



WEEK 36 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"The best oils for frying are neutral in flavor and have a high smoke point. Vegetable oil, canola oil, avocado oil, peanut oil, or sunflower oil are the best choices!"

MONDAY

EASY TACO CASSEROLE



[RECIPE HERE](#)

TUESDAY

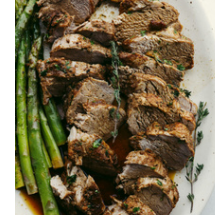
STICKY ASIAN GLAZED CHICKEN



[RECIPE HERE](#)

WEDNESDAY

INSTANT POT PORK TENDERLOIN



[RECIPE HERE](#)

THURSDAY

MANICOTTI



[RECIPE HERE](#)

FRIDAY

FISH AND CHIPS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (1 LB)
- PORK TENDERLOIN (2-3 LBS)
- FRESH COD (1 1/2 LBS)
- LEAN GROUND BEEF (1 LB)

DAIRY

- RICOTTA (16 OZ)
- SHREDDED MOZZARELLA (3 CUPS)
- SHREDDED PARMESAN (1/2 CUP)
- EGG (1)
- SHREDDED MEXICAN BLEND CHEESE (2 CUPS)

PANTRY STAPLES

- OLIVE OIL (3 TBSP)
- BROWN SUGAR (3/4 CUP + 2 TBSP)
- SOY SAUCE (1/3 CUP)
- HOISIN SAUCE (2 TBSP)
- SWEET CHILI SAUCE (1 TBSP)
- CHICKEN STOCK (1 CUP)
- MANICOTTI NOODLES (10)
- MARINARA SAUCE (16 OZ)
- OIL FOR FRYING (2-4 QUARTS)
- LIGHT BEER (6-8 OZ)
- FLOUR (1 1/4 CUP)
- TORTILLA CHIPS (1 LARGE BAG)

PRODUCE

- FRESH GINGER (1 TBSP)
- GARLIC (3 1/2 TSP)
- LIME (1, FOR JUICE)
- SPINACH (1 CUP)
- RUSSET POTATOES (1 1/2 LBS)
- ONION (1)

CANNED GOODS

- TOMATO SOUP (1 10.75-OZ CAN)

SEASONINGS

- RED PEPPER FLAKES (1 PINCH)
- CHILI POWDER (2 TSP)
- GROUND CUMIN (2 TSP)
- ONION POWDER (2 TSP)
- DRIED THYME (1 TSP)
- ITALIAN SEASONING (1 TBSP)
- GARLIC POWDER (1/4 TSP)
- OLD BAY SEASONING (1/4 TSP)
- PAPRIKA (1/4 TSP)
- TACO SEASONING (1 PACKET, OR 3 TBSP)
- SALT AND PEPPER