



# WEEK 85 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Instant rice is my go to shortcut when I need cooked rice fast. Use microwaveable rice or quick cook dehydrated rice to save time."

### MONDAY

#### ITALIAN POT ROAST



[RECIPE HERE](#)

### TUESDAY

#### CROCKPOT PARMESAN CHICKEN PASTA



[RECIPE HERE](#)

### WEDNESDAY

#### CHICKEN CAESAR BAKE



[RECIPE HERE](#)

### THURSDAY

#### CABBAGE ROLL CASSEROLE



[RECIPE HERE](#)

### FRIDAY

#### HAM FRIED RICE



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- CHUCK ROAST (3-4 LBS)
- BONELESS SKINLESS CHICKEN BREASTS (4 LBS)
- GROUND BEEF (1 ½ LBS)
- DICED HAM (1 ½-2 CUPS)

### DAIRY

- CREAM CHEESE (8 OZ)
- GRATED PARMESAN (1 ½ CUP)
- UNSALTED BUTTER (6 TBSP)
- SHREDDED COLBY JACK (2 CUPS)
- EGGS (3)

### PANTRY STAPLES

- OLIVE OIL (2 TBSP)
- SESAME OIL (2 TBSP)
- DRY RED WINE (1 CUP)
- BEEF BROTH (1 ½ CUPS)
- SOY SAUCE (3 TBSP)
- PARMESAN GARLIC SAUCE (12 OZ)
- MARINARA SAUCE (24 OZ)
- CAESAR DRESSING (1 CUP)
- PASTA OF CHOICE (10 OZ)
- CAESAR CROUTONS (2 CUPS)
- COOKED RICE (5 CUPS)

### SEASONINGS

- BAY LEAVES (2)
- RED PEPPER FLAKES (GARNISH)
- ITALIAN SEASONING (2 TSP)
- DRIED DILL (½ TSP)
- SALT AND PEPPER

### CANNED GOODS

- TOMATO PASTE (1 6-OZ CAN)
- CRUSHED TOMATOES (14-OZ CAN)
- DICED TOMATOES (1 14-OZ CAN)

### PRODUCE

- ONION (2)
- CARROTS (2 LARGE)
- CELERY (3 RIBS)
- GARLIC (2 TBSP + 1 TSP)
- GREEN CABBAGE (1 HEAD)
- GREEN ONIONS (2 TBSP)
- FRESH THYME (5 SPRIGS)
- FRESH ROSEMARY (1 SPRIG)
- FRESH PARSLEY (GARNISH)

### FROZEN

- PEAS AND CARROTS (1 CUP)