



# WEEK 11 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Making marinades and seasonings from scratch isn't always cost effective. If it's easier or more affordable, you may replace those from-scratch things with ready-made substitutes you find at the store."

### MONDAY

#### PEPPER BEEF STIR FRY



[RECIPE HERE](#)

### TUESDAY

#### AMERICAN GOULASH



[RECIPE HERE](#)

### WEDNESDAY

#### INSTANT POT LEMON GARLIC CHICKEN



[RECIPE HERE](#)

### THURSDAY

#### MEXICAN CHORIZO TACOS



[RECIPE HERE](#)

### FRIDAY

#### SHRIMP KABOBS



[RECIPE HERE](#)

## SHOPPING LIST

### PANTRY STAPLES

- OLIVE OIL (4 TBSP)
- BROWN SUGAR (1/4 CUP)
- SOY SAUCE (1/2 CUP + 3 TBSP)
- SESAME OIL (2 TSP)
- CORNSTARCH (1 TBSP)
- BEEF BASE OR BOUILLON (1 TBSP)
- ELBOW MACARONI (2 CUPS)
- CHICKEN BROTH (1/3 CUP)
- SHRIMP MARINADE\*\*

### PROTEIN

- FLANK STEAK (8 OZ)
- GROUND BEEF (2 LBS)
- BONELESS CHICKEN THIGHS (6-8)
- GROUND PORK (1 LB)
- SHRIMP (1 LB)

### SEASONINGS

- GROUND GINGER (1 TSP)
- BAY LEAVES (3)
- SEASONED SALT (1 TBSP)
- ITALIAN SEASONING (3 1/2 TBSP)
- PAPRIKA (2 TSP)
- GARLIC POWDER (1/2 TSP)
- CHORIZO SEASONING\*\* (1/3 CUP)
- SALT AND PEPPER

### PRODUCE

- BELL PEPPERS (2 RED, 1 GREEN)
- GARLIC (12 CLOVES)
- ONION (1)
- RED ONION (1)
- FRESH PARSLEY (GARNISH)
- LEMON (2)
- ZUCCHINI (1)

**\*\* CAN BUY PRE-MADE OR MAKE FROM SCRATCH**

### CANNED GOODS

- TOMATO SAUCE (2 15-OZ)
- DICED TOMATOES (1 15-OZ)
- PETITE DICED TOMATOES (1 15-OZ)
- CREAM OF CHICKEN (1 10-OZ)

### DAIRY

- SHREDDED CHEDDAR CHEESE (1 CUP)
- BUTTER (3 TBSP)

## MAKE THE SEASONINGS FROM SCRATCH!

### SHRIMP MARINADE

- OLIVE OIL (1/2 CUP)
- RED WINE VINEGAR (1/4 CUP)
- GARLIC (3 CLOVES)
- ITALIAN SEASONING (1 TBSP)
- LEMON JUICE (1 TBSP)
- SOY SAUCE (2 TBSP)
- DIJON MUSTARD (1 TSP)
- WORCESTERSHIRE (1 TBSP)

### CHORIZO SEASONING

- CHILI POWDER (2 TBSP)
- GARLIC POWDER (2 TBSP)
- ONION POWDER (2 TBSP)
- DRIED OREGANO (1 TBSP)
- SMOKED PAPRIKA (2 TSP)
- CUMIN (2 TSP)
- KOSHER SALT (2 TSP)
- PEPPER (1/2 TSP)
- GROUND CORIANDER (1/2 TSP)