



WEEK 50 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Save some time on the buffalo chicken pasta and use shredded rotisserie chicken instead of cooking chicken breasts. One large rotisserie chicken yields about 3 cups of shredded chicken, which is just about the right amount for this recipe."

MONDAY

SPINACH STUFFED SALMON



[RECIPE HERE](#)

TUESDAY

TATER TOT NACHOS



[RECIPE HERE](#)

WEDNESDAY

SLOW COOKER BEEF & BROCCOLI



[RECIPE HERE](#)

THURSDAY

QUICK & EASY STROMBOLI



[RECIPE HERE](#)

FRIDAY

BUFFALO CHICKEN PASTA



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- SKINLESS SALMON FILETS (4)
- GROUND BEEF (½ LB)
- BONELESS SKINLESS CHICKEN BREAST (1 LB)
- BONELESS BEEF CHUCK ROAST (1 ½ LB)
- ITALIAN SALAMI (12 SLICES)
- PEPPERONI (16 SLICES)

CANNED GOODS

- REFRIED BEANS (½ CUP)
- CORN (½ CUP)
- BLACK BEANS (½ CUP)

PANTRY STAPLES

- OLIVE OIL (2 TBSP)
- SALSA (½ CUP)
- PICO DE GALLO (TOPPING)
- LOW-SODIUM BEEF BROTH (½ CUP)
- DARK BROWN SUGAR (⅓ CUP)
- SESAME OIL (1 TBSP)
- CORNSTARCH (2 TBSP)
- REFRIGERATED PIZZA DOUGH (1 TUBE)
- PIZZA SAUCE (½ CUP)
- PENNE PASTA (16 OZ)
- RANCH DRESSING (¾ CUP)
- CHICKEN BROTH (1 CUP)
- BUFFALO SAUCE (¾ CUP)

DAIRY

- CREAM CHEESE (12 OZ)
- PARMESAN (¼ CUP + 2 TBSP)
- SHREDDED SHARP CHEDDAR (1 ½ CUP)
- SHREDDED MONTEREY JACK (½ CUP)
- SHREDDED MOZZARELLA (2 ¾ CUP)
- BLUE CHEESE CRUMBLES (¼ CUP)
- EGGS (1)
- SOUR CREAM (TOPPING)

FROZEN

- TATER TOTS (2 LBS)
- BROCCOLI (1 12-OZ BAG)

PRODUCE

- BABY SPINACH (4 CUPS)
- LEMON (1)
- GARLIC (4 TSP)
- GREEN ONIONS (2)
- FRESH PARSLEY (GARNISH)
- FRESH CILANTRO (TOPPING)
- AVOCADO (TOPPING)
- JALAPENO (TOPPING)

SEASONINGS

- LEMON PEPPER (2 TSP)
- ITALIAN SEASONING (2 TSP)
- TACO SEASONING (2 TBSP)
- SALT AND PEPPER