



# WEEK 15 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Utilize garden or farmer's market vegetables by swapping in or adding a variety to the skillet, kabobs, or even into the sweet and sour pork! For root vegetables, cut them into bite sized pieces and boil them for 8-10 minutes before adding them to ensure they cook fully."

### MONDAY

#### CHICKEN & GARDEN VEGETABLE SKILLET



[RECIPE HERE](#)

### TUESDAY

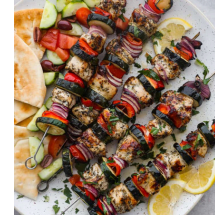
#### BEEFARONI



[RECIPE HERE](#)

### WEDNESDAY

#### GREEK CHICKEN KABOBS



[RECIPE HERE](#)

### THURSDAY

#### SLOW COOKER ENCHILADA SOUP



[RECIPE HERE](#)

### FRIDAY

#### SWEET AND SOUR PORK



[RECIPE HERE](#)

## SHOPPING LIST

### DAIRY

- PARMESAN (1/4 CUP)
- SHREDDED CHEDDAR (TOPPING)
- SOUR CREAM (TOPPING)

### CANNED GOODS

- TOMATO SAUCE (1 29-OZ CAN)
- ENCHILADA SAUCE (1 10-OZ CAN)
- CHICKEN STOCK (1 15-OZ CAN)
- BLACK BEANS (1 15-OZ CAN)
- FIRE ROASTED DICED TOMATOES (1 14-OZ CAN)
- DICED GREEN CHILES (1 4-OZ CAN)
- PINEAPPLE CHUNKS (1 15-OZ CAN)

### FROZEN

- CORN (1 CUP)

### PANTRY STAPLES

- OLIVE OIL (1/4 CUP +2 TBSP)
- PANKO (1/4 CUP)
- ELBOW MACARONI (8 OUNCES)
- RED WINE VINEGAR (2 TBSP)
- CORNSTARCH (1/2 CUP + 1 TBSP)
- SUGAR (2/3 CUP)
- KETCHUP (4 TBSP)
- WHITE VINEGAR (1/4 CUP)
- APPLE CIDER VINEGAR (1/4 CUP)
- SOY SAUCE (1 TBSP)
- TORTILLA CHIPS (TOPPING)
- TZATIKI SAUCE (1 CONTAINER)

### BREADS/BAKERY

- PITA BREAD (FOR SERVING)

### PRODUCE

- ZUCCHINI (2 SMALL)
- YELLOW SQUASH (1 SMALL)
- RED ONION (1 WHOLE + 1/4 CUP)
- CHERRY TOMATOES (1/2 CUP)
- GARLIC (6 CLOVES)
- LEMON (1)
- BELL PEPPERS (2 RED, 1 GREEN)
- YELLOW ONION (2)
- GREEN ONIONS (GARNISH)
- AVOCADOS (TOPPING)
- FRESH CILANTRO (GARNISH)

### SEASONINGS

- PAPRIKA (2 1/2 TSP)
- ITALIAN SEASONING (1 TBSP)
- GARLIC POWDER (1 TSP)
- OREGANO (1 TBSP + 1 TSP)
- CUMIN (1 TSP)
- CHILI POWDER (1 TSP)
- CHIPOTLE (1/2 TSP)
- GARLIC SALT (1 TSP)
- SESAME SEEDS (GARNISH)
- SALT AND PEPPER

### PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (3 LBS)
- LEAN GROUND BEEF (1 LB)
- PORK TENDERLOIN (1 LB)