



# WEEK 27 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Instead of using cans or cartons of broth and stock, I love keep jars of bouillon base in the refrigerator to make all kinds of broth whenever I need it."

### MONDAY

#### BAKED MACARONI & CHEESE



[RECIPE HERE](#)

### TUESDAY

#### THAI BASIL BEEF



[RECIPE HERE](#)

### WEDNESDAY

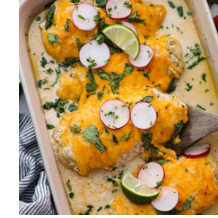
#### MUSHROOM BISQUE



[RECIPE HERE](#)

### THURSDAY

#### GREEN CHILE CHICKEN



[RECIPE HERE](#)

### FRIDAY

#### BRUNSWICK STEW



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- LEAN GROUND BEEF (1 LB)
- BONELESS SKINLESS CHICKEN BREAST (3 LBS)
- SMOKED PULLED PORK (2 CUPS)

### PRODUCE

- FRESH PARSLEY (1 TSP + GARNISH)
- SHALLOTS (2)
- GARLIC (13 TSP)
- FRESH GINGER (1 TBSP)
- BELL PEPPER (1 RED)
- FRESH BASIL (1 CUP)
- SLICED MUSHROOMS (20 OZ)
- ONION (1)
- FRESH THYME (1 TSP)

### CANNED GOODS

- DICED GREEN CHILES (1 4-OZ CAN)
- GREEN ENCHILADA SAUCE (1/2 CUP)
- FIRE ROASTED TOMATOES (1 14.5-OZ CAN)
- TOMATO PASTE (3 TBSP)
- SWEET CORN (1 14.5-OZ CAN)
- LIMA BEANS (1 14.5-OZ CAN)

### DAIRY

- SHREDDED CHEDDAR (1 LB + 1 1/2 CUPS)
- BUTTER (3/4 CUP + 4 TBSP)
- GRATED PARMESAN (1 CUP)
- SHREDDED COLBY JACK (1 1/4 CUP)
- WHOLE MILK (5 CUPS)
- HEAVY CREAM (1 1/2 CUPS)
- CREAM CHEESE (8 OZ)

### PANTRY STAPLES

- ALL-PURPOSE FLOUR (1/2 CUP + 2 TBSP)
- COOKED ELBOW NOODLES (1 LB)
- VEGETABLE OIL (2 TBSP)
- BROWN SUGAR (2 TSP)
- FISH SAUCE (2 TSP)
- LOW SODIUM SOY SAUCE (6 TBSP)
- OYSTER SAUCE (3 TSP)
- ASIAN GARLIC CHILI PASTE (2 TBSP)
- LOW SODIUM BEEF BROTH (1/2 CUP)
- CHICKEN BROTH (3 CUPS)
- CHICKEN STOCK (3 CUPS)
- CORNSTARCH (1 TSP)
- JASMINE RICE (FOR SERVING)
- BARBEQUE SAUCE (2 CUPS)
- WORCHESTERSHIRE SAUCE (2 TBSP)

### SEASONINGS

- GARLIC POWDER (1 1/2 TSP)
- ONION POWDER (1/2 TSP)
- CUMIN (1/4 TSP)
- GROUND MUSTARD (1 TSP)
- GROUND NUTMEG (1/2 TSP)
- GROUND GINGER (1 TSP)
- CAYENNE PEPPER (1/4 TSP)
- SALT AND PEPPER