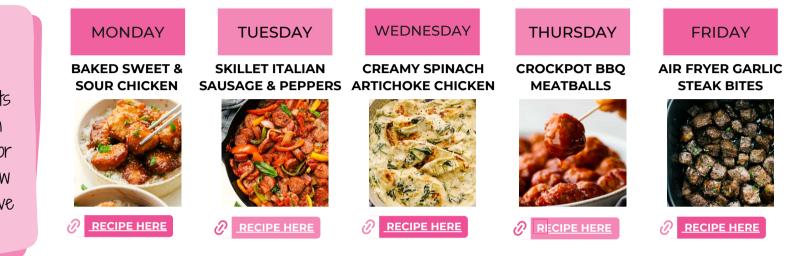


# WEEK 33 **MEAL PLAN**



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!



# 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 (115-OZ CAN)
- TOMATO SAUCE (18-OZ CAN)
- ARTICHOKE HEARTS (114-OZ CAN)

## **PANTRY STAPLES**

- CORNSTARCH (11/2 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