



WEEK 29 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"If corn on the cob is unavailable, the best substitute is frozen corn! You will need 10 ounces of frozen corn for the 6 cups called for."

MONDAY

CHICKEN POT PIE CASSEROLE



[RECIPE HERE](#)

TUESDAY

SLOW COOKER RAGU



[RECIPE HERE](#)

WEDNESDAY

MEXICAN STREET CORN SOUP



[RECIPE HERE](#)

THURSDAY

ASIAN MEATBALLS



[RECIPE HERE](#)

FRIDAY

GARLIC BUTTER CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- SHREDDED COOKED CHICKEN (4 CUPS)
- GROUND BEEF (3 1/2 LBS)
- GROUND PORK (1 1/2 LBS)
- BONELESS SKINLESS CHICKEN BREAST (2 LBS)

DAIRY

- BUTTER (3/4 CUP)
- HALF & HALF (1 CUP)
- HEAVY CREAM (1/2 CUP)
- COTIJA CHEESE (2/3 CUP)
- SOUR CREAM (1/2 CUP)

CANNED GOODS

- TOMATO PASTE (1 5.5-OUNCE CAN)

PRODUCE

- LARGE CARROTS (5)
- CELERY STALKS (7)
- YELLOW ONION (3)
- GARLIC (19 TSP)
- CORN (8 COBS)
- FRESH CILANTRO (2 TBSP)
- GREEN ONIONS (1/2 CUP)
- FRESH PARSLEY (1 TSP)
- FRESH OREGANO (1 TSP)
- FRESH BASIL (1 TSP)
- SHALLOT (1)

PANTRY STAPLES

- FLOUR (1/4 CUP)
- CHICKEN BROTH (2 1/4 CUPS)
- BEEF BROTH (3 CUPS)
- VEGETABLE BROTH (4 CUPS)
- LEMON JUICE (1 TSP)
- LIME JUICE (2 TBSP)
- CHICKEN BOUILLON (1 TSP)
- CANNED BISCUITS (1 TUBE)
- OLIVE OIL (3 TBSP)
- DRY RED WINE (3/4 CUP)
- NOODLES OF CHOICE (FOR SERVING)
- VEGETABLE OIL (2 TBSP)
- SESAME OIL (3 TSP)
- PANKO (1 CUP)

PANTRY STAPLES

- HOISIN SAUCE (2/3 CUP)
- RICE VINEGAR (1/4 CUP)
- SOY SAUCE (2 TBSP)
- WHITE WINE VINEGAR (1 TBSP)

SEASONINGS

- DRIED PARSLEY (2 TSP)
- DRIED THYME (2 TSP)
- ITALIAN SEASONING (1 TSP)
- ANCHO CHILI POWDER (1/2 TSP)
- CHIPOTLE SEASONING (1/2 TSP)
- GROUND GINGER (1 1/2 TSP)
- SALT AND PEPPER