

****The following is NOT a complete menu plan. It's a sample plan that includes 1 main dish, 1 side, 1 dessert, and a partial shopping list.****

Each week we will be sending you 10 recipes to enjoy. This includes 6 main dishes, 2 side dishes, and 2 desserts. This weekly menu is just a suggestion, but you can mix and match the recipes as you please! The shopping list attached only includes the ingredients needed to make the 10 recipes in the menu plan, with a few optional side dish options. Any personal items or desired ingredients will need to be added individually. If you have any questions or comments, please email us at contact@sixsistersmenuplan.com.

Here is this week's menu:

Lemon Butter Chicken with Asparagus	Cheeseburger Wraps with Baked Pickle Chips	Fried Pork Chops with Steamed Carrots / Peanut Butter Reese's Popcorn	Slow Cooker Beef Enchilada Stacks with Green Chile Rice	Chicken Asparagus Fettuccine Alfredo	LEFTOVERS	One Pan Egg and Turkey with Potatoes / Texas Sheet Cake Brownies
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Chicken Asparagus Fettuccine Alfredo:

Serves: 4-6

Prep time: 20 min. Cook time: 20 min.

Ingredients:

- 1 (8 ounce) pkg GF fettuccine noodles
- 5 Tablespoons olive oil, divided
- 2 boneless skinless chicken breasts, cut into cubes
- salt and pepper, to taste
- garlic powder, to taste
- 1 cup chicken broth
- 1 bunch asparagus, trimmed and cut into 1" pieces
- 1 teaspoon minced garlic
- 1 (20 ounce) jar alfredo sauce
- ½ cup parmesan cheese

Directions:

Cook noodles according to directions on package for al dente, then drain and set aside. In a large skillet or sauce pan, warm 3 tablespoons olive oil over medium heat. Add chicken to pan and sprinkle with salt and pepper and garlic powder. Cook for 5 minutes or until chicken is cooked through. Remove chicken from pan and place on paper towels to absorb extra oil. In the same pan, add chicken broth, asparagus and minced garlic. Cover and steam for 5 to 10 minutes until asparagus is soft. Stir chicken and asparagus mixture into noodles. Drizzle on remaining 2 tablespoons of olive oil. Mix in alfredo sauce and parmesan cheese.

MAIN DISH



Green Chile Rice:

Serves: 6-8

Prep time: 15 min. Cook time: 20 min.

Ingredients:

- 4 cups white rice, cooked
- 2 cups of shredded mozzarella cheese
- 2 cups sour cream
- 1 (4 ounce) can diced green chiles, drained

Directions:

Preheat oven to 400 degrees F. In a large bowl, combine all ingredients together and mix well. Pour all ingredients into a greased 8x8 inch baking dish. Bake for 20 minutes, until heated through and it starts to bubble.

SIDE DISH



Peanut Butter Reese's Popcorn:

Serves: 10

Prep time: 5 min. Cook time: 5 min.

Ingredients:

- 1 cup light corn syrup
- 1 cup granulated sugar
- 1 cup creamy peanut butter
- 2 Tablespoons vanilla extract
- 8 cups popped popcorn
- 1 bag Mini Reese's Peanut Butter Cups
- 1 cup milk chocolate chips, melted

Directions:

In a saucepan over medium heat, combine corn syrup, sugar, and peanut butter. Bring to a rolling boil and remove from heat. Mix in vanilla extract. Place popped popcorn in a large bowl and pour peanut butter mixture over the top. Fold gently until popcorn is evenly coated. Spread popcorn in a thin layer on wax paper. Sprinkle on Reese's over the popcorn. Drizzle melted chocolate chips over the top of the popcorn. Let cool before serving.

DESSERT



SHOPPING LIST

PRODUCE		DAIRY		MEAT		CANNED GOODS/SAUCES	
ITEM	QUANTITY	ITEM	QUANTITY	ITEM	QUANTITY	ITEM	QUANTITY
Lemons	3 lemons	Butter	2 cups	Chicken Breast Halves	6 breasts	Pinto Beans	1 (15 oz) can
Green Pepper	1 pepper	Shredded Cheddar Cheese	1 ½ cups	Ground Beef	2 lbs	Black Beans	1 (15 oz) can
Yellow Squash	1 squash	Shredded Colby Jack Cheese	2 cups	Breakfast Pork Chops	8 chops	Red Enchilada	1 (10 oz) can
Yellow Onion	1 onion	Sour Cream	2 ½ cups	Skinless, Boneless Chicken Breasts	2 breasts	Diced Green Chilies	1 (4 oz) can
Tomato	2 tomatoes	Parmesan Cheese	1 cup	Lean Ground Turkey	1 lb	Chicken Broth	1 cup
Green Onions	1 bunch	Eggs	10			Salsa	2 cups
Avocado	1 avocado	Shredded Mozzarella Cheese	2 cups			Dill Pickle Chips	1 (24 oz) jar
Asparagus	2 bunches	Buttermilk	½ cup			Alfredo Sauce	1 (20 oz) jar
Baby Carrots	1 lb bag (opt. side)	Milk	¼ cup			Worcestershire Sauce	2 Tbl
Shredded Lettuce	1 ½ cups						
Red Onion	1 onion						