



# WEEK 37 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Cook two pounds of chicken instead of one for the parmesan chicken and save half of it for the enchiladas later in the week!"

### MONDAY

#### AIR FRYER PARMESAN CHICKEN



[RECIPE HERE](#)

### TUESDAY

#### ITALIAN WEDDING SOUP



[RECIPE HERE](#)

### WEDNESDAY

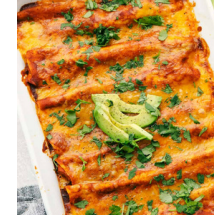
#### SWEET AND SOUR PORK



[RECIPE HERE](#)

### THURSDAY

#### CHICKEN ENCHILADAS



[RECIPE HERE](#)

### FRIDAY

#### INSTANT POT BEEF STROGANOFF



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (1 LB)
- GROUND CHICKEN (8 OZ)
- CHICKEN SAUSAGE (8 OZ)
- COOKED CHICKEN (2 CUPS)
- PORK TENDERLOIN (1 LB)
- STEW MEAT (2 LBS)

### DAIRY

- EGGS (3)
- GRATED PARMESAN (1 1/2 CUP)
- SHREDDED MOZZARELLA (1 CUP)
- SHREDDED COLBY JACK (3 CUPS)
- SOUR CREAM (3/4 CUP)

### PANTRY STAPLES

- FLOUR (1/2 CUP + 2 TBSP)
- PANKO (1 CUP)
- PLAIN BREADCRUMBS (1/4 CUP)
- MARINARA SAUCE (1 CUP)
- OLIVE OIL (1/3 CUP + 1 TBSP)
- CHICKEN STOCK (10 CUPS)
- VEGETABLE STOCK (1 1/2 CUP)
- BEEF BROTH (3 1/2 CUPS)
- ACINI DI PEPE PASTA (1/2 CUP)
- OIL FOR FRYING
- CORNSTARCH (1/2 CUP + 1 TBSP)
- SUGAR (2/3 CUP)
- KETCHUP (4 TBSP)
- WHITE VINEGAR (1/4 CUP)

### PANTRY STAPLES CONT

- APPLE CIDER VINEGAR (1/4 CUP)
- SOY SAUCE (1 TBSP)
- WORCESTERSHIRE (1 TBSP)
- EGG NODDLES (12 OZ)

### PRODUCE

- ONION (3)
- LARGE CARROTS (3)
- CELERY (2 RIBS)
- GARLIC (6 TSP)
- SPINACH (4 CUPS)
- BELL PEPPERS (1 RED, 1 GREEN)
- GREEN ONIONS (GARNISH)
- MUSHROOMS (6 OZ)
- PARSLEY (GARNISH)

### SEASONINGS

- ITALIAN SEASONING (1 TBSP + 3/4 TSP)
- GARLIC POWDER (1 TSP)
- ONION POWDER (1/2 TSP)
- GARLIC SALT (1 TSP)
- SESAME SEEDS (GARNISH)
- CHILI POWDER (3 TBSP)
- CUMIN (1/4 TSP)
- SALT AND PEPPER

### CANNED GOODS

- PINEAPPLE CHUNKS (1 15-OZ CAN)
- TOMATO SAUCE (1 15-OZ CAN)

### BREAD

- CORN TORTILLAS (8-10)