



WEEK 10 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Instead of chopping veggies every night, do your vegetable prep all at once! Separate the veggies for each recipe into containers or ziplock bags so they are ready to go each night of the week"

MONDAY

CHEESY CHICKEN, ASPARAGUS, BACON, MUSHROOM SHELLS



[RECIPE HERE](#)

TUESDAY

KING RANCH CASSEROLE



[RECIPE HERE](#)

WEDNESDAY

GARLIC BUTTER HERB STEAK BITES WITH POTATOES



[RECIPE HERE](#)

THURSDAY

CAJUN SHRIMP AND SAUSAGE VEGETABLE SHEET PAN



[RECIPE HERE](#)

FRIDAY

PIGS IN A BLANKET



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- SHREDDED CHEDDAR CHEESE (1 CUP)
- SHREDDED PEPPER JACK (1 CUP)
- GRATED PARMESAN CHEESE (1/2 CUP)
- SHREDDED MOZZARELLA CU (
- AMERICAN CHEESE (2 SLICES)
- BUTTER (7 TBSP)
- HEAVY CREAM (2 CUPS)

CANNED GOODS

- GREEN CHILES (1 4-OZ)
- CREAM OF MUSHROOM (1 10-OZ)
- CREAM OF CHICKEN (1 10-OZ)

PANTRY STAPLES

- CHICKEN BROTH (2 CUPS)
- OLIVE OIL (7 TBSP)
- TORTILLA CHIPS (1 BAG)
- DIJON MUSTARD (1 TBSP)
- CRESCENT ROLL DOUGH (1 TUBE)
- MEDIUM SHELL PASTA (16 OUNCES)

SEASONINGS

- GARLIC POWDER (3 1/4 TSP)
- ONION POWDER (1/4 TSP)
- GROUND PAPRIKA (1 TSP)
- CHILI POWDER (1 TSP)
- CAJUN SEASONING (2 TBSP)
- WHITE PEPPER (1/4 TSP)
- DRIED PARSLEY (3 TSP)
- SALT AND PEPPER

PRODUCE

- YUKON GOLD POTATOES (1 POUND)
- BELL PEPPERS (2 RED, 1 GREEN)
- ZUCCHINI (1)
- YELLOW SQUASH (1)
- SLICED MUSHROOMS (1 CUP)
- ASPARAGUS (1 1/2 BUNCH)
- ONION (1)
- GARLIC (4 CLOVES)
- FRESH OREGANO (1 TSP)
- FRESH THYME (1 TSP)
- FRESH ROSEMARY (1 TSP)

PROTEIN

- ROTISSERIE CHICKEN (2 FOR 3 1/2 CUPS)
- SHREDDED CHICKEN)
- BACON (5-6 SLICES)
- SIRLOIN STEAK (1 1/4 POUND)
- LARGE SHRIMP (1 POUND)
- PORK OR CHICKEN SAUSAGE (14 OUNCES)
- HOT DOGS (4)