



WEEK 5 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Buy your chicken in bulk (I always like to keep frozen chicken breasts on hand) so that you can save some money on your chicken recipes this week!"

MONDAY

CROCKPOT SALSA CHICKEN



[RECIPE HERE](#)

TUESDAY

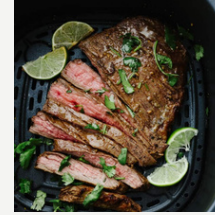
SHEET PAN CRISPY GARLIC PARM CHICKEN



[RECIPE HERE](#)

WEDNESDAY

AIR FRYER FLANK STEAK



[RECIPE HERE](#)

THURSDAY

ASIAN TURKEY LETTUCE WRAPS



[RECIPE HERE](#)

FRIDAY

8 CAN CHICKEN TACO SOUP



[RECIPE HERE](#)

SHOPPING LIST

CANNED GOODS

- SLICED WATER CHESTNUTS (8 OUNCES)
- DICED TOMATOES (15 OUNCES)
- CORN (15 OUNCES)
- BLACK BEANS (15 OUNCES)
- PINTO BEANS (15 OUNCES)
- CREAM OF CHICKEN SOUP (10 3/4 OUNCES)
- CHICKEN BREAST (12 OUNCES)
- GREEN ENCHILADA SAUCE (15 OUNCES)
- CHICKEN BROTH (15 OUNCES)
- OLIVES (TOPPING)

PANTRY STAPLES

- SALSA (2 CUPS)
- CHICKEN BROTH (1/2 CUP)
- LIME JUICE (2 TBSP)
- PANKO BREADCRUMBS (1 CUP)
- OLIVE OIL (3 TBSP)
- ORANGE JUICE (2 TBSP)
- SOY SAUCE (4 TBSP)
- SESAME OIL (1 TSP)
- HOISIN SAUCE (1/4 CUP)
- RICE WINE VINEGAR (1 TBSP)
- RED CHILI PASTE (2 TSP)
- TORTILLA STRIPS (TOPPING)

PRODUCE

- LIMES (3-4)
- BABY POTATOES (1 POUND)
- ASPARAGUS (1 BUNCH)
- GARLIC (4 CLOVES)
- CARROTS (1/4 CUP SHREDDED)
- MUSHROOMS (6 OUNCES)
- GREEN ONIONS (2)
- BUTTER OR ICEBERG LETTUCE (1)
- AVOCADO (1)

DAIRY

- SHREDDED CHEDDAR CHEESE (TOPPING)
- EGGS (2)
- MILK (1/4 CUP)
- GRATED PARMESAN (1 CUP)
- SOUR CREAM (TOPPING)

SEASONINGS

- TACO SEASONING (3 TBSP OR 2 PACKETS)
- ITALIAN SEASONING (1 TBSP)
- GARLIC POWDER (1 TSP)
- OREGANO (1/2 TSP)
- CHILI POWDER (1 TSP)
- GROUND CUMIN (1/2 TSP)
- SALT AND PEPPER

PROTEIN

- CHICKEN BREAST (4 POUNDS)
- FLANK STEAK (2 POUNDS)
- GROUND TURKEY (1 POUND)