



WEEK 2 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Repurpose your leftover
Kalua Pork to use in your
Sheet Pan Nachos!"

MONDAY

SLOW COOKER KALUA PORK



[RECIPE HERE](#)

TUESDAY

SHEET PAN NACHOS



[RECIPE HERE](#)

WEDNESDAY

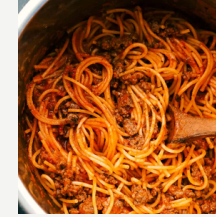
THAI BASIL BEEF



[RECIPE HERE](#)

THURSDAY

INSTANT POT SPAGHETTI



[RECIPE HERE](#)

FRIDAY

AIR FRYER CHICKEN FAJITAS



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- SOUR CREAM
- SHREDDED CHEDDAR CHEESE
(1 CUP)
- SHREDDED JACK CHEESE
(1 CUP)

CANNED GOODS

- MARINARA SAUCE (TWO 24
OZ JARS)
- BLACK BEANS (1/2 CUP)
- OLIVES (1/2 CUP)
- REFRIED BEANS (15 OZ)
- CORN (1/2 CUP)

PANTRY STAPLES

- SOY SAUCE (6 T)
- CORNSTARCH (1 T)
- OLIVE OIL (3 T)
- VEGETABLE OIL (2 T)
- LIQUID SMOKE (3 T)
- BROWN SUGAR (2 TSP)
- SPAGHETTI NOODLES (1 LB)
- FISH SAUCE (2 T)
- OYSTER SAUCE (3 TSP)
- GARLIC CHILI PASTE (2 T)
- BEEF BROTH (1/2 CUP)
- JASMINE RICE
- SALSA (1/2 CUP)

PROTEIN

- PORK BUTT ROAST (6 LBS)
- CHICKEN BREAST (1 LB)
- GROUND BEEF (3 LBS)

PRODUCE

- GARLIC CLOVES (7)
- FRESH GINGER (1 T)
- RED BELL PEPPER (1)
- GREEN BELL PEPPER (1)
- BASIL LEAVES (1 CUP)
- MEDIUM ONION (1)
- SHALLOTS (2)
- CILANTRO
- JALAPEÑOS
- ROMA TOMATO

SEASONINGS

- HAWAIIAN SEA SALT (3 T)
- ITALIAN SEASONING (1 T)
- GARLIC POWDER (1 TSP)
- PACKET OF FAJITA SEASONING(1)
- PACKET OF TACO SEASONING (1)
- SALT AND PEPPER

BREADS/BAKERY

- FLOUR TORTILLAS