



# WEEK 21 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Instead of buying already cooked and diced chicken for the Chicken Tetrazzini, you may use rotisserie, canned, or even diced leftover chicken for that recipe!"

MONDAY

### CHICKEN FAJITA SOUP



[RECIPE HERE](#)

TUESDAY

### BOURSIN PORK CHOPS



[RECIPE HERE](#)

WEDNESDAY

### CHICKEN TETRAZZINI



[RECIPE HERE](#)

THURSDAY

### AIR FRYER CHICKEN PARMESAN



[RECIPE HERE](#)

FRIDAY

### BEIJING BEEF



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (2 LB)
- PORK CHOPS (4)
- COOKED, CUBED CHICKEN (2 CUPS)
- FLANK STEAK (1 LB)

### DAIRY

- SHREDDED CHEDDAR (1 CUP)
- BUTTER (1/4 CUP + 2 TBSP)
- HEAVY CREAM (1/2 CUP)
- GRATED PARMESAN CHEESE (2 CUPS)
- BOURSIN CHEESE (1 5.2-OZ PKG)
- HALF & HALF (1 CUP)
- LARGE EGGS (3)
- SHREDDED MOZZARELLA (1 CUP)

### PRODUCE

- TOMATO (TOPPING)
- LIMES (TOPPING)
- FRESH CILANTRO (TOPPING)
- FRESH PARSLEY (1 TSP + GARNISH)
- FRESH THYME (1 TSP + GARNISH)
- YELLOW ONION (1)
- RED ONION (TOPPING)
- BELL PEPPER (1 RED, 1 GREEN)
- SHALLOT (1)
- GARLIC (4 TSP)
- SLICED MUSHROOMS (8 OZ)

### FROZEN

- CORN (2 CUPS)
- PEAS (1 CUP)

### PANTRY STAPLES

- SALSA (1 CUP)
- CHICKEN BROTH (3 1/2 CUPS)
- TORTILLA STRIPS (TOPPING)
- OLIVE OIL (2 TBSP)
- UNCOOKED SPAGHETTI (16 OZ)
- FLOUR (1/4 CUP + 2 TBSP)
- ITALIAN BREADCRUMBS (1/2 CUP)
- PANKO BREADCRUMBS (1 CUP)
- MARINARA SAUCE (1 CUP)
- SOY SAUCE (6 TBSP)
- CORNSTARCH (5 TBSP)
- VEGETABLE OIL (1/2 CUP)
- BROWN SUGAR (1/3 CUP)
- RICE VINEGAR (1/4 CUP)
- SWEET CHILI SAUCE (1/4 CUP)
- HOISIN SAUCE (2 TBSP)

### SEASONINGS

- CUMIN (1 TSP)
- DRIED CILANTRO (1/2 TSP)
- GARLIC POWDER (3 1/2 TSP)
- ONION POWDER (2 TSP)
- ITALIAN SEASONING (2 3/4 TSP)
- SALT AND PEPPER

### CANNED GOODS

- CREAM OF CHICKEN SOUP (4 10.5-OZ CANS)
- BLACK BEANS (1 15-OZ CAN)
- TOMATO PASTE (1/4 CUP)