



Meal Plan Week 10

Cheesy Lasagna Soup + Orange Chicken + Crispy Chicken Sandwiches + Dirty Rice + Pan Seared Salmon + Bonus Texas Sheet Cake



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Medium yellow onion (2)*
- Head of garlic*
- Large Carrot (1)
- Zucchini
- Fresh parsley
- Fresh basil
- Orange
- Green onions*
- Toppings for chicken sandwich
 - Green lettuce
 - Tomatoes
 - Red onion
 - Dill pickles
- Green bell pepper
- Celery stalks (2)

Meat/Poultry/Fish:

- Mild Italian sausage (1/2 lb)
- Lean ground beef (1/2 lb)
- 4 Boneless skinless chicken breasts (2 lbs)
- 4 Small chicken breasts (or 2 large sliced horizontally)
- 6 oz salmon fillets (4)

Pantry:

- Chicken Broth (8-10 cups)
- Crushed tomatoes (28 oz can)
- Fire-roasted or diced tomatoes (14.5 oz can)
- Tomato paste
- Granulated sugar*
- Lasagna noodles (8-10 noodles or 8 oz)
- Cornstarch
- All purpose flour*
- Oil for frying (peanut or vegetable oil)*
- Rice vinegar or white vinegar
- Soy sauce
- Sesame oil
- White rice
- Powdered sugar*
- Panko breadcrumbs
- Long grain white rice
- Beef broth (2 cups)
- Tabasco sauce
- Olive oil
- Baking soda
- Unsweetened cocoa
- Vanilla extract
- Chopped toasted pecans or walnuts (opt.)

Other:

- Orange juice

Seasonings:

- Dried basil
- Dried oregano
- Kosher salt*
- Pepper*
- Rosemary
- Crushed fennel seeds
- Thyme
- Red pepper flakes
- Bay leaf (2)*
- Salt*
- Onion powder*
- Ginger powder
- Ground ginger
- Paprika
- Garlic powder
- Cayenne pepper or smoked hot paprika
- Cajun seasoning
- Italian seasoning

Dairy/Eggs:

- Mozzarella cheese
- Grated parmesan cheese
- Ricotta cheese
- 6 eggs*
- Buttermilk
- Sliced cheese
- Salted butter
- Buttermilk
- Milk

Bread/Bakery:

- Hamburger buns

*Ingredient is used for more than one recipe.