



# Meal Plan Week 16

Healthy Asian Lettuce Wraps + Ground Beef Enchiladas + Lemon Tarragon Pasta Salad + Jambalaya + Cheesy Baked Spaghetti Casserole + Bonus Frosted Peanut Butter Blondies and Shirley Temple



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- 12-16 Bibb or Butter Lettuce Leaves
- Large onion (1)
- Medium onion (3)\*
- Head of garlic\*
- Fresh ginger
- Green onions (3 bunches)\*
- Matchstick carrots
- Bean sprouts
- Cilantro
- Avocado
- Tomato
- Red grapes
- Celery (6 stalks)\*
- Lemons (2)
- Fresh tarragon
- Green pepper
- Red pepper
- Fresh parsley

## Meat/Poultry/Fish:

- Ground Chicken or ground turkey (1 lb)
- Ground beef (2 lbs)\*
- Cooked cubed chicken or rotisserie chicken (2 cups)
- Chicken thighs (1 lb)
- Andouille sausage (1 lb)
- Shrimp peeled and deveined with tails removed (1 lb)

## Pantry:

- Olive oil\*
- Reduced sodium soy sauce
- Hoisin sauce
- Rice wine vinegar
- Sesame oil
- Water chestnuts
- Roasted peanuts (opt.)
- Slivered almonds (1/2 cup)
- All-purpose flour\*
- Chicken broth (3 cups)
- Beef broth (2 cups)
- Tomato sauce (6 oz)
- Crushed tomatoes (15 oz can)
- Tomato paste
- Bowtie pasta (16 oz)
- Mayonnaise
- Granulated sugar
- Honey
- Long grain white rice
- Spaghetti (16 oz)
- Spaghetti sauce (32 oz)
- Creamy peanut butter
- Light brown sugar
- Vanilla extract
- Powdered sugar
- Reese's pieces
- Lemon lime soda (2 liters)
- Grenadine (12 oz)
- Maraschino cherries

## Bread/Bakery:

- 10-12 Medium 8 inch flour tortillas

## Seasonings:

- Chili powder
- Ground cumin
- Kosher salt\*
- Dried oregano
- Garlic powder
- Onion powder\*
- Smoked paprika
- Dried oregano\*
- Black pepper\*
- Creole seasoning
- Salt\*
- Dried thyme
- Cayenne pepper (opt)
- Bay leaves
- Italian seasoning

## Dairy/Eggs:

- Salted butter\*
- Grated sharp cheddar cheese (1 cup)
- Grated monterey jack cheese (1 cup)
- Sour cream\*
- Buttermilk
- Cottage cheese
- Eggs (4)
- Grated parmesan cheese (1/2 cup)
- Shredded mozzarella cheese (16 oz)
- Heavy cream

## Other:

- Ice

\*Ingredient is used for more than one recipe.