



# WEEK 17 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

Instead of buying cans or cartons of broth, consider buying jars of bullion base. I love getting a big jar of beef or chicken base to make broth when I need it. It lasts longer and, in my opinion, has better flavor."

MONDAY

### HOMEMADE HAMBURGER HELPER



[RECIPE HERE](#)

TUESDAY

### PANANG CURRY



[RECIPE HERE](#)

WEDNESDAY

### CRACK CHICKEN CASSEROLE



[RECIPE HERE](#)

THURSDAY

### SKILLET PORK CHOPS WITH VEGGIES



[RECIPE HERE](#)

FRIDAY

### 3-PACKET ROST



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- BONELESS SKINLESS CHICKEN THIGHS (1 1/2 LBS)
- BONELESS SKINLESS CHICKEN BREASTS (1 1/2 LBS)
- BACON (1/2 LB)
- PORK TENDERLOIN (1-1 1/2 LB)
- GROUND BEEF (1 LBS)
- BONELESS RUMP ROAST (3-4 LBS)

### DAIRY

- SHREDDED CHEDDAR (2 CUPS)
- SHREDDED COLBY JACK (1 1/2 CUP)
- HEAVY CREAM (1 CUP)
- CREAM CHEESE (8 OZ)
- SOUR CREAM (1 CUP)
- HALF & HALF (1 CUP)

### PRODUCE

- ONION (2)
- BELL PEPPER (1 RED, 1 GREEN)
- FRESH PARSLEY (GARNISH)
- GARLIC (2 CLOVES)
- LIME (1)
- FRESH THAI OR SWEET BASIL (1/4 CUP)
- GREEN ONIONS (GARNISH)
- BRUSSELS SPROUTS (1/2 LB)
- SWEET POTATOES (2 MEDIUM)
- BABY RED POTATOES (1/2 LB)

### CANNED GOODS

- TOMATO PASTE (2 TBSP)
- COCONUT MILK, FULL FAT (14 OZ)

### PANTRY STAPLES

- OLIVE OIL (6 TBSP)
- WORCESTERSHIRE (1 TBSP)
- ELBOW MACARONI (2 LBS)
- BEEF BROTH (6 CUPS)
- PANANG CURRY PASTE (4 OZ)
- PEANUT BUTTER (1 TBSP)
- BROWN SUGAR (2 TBSP)
- FISH SAUCE (1 TBSP)
- CHOPPED PEANUTS (GARNISH)
- DIJON MUSTARD (1/4 CUP)
- REAL MAPLE SYRUP (1/3 CUP)
- APPLE CIDER VINEGAR (1 TBSP)

### SEASONINGS

- GARLIC POWDER (1 TSP)
- ONION POWDER (1/2 TSP)
- CHILI POWDER (1 TSP)
- GROUND MUSTARD (1 TSP)
- CRUSHED RED PEPPER (GARNISH)
- RANCH SEASONING (2 PACKETS, OR 4 TBSP)
- ITALIAN DRESSING MIX (1 PACKET, OR 2 TBSP)
- BROWN GRAVY MIX (1 PACKET, OR 2 TBSP)
- SALT AND PEPPER