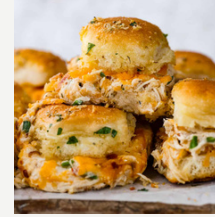
**CROCKPOT
SALISBURY STEAK**



[RECIPE HERE](#)

WEDNESDAY

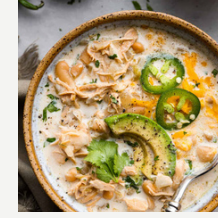
**CRACK CHICKEN
SLIDERS**



[RECIPE HERE](#)

THURSDAY

**CROCKPOT WHITE
CHICKEN CHILI**



[RECIPE HERE](#)

FRIDAY

**GRINDER
SALAD**



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- EGGS (1)
- BUTTER (5 TBSP)
- CREAM CHEESE (4 OUNCES)
- SHREDDED CHEDDAR (1 1/2 CUPS)
- GRATED PARMESAN (1/2 CUP +2 TBSP)
- SOUR CREAM (1 CUP)
- SLICED PROVOLONE (8 OUNCES)

SEASONINGS

- CAJUN SEASONING (2 TBSP)
- GROUND MUSTARD (1 TSP)
- GARLIC POWDER (1/2 TSP)
- DRY ONION FLAKES (2 TSP)
- ITALIAN SEASONING (1 TBSP +1/2 TSP)
- GROUND CUMIN (1 1/2 TSP)
- GROUND CORIANDER (1 TSP)
- RED PEPPER FLAKES (AS DESIRED)

PANTRY STAPLES

- OLIVE OIL (2 TBSP)
- BREAD CRUMBS (1/2 CUP)
- KETCHUP (2 TBSP)
- WORCESTERSHIRE (3 TBSP)
- BEEF BROTH (2 1/2 CUPS)
- CHICKEN BROTH (4 CUPS)
- CORNSTARCH (2 TBSP)
- RANCH DRESSING (1/2 CUP)
- CANNED GREEN CHILES (4 OUNCES)
- CANNELLINI BEANS (2 15-OUNCE CANS)
- MAYONNAISE (1 CUP)
- RED WINE VINEGAR (1 TBSP)
- PEPPERONCINIS (1/2 CUP +LIQUID)

PRODUCE

- ZUCCHINI (2 MEDIUM)
- YELLOW SQUASH (2 MEDIUM)
- ASPARAGUS ((1/2 BUNCH)
- RED BELL PEPPER (2)
- MUSHROOMS (6 OUNCES)
- ONION (1 1/2)
- GREEN ONIONS (3)
- GARLIC (4 TSP MINCED)
- ICEBERG LETTUCE (3 CUPS, SHREDDED)
- BRUSSEL SPROUTS (2 CUPS, SHREDDED)
- RED ONION (1/2 CUP)
- GRAPE TOMATOES (1 CUP)

PROTEIN

- LARGE SHRIMP (1 POUND)
- PORK OR CHICKEN SAUSAGE (14 OUNCES)
- GROUND BEEF (1 POUND)
- BONELESS SKINLESS CHICKEN BREAST (1 POUND)
- BACON, CRUMBLED (1/3 CUP)
- COOKED CHICKEN, ROTISSERIE OR CANNED (2 1/2 CUPS)
- SALAMI (12 OUNCES)
- DELI HAM (8 OUNCES)

BREADS/BAKERY

- HAWAIIAN ROLLS (12)