



# Meal Plan Week 8

Chicken Tikka Masala + Cafe Rio Sweet Pork + Roast Beef Sliders  
+ Baked Ziti + Egg Roll in a Bowl + Bonus Lemon Bars



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Red onion
- Lemon juice
- 1 Head of garlic\*
- Jalapeno
- Cilantro (2 bunches)\*
- Chopped romaine lettuce
- Fresh basil
- Lemons (7)
- Coleslaw mix (14 oz)
- Green onions (1 bunch)

## Meat/Poultry/Fish:

- 1.5 lbs boneless skinless chicken breasts, (about 2 large or 3 small chicken breasts)
- Pork shoulder butt roast (3-5 lbs)
- 40 thin slices roast beef (1.5 lbs)
- Mild Italian sausage (1 lb)
- Ground pork or ground beef (1 lb)

## Bread/Bakery:

- Naan Bread (homemade or store bought)
- Flour tortillas (12-24)
- 20 sweet hawaiian rolls

## Pantry:

- Tomato sauce (2 - 14.5 oz cans)\*
- Tomato paste
- Basmati rice (or any preference of rice)
- 2 cans regular Coca-Cola or Dr. Pepper (not diet)
- Brown sugar\*
- Red enchilada sauce (10 oz can)
- Diced green chiles (4 oz)
- Horseradish sauce
- Worcestershire sauce
- Ziti pasta (1 lb)
- Marinara sauce (28 oz)
- Flour
- Powdered sugar
- Cornstarch
- Granulated sugar
- Soy sauce
- Water chestnuts (8 oz)
- Sesame oil
- Rice wine vinegar
- Sriracha
- Mayonnaise
- Black Beans (1 can)
- Sesame Seeds
- Wonton Strips

## Other:

- Pico de gallo
- Cilantro lime dressing
- Cilantro Lime rice
- Guacamole

## Seasonings:

- Ground Cumin
- Salt
- Cayenne pepper
- Black pepper\*
- Ground cinnamon
- Garam masala
- Methi powder (optional)
- Ground ginger\*
- Ground coriander
- Paprika
- Kosher salt\*
- Garlic powder\*
- Onion powder
- Chili powder
- Dried mustard
- Poppy seeds
- Italian seasoning

## Dairy/Eggs:

- Plain yogurt
- Salted butter\*
- Heavy cream (3 cups)\*
- Crumbled cotija cheese
- Sour cream
- Shredded mozzarella cheese (2 cups)\*
- Shredded pepper jack cheese (8 oz)
- Shredded cheddar cheese (8 oz)
- Cottage cheese (16 oz)
- 2 eggs & 8 egg yolks
- Grated parmesan cheese (1.5 cups)
- Block of fresh mozzarella (8 oz)

\*Ingredient is used for more than one recipe.