



# Meal Plan Week 19

Shepherds Pie + White Chicken Chili + Shrimp Po Boy Sandwiches + Spaghetti and Meatballs + Crispy Salmon Bites in the Air Fryer + Oatmeal Fudge Bars



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Medium onion (3)
- Head of garlic\*
- Large carrots (3)\*
- Fresh rosemary (or dried)
- Fresh thyme
- Large potatoes (3-4)
- Jalapenos (2)
- Lime
- Corn (fresh or frozen)\*
- Cilantro (topping)
- Avocado\*
- Lemon
- Green onions (2 bunches)\*
- Head of cabbage or head of lettuce
- Tomatoes (2)
- Fresh parsley
- Head of broccoli

## Meat/Poultry/Fish:

- Ground lamb (1.5 lbs)
- Cooked, shredded chicken (3 cups or 1.5 lbs of chicken)
- Raw shrimp peeled and deveined (1.5 to 2 lbs)
- Ground beef (1 lb)
- Ground pork (1/2 lb)
- Salmon fillets (1 lb)

## Bread/Bakery:

- French rolls (4)
- Italian bread (4 slices, stale)

## Pantry:

- Olive oil\*
- Worcestershire sauce\*
- Tomato paste
- All-purpose flour
- Beef broth (1.5 cups)
- Chicken broth (4 cups)
- Great Northern or Cannelini beans (30 oz can)
- Mild diced green chilies (8 oz)
- Mayonnaise
- Dijon mustard
- Dill pickle relish
- Horseradish
- Hot sauce
- Yellow corn meal
- Dill pickles (opt.)
- Italian seasoned breadcrumbs
- Oil for frying
- Crushed tomatoes (2 - 28 oz cans)
- Sugar
- Brown sugar
- Spaghetti (1 lb)
- Soy sauce
- Teriyaki sauce
- Honey
- White rice
- Vanilla extract
- Old fashioned oats
- Baking soda
- Semisweet Chocolate chips
- Sweetened condensed milk

## Seasonings:

- Salt\*
- Freshly ground black pepper
- Red pepper flakes\*
- Nutmeg
- Cumin
- Ancho chili powder
- Dried oregano\*
- Kosher salt\*
- Black pepper
- Smoked paprika\*
- Cayenne pepper\*
- Creole seasoning
- Garlic powder\*
- Onion powder
- Dried basil\*
- Fennel seeds
- Dried parsley
- Sesame seeds (garnish)

## Dairy/Eggs:

- Heavy cream
- Salted butter\*
- Sour cream or Greek yogurt (1/2 cup)
- Shredded monterey jack cheese (topping)
- Buttermilk
- Egg (6)\*
- Parmesan or Romano cheese (1/2 cup)

## Other:

- Frozen peas

\*Ingredient is used for more than one recipe.