



WEEK 26 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"You can use chicken thighs, breasts, or cutlets for either of the two chicken recipes this week. Buy the same cut in bulk to save money!"

MONDAY

COWBOY SPAGHETTI



[RECIPE HERE](#)

TUESDAY

CRISPY GARLIC CHICKEN



[RECIPE HERE](#)

WEDNESDAY

PORK FAJITAS



[RECIPE HERE](#)

THURSDAY

TOMATO BASIL SOUP



[RECIPE HERE](#)

FRIDAY

BAKED HULI HULI CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BACON (12 OZ)
- LEAN GROUND BEEF (1 LB)
- BONELESS SKINLESS CHICKEN BREAST (2)
- PORK TENDERLOIN (1 1/2 LBS)
- BONELESS SKINLESS CHICKEN THIGHS (2 1/2 LBS)

DAIRY

- SHREDDED CHEDDAR (1 1/2 CUPS)
- BUTTER (1/2 CUP + 2 TBSP)
- GRATED PARMESAN (1/2 CUP + 1 TBSP)
- HEAVY CREAM (1/2 CUP)

PRODUCE

- ONION (2)
- GARLIC (6 TSP)
- GREEN ONIONS (GARNISH)
- JALAPENO (GARNISH)
- ASPARAGUS (1 BUNCH)
- BELL PEPPERS (1 RED, 1 GREEN)
- RED ONION (1)
- FRESH BASIL (12 LEAVES)

CANNED GOODS

- ROTEL TOMATOES (1 15-OZ CAN)
- TOMATO SAUCE (1 15-OZ CAN)
- SAN MARZANO TOMATOES (2 28-OZ CANS)
- PINEAPPLE RINGS (1 20-OZ CAN)

PANTRY STAPLES

- SPAGHETTI (8 OZ)
- WORCESTERSHIRE (2 TBSP)
- ITALIAN BREAD CRUMBS (1/2 CUP)
- FLOUR (1/4 CUP)
- OLIVE OIL (4 TBSP)
- CHICKEN BROTH (1 1/2 CUPS)
- PINEAPPLE JUICE (1/2 CUP)
- SOY SAUCE (1/4 CUP)
- BROWN SUGAR (1/4 CUP)
- CORNSTARCH (1 TBSP)

SEASONINGS

- CHILI POWDER (1 TBSP)
- GARLIC POWDER (1 TSP)
- FAJITA SEASONING (4 TBSP)
- ITALIAN SEASONING (1 DASH)
- GROUND GINGER (1 TSP)
- SALT AND PEPPER

BREADS/BAKERY

- SMALL FLOUR TORTILLAS (FOR SERVING)