



# Meal Plan Week 6

**Bonus!**



**Zuppa Toscana Soup + Korean Beef Tacos (Bulgogi) + Marry Me Chicken + Chicken Flautas Recipe + Fried Catfish + Bonus Homemade Lemonade + Banana Bars**



**Monday**



**Tuesday**



**Wednesday**



**Thursday**



**Friday**

## Produce:

- Medium yellow onion (2)\*
- Head of garlic\*
- Russett potatoes (1.5 lbs)
- Fresh Kale
- 1/2 asian or bosc pear
- Green onion
- Purple cabbage
- Cilantro\*
- Avocado
- Limes (3)\*
- Fresh basil
- Shredded lettuce
- Bananas (3 very ripe)
- Lemons plus extra lemons for presentation (4 lbs)

## Meat/Poultry/Fish:

- Bacon (1/2 lb)
- Italian sausage, casings removed (1 lb)
- Ribeye or sirloin steak thinly sliced (1.5 lbs)
- Boneless, skinless chicken breasts (4)
- Cooked shredded chicken
- Farm-raised catfish filets (1-2 lbs)

## Pantry:

- Olive oil\*
- Vegetable oil\*
- Chicken broth (5 cups)\*
- Soy sauce
- Sesame oil
- Kimchi
- Mayonnaise
- Gochujang paste or Sriracha sauce
- Flour\*
- Sundried tomatoes (1 jar)
- Package of Spaghetti
- Black beans (14.5 oz can)
- Mild fire roasted diced green chilies (4 oz can)
- Salsa
- Yellow cornmeal
- Sugar\*
- Pure vanilla extract
- Baking soda
- Brown sugar\*
- Powdered sugar

## Bread/Bakery:

- 20 -24 Flour tortillas\*

## Other:

- Toothpicks
- Pico de gallo
- Guacamole
- Ice

## Seasonings:

- Kosher salt\*
- Black Pepper\*
- Garlic powder\*
- Red pepper flakes
- Chili powder
- Ground cumin
- Onion powder
- Chipotle chili powder or smoked paprika
- Italian seasoning
- Dried oregano
- Seasoned salt
- Cayenne pepper
- Paprika

## Dairy/Eggs:

- Heavy cream (2 cups)\*
- Freshly grated parmesan cheese\*
- Sour cream (3 cups)\*
- Shredded cheese (Monterey jack, cheddar, pepper jack, or a Mexican cheese blend) (2 cups)
- Queso fresco or cotija cheese
- Buttermilk (1 cup)
- Salted butter
- Large eggs (2)
- Milk

\*Ingredient is used for more than one recipe.