



Meal Plan Week 9

Baked Chicken Drumsticks + Cajun Pasta + Sloppy Joes + Angel Hair Pasta with Shrimp + Shredded Beef Chimichangas + Bonus White Chocolate Raspberry Cheesecake + Italian Sodas



Monday



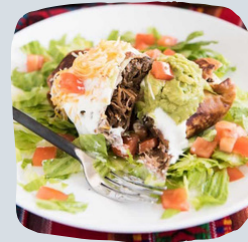
Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Red onion
- Large yellow onion (2)
- Red or yellow peppers (2)
- ½ red, yellow, orange, or green bell pepper
- Head of garlic* or a jar of minced garlic
- Fresh parsley
- Yellow onion
- Roma (7) or plum tomatoes (container)
- Fresh basil
- Raspberries (12 oz fresh or frozen)
- Fresh raspberries or peaches as garnish for Italian sodas (optional)
- Shredded lettuce
- Diced Tomatoes

Meat/Poultry/Fish:

- Chicken drumsticks 4 lbs (around 12-14 drumsticks)
- Andouille sausage (1/2 lb)
- Lean ground beef (1 lb)
- Medium raw shrimp (1 lb peeled and deveined)
- Beef chuck shoulder roast (2-3 lbs) (for beef chimichangas)

Pantry:

- Olive oil*
- Diced tomatoes (15 oz can)
- Casarecce pasta or similar (8 oz)
- Flour*
- Tomato sauce (8 oz can)
- Stewed tomatoes (15 oz)
- Beef broth (1 1/4 cup)*
- Ketchup
- Tomato paste
- Yellow mustard
- Apple cider vinegar
- Worcestershire sauce
- Brown sugar
- Angel hair pasta (8-12 oz)
- Chicken broth
- Diced green chilies (4 oz can)
- Green chili salsa or salsa verde (1 cup)
- Oreo cookies (26-30)
- White chocolate chips
- Granulated sugar
- Vanilla extract
- Cornstarch
- White chocolate bar
- Powdered sugar
- Club soda
- Torani raspberry flavored syrup
- Torani peach flavored syrup
- Oil for frying

Other:

- Ice
- Guacamole and salsa

Seasonings:

- Garlic powder
- Smoked paprika*
- Italian seasoning
- Coarse kosher salt*
- Freshly ground black pepper*
- Thyme
- Cajun or creole seasoning (Tony chachere's)
- Chili powder*
- Ground cumin*
- Red pepper flakes*
- Garlic powder*
- Dried oregano
- Onion powder
- Ground coriander
- Chipotle chili powder

Dairy/Eggs:

- Milk
- Cream cheese (36 oz)*
- Salted butter*
- Freshly grated parmesan cheese (1.5 cup)
- Sour cream
- Eggs (4 large)
- Heavy cream*
- Half and half*

Bread/Bakery:

- 12 of Your favorite soft buns
- 8-10 regular flour tortillas

*Ingredient is used for more than one recipe.