

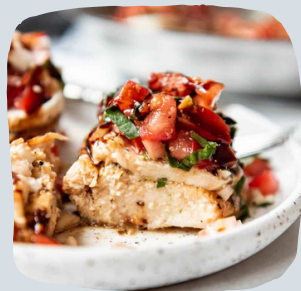


# Meal Plan Week 5

**Bonus!**



**Bruschetta Chicken + Instant Pot Creamy Penne Alfredo + Blackened Salmon + Classic Beef Stew + Spanish Paella + Bonus Salted Brown Butter Rice Krispie Treats**



**Monday**



**Tuesday**



**Wednesday**



**Thursday**



**Friday**

## Produce:

- Roma tomatoes (6)
- Lemons (2)\*
- Head of garlic\*
- Small red onion
- Fresh Basil
- Fresh parsley\*
- Large onions (2)\*
- Medium carrots (6-7)\*
- Large russet potatoes (3-4)
- Celery stalks (2)
- Red bell pepper

## Meat/Poultry/Fish:

- Small chicken breasts (4)
- Salmon fillets (4)
- Beef chuck roast or beef stewing meat (2-2.5 lbs)
- Spanish Chorizo (Andouille sausage is a good substitute)
- Boneless, skinless chicken thighs (4)
- Prawns or jumbo shrimp (8-12 oz)
- Cleaned mussels (8-12 oz)

## Pantry:

- Olive oil\*
- Balsamic glaze
- Penne pasta (16 oz)
- Chicken broth (7 cups)\*
- Flour
- Vegetable oil
- Tomato paste\*
- 1 cup red wine (can be replaced with additional broth or water)
- Red wine vinegar
- Beef broth (6 cups)
- Worcestershire sauce
- Bomba rice or Calasparra rice
- Miniature marshmallows (30 oz)
- Rice Krispies (10 cups)

## Other:

- Frozen peas\*

## Seasonings:

- Italian Seasoning
- Kosher salt\*
- Freshly ground black pepper\*
- Ground nutmeg
- Dried oregano\*
- Smoked paprika\*
- Onion powder
- Garlic powder
- Ground cayenne pepper
- Dried thyme\*
- Dried basil
- Bay leaves
- Dried rosemary
- Saffron threads
- Salt

## Dairy:

- Freshly grated parmesan cheese\*
- Mozzarella cheese (4 slices)
- Cream cheese (4 oz)
- Heavy cream
- Salted butter\*

\*Ingredient is used for more than one recipe.