

Meal Plan Week 16

Healthy Asian Lettuce Wraps + Ground Beef Enchiladas + <u>Lemon</u>

<u>Tarragon Pasta Salad</u> + Jambalaya + Cheesy Baked Spaghetti

Casserole + Bonus <u>Frosted Peanut Butter Blondies</u> and <u>Shirley Temple</u>

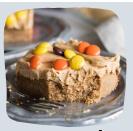












Monday

<u>Tuesday</u>

<u>Thursday</u>

<u>Friday</u>

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 ceese (16 oz)
- Heavy cream

Other:

• Ice

^{*}Ingredient is used for more than one recipe.