



# WEEK 25 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"If you prefer leaner meat, you may swap the ground beef for ground turkey in the chili or the shepherd's pie"

### MONDAY

#### BEST EVER CHILI



[RECIPE HERE](#)

### TUESDAY

#### CREAMY TUSCAN RAVIOLI



[RECIPE HERE](#)

### WEDNESDAY

#### HOMEMADE SHEPHERD'S PIE



[RECIPE HERE](#)

### THURSDAY

#### THAI PEANUT SKILLET CHICKEN



[RECIPE HERE](#)

### FRIDAY

#### POT ROAST



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- LEAN GROUND BEEF (3 LBS)
- BONE-IN, SKIN-ON CHICKEN THIGHS (4)
- CHUCK ROAST (3-4 LBS)

### DAIRY

- HEAVY CREAM (1 CUP)
- GRATED PARMESAN CHEESE (1/2 CUP)
- BUTTER (2 TBSP)
- HALF & HALF (1/2 CUP)
- BOURSIN CHEESE (1 5.2-OZ PKG)

### CANNED GOODS

- TOMATO SAUCE (1 8-OZ CAN)
- DICED TOMATOES (1 15-OZ CAN)
- PINTO BEANS (1 15-OZ CAN)
- KIDNEY BEANS (1 15-OZ CAN)
- TOMATO PASTE (1/3 CUP)

### PRODUCE

- ONION (3)
- BELL PEPPER (1 GREEN, 1 RED, 1 ORANGE)
- GARLIC (9 TSP)
- SPINACH (1 CUP)
- CELERY (1 CUP)
- RUSSET POTATOES (2 LBS)
- CARROTS (5 LARGE)
- 1 LIME (FOR JUICE)
- SNOW PEAS (1 CUP)
- GREEN ONIONS (GARNISH)
- BABY POTATOES (1 LB)

### FROZEN

- PEAS (1 CUP)

### PANTRY STAPLES

- OLIVE OIL (2 TBSP)
- VEGETABLE OIL (2 TBSP)
- BEEF BROTH (5 1/2 CUPS)
- CHICKEN BROTH (1/2 CUP)
- SUN DRIED TOMATOES (1/2 CUP)
- RAVIOLI (20 OZ)
- CORNSTARCH (1 TBSP)
- WORCHESTERSHIRE (6 TBSP)
- SOY SAUCE (1/4 CUP)
- PEANUT BUTTER (1/4 CUP)
- WHITE VINEGAR (2 TBSP)
- BROWN SUGAR (2 TBSP)
- RED WINE (1/2 CUP)

### SEASONINGS

- CHILI POWDER (3 TBSP)
- DRIED OREGANO (1 TBSP + 1/4 TSP)
- DRIED THYME (1/4 TSP)
- DRIED PARSLEY (1 TSP)
- CUMIN (1 TSP)
- CORIANDER (1 TSP)
- CAYENNE (1/4 TSP)
- ITALIAN SEASONING (1 TSP)
- GARLIC POWDER (2 TSP)
- ONION POWDER (1 TSP)
- RED PEPPER FLAKES (GARNISH)
- SALT AND PEPPER