



WEEK 33 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Choose less expensive cuts of meat, such as chicken thighs instead of breasts or sirloin steak instead of New York steak, in order to save money!"

MONDAY

BAKED SWEET & SOUR CHICKEN



[RECIPE HERE](#)

TUESDAY

SKILLET ITALIAN SAUSAGE & PEPPERS



[RECIPE HERE](#)

WEDNESDAY

CREAMY SPINACH ARTICHOKE CHICKEN



[RECIPE HERE](#)

THURSDAY

CROCKPOT BBQ MEATBALLS



[RECIPE HERE](#)

FRIDAY

AIR FRYER GARLIC STEAK BITES



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ITALIAN SAUSAGE (1 LB)
- BONELESS SKINLESS CHICKEN BREAST (6 LBS)
- FROZEN COOKED MEATBALLS (26 OZ)
- NEW YORK OR SIRLOIN STEAK (1 LB)

DAIRY

- EGGS (3)
- BUTTER (1/2 CUP)
- HEAVY CREAM (1 CUP)
- GRATED PARMESAN (1/2 CUP)

PRODUCE

- BELL PEPPER (1 RED, 1 GREEN, 1 ORANGE)
- ONION (1 SMALL)
- GARLIC (5 TSP)
- SPINACH (1 CUP)
- FRESH THYME (1/2 TSP)
- FRESH ROSEMARY (1/2 TSP)
- FRESH PARSLEY (1 TSP)

CANNED GOODS

- DICED TOMATOES (1 15-OZ CAN)
- TOMATO SAUCE (1 8-OZ CAN)
- ARTICHOKE HEARTS (1 14-OZ CAN)

PANTRY STAPLES

- CORNSTARCH (1 1/2 CUPS)
- SUGAR (1 CUP)
- KETCHUP (1/4 CUP)
- WHITE VINEGAR (1/4 CUP)
- APPLE CIDER VINEGAR (1/4 CUP)
- SOY SAUCE (1 TBSP)
- CANOLA OIL (1/4 CUP)
- OLIVE OIL (5 TBSP)
- CHICKEN BROTH (1/2 CUP)
- BBQ SAUCE (2 CUPS)
- HONEY (1/4 CUP)
- BROWN SUGAR (1/4 CUP)

SEASONINGS

- GARLIC SALT (1 TSP)
- GARLIC POWDER (1 TSP)
- ITALIAN SEASONING (1 TBSP + 1 TSP)
- CAYENNE PEPPER (1/4 TSP)
- SALT AND PEPPER