



WEEK 39 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Prep once and save time! Dice ALL your raw chicken up when you prepare the chicken and rice. Store what you need for the stir fry in the refrigerator, saving you on prep time later in the week."

MONDAY

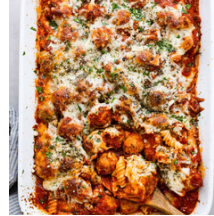
COWBOY MAC N CHEESE



[RECIPE HERE](#)

TUESDAY

MEATBALL CASSEROLE



[RECIPE HERE](#)

WEDNESDAY

INSTANT POT PARMESAN CHICKEN AND RICE



[RECIPE HERE](#)

THURSDAY

MEXICAN SHRIMP SKILLET



[RECIPE HERE](#)

FRIDAY

CASHEW CHICKEN STIR FRY



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (2.5 LBS)
- LEAN GROUND BEEF (1/2 LB)
- FROZEN MEATBALLS (26 OZ)
- SHRIMP (1 LB)

DAIRY

- UNSALTED BUTTER (3 TBSP)
- WHOLE MILK (2 1/2 CUP)
- SHREDDED CHEDDAR (3 CUPS)
- SHREDDED PEPPER JACK (1 CUP)
- SHREDDED MOZZARELLA (2 CUPS)
- PARMESAN (1/2 CUP)
- HEAVY CREAM (1/2 CUP)

PANTRY STAPLES

- UNCOOKED ELBOW MACARONI (8 OZ)
- FLOUR (3 TBSP)
- COOKED ROTINI (10 OZ)
- MARINARA SAUCE (32 OZ)
- OLIVE OIL (3 TBSP)
- CHICKEN BROTH (4 3/4 CUPS)
- RICE (1 1/2 CUPS)
- WHOLE CASHEWS (1 CUP)
- SOY SAUCE (1/4 CUP)
- BROWN SUGAR (1 TBSP)
- SESAME OIL (1 TSP)
- CORNSTARCH (1 TBSP)

PRODUCE

- ONIONS (2)
- JALAPENO (1)
- SLICED MUSHROOMS (2 CUPS)
- BELL PEPPERS (2 RED, 1 GREEN)
- CHERRY TOMATOES (1 CUP)
- ZUCCHINI (1)
- SHREDDED CARROTS (1/2 CUP)
- SNOW PEAS (1 CUP)
- GARLIC (3 TSP)
- GREEN ONIONS (GARNISH)
- FRESH PARSLEY (GARNISH)
- FRESH CILANTRO (GARNISH)

CANNED GOODS

- DICED TOMATOES W/GREEN CHILES (1/2 CUP)
- BLACK BEANS (2 15-OZ CANS)
- CORN (2 15-OZ CANS)
- BLACK OLIVES (1/2 CUP)

SEASONINGS

- ITALIAN SEASONING (1 TBSP + 1 TSP)
- TACO SEASONING (4 TBSP)
- SALT AND PEPPER

HOMEMADE TACO SEASONING INGREDIENTS

- CHILI POWDER (1 TBSP)
- GARLIC POWDER (1/4 TSP)
- ONION POWDER (1/4 TSP)
- DRIED OREGANO (1/4 TSP)
- PAPRIKA (1/2 TSP)
- CUMIN (1 1/2 TSP)
- SALT (2 TSP)
- PEPPER (1 TSP)

MAKE THE TACO
SEASONING FROM
SCRATCH!