



WEEK 18 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Cook all your chicken breasts when you make the chicken marsala and chop the leftovers to use for your BBQ pizza!"

MONDAY

CREAMY CHICKEN MARSALA



[RECIPE HERE](#)

TUESDAY

TACO RING



[RECIPE HERE](#)

WEDNESDAY

NASHVILLE HOT CHICKEN



[RECIPE HERE](#)

THURSDAY

ORANGE BEEF



[RECIPE HERE](#)

FRIDAY

BBQ CHICKEN PIZZA



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (3 LBS)
- LEAN GROUND BEEF (1 LB)
- BONE-IN CHICKEN THIGHS & LEGS (2 LBS)
- FLANK STEAK (1/2 LB)

DAIRY

- HEAVY CREAM (1 CUP)
- SHREDDED COLBY JACK (1 CUP)
- BUTTERMILK (2 CUPS)
- EGGS (2)
- SHREDDED MOZZARELLA (2 CUPS)
- SMOKED GOUDA (1/2 CUP)

PANTRY STAPLES

- OLIVE OIL (4 TBSP)
- MARSALA WINE (1/2 CUP)
- CHICKEN BROTH (1/2 CUP)
- CRESCENT ROLLS (1 TUBE)
- FLOUR (2 CUPS)
- OLIVE OIL SPRAY
- CORNSTARCH (2 TBSP)
- RICE WINE VINEGAR (1 TSP)
- SOY SAUCE (2 TBSP)
- SESAME OIL (1/2 TSP)
- ORANGE JUICE (1/4 CUP)
- ORANGE MARMALADE (3/4 CUP)
- PIZZA DOUGH (1)
- CORNMEAL (2 TBSP)
- BBQ SAUCE (1 CUP)

SEASONINGS

- GROUND MUSTARD (1 TSP)
- GARLIC POWDER (1 TBSP + 1 TSP)
- ONION POWDER (1 TSP)
- PAPRIKA (2 TSP)
- RED PEPPER FLAKES (1 TSP)
- SESAME SEEDS (GARNISH)
- SALT AND PEPPER

PRODUCE

- SLICED MUSHROOMS (1 1/2 CUPS)
- RED ONION (1)
- FRESH CILANTRO (2 TBSP)
- FRESH PARSLEY (GARNISH)

MAKE THE HOT SAUCE FROM SCRATCH!

HOMEMADE NASHVILLE HOT CHICKEN SAUCE INGREDIENTS

- UNSALTED BUTTER (1/2 CUP)
- CAYENNE PEPPER (1/4 CUP)
- BROWN SUGAR (2 TBSP)
- CHILI POWDER (1 TSP)
- GARLIC POWDER (1 TSP)
- SMOKED PAPRIKA (1 TSP)
- KOSHER SALT (1 TSP)
- HONEY (2 TBSP)