



# WEEK 42 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"If you would like to add protein to the pasta pomodoro, you can double the air fryer chicken tenders and save half of them for Friday! Air fry them fresh to serve sliced on top of the pasta"

MONDAY

**EASIEST  
PAD THAI**



[RECIPE HERE](#)

TUESDAY

**MEATLOAF  
CASSEROLE**



[RECIPE HERE](#)

WEDNESDAY

**AIR FRYER  
CHICKEN TENDERS**



[RECIPE HERE](#)

THURSDAY

**PORK  
FAJITAS**



[RECIPE HERE](#)

FRIDAY

**PASTA  
POMODORO**



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (8 OZ)
- BONELESS SKINLESS CHICKEN TENDERS (1.25 LB)
- LEAN GROUND BEEF (2 LBS)
- PORK TENDERLOIN (1 ½ LB)

### DAIRY

- EGGS (4)
- MILK (½ CUP)
- SHREDDED CHEDDAR (1 CUP)
- GRATED PARMESAN (⅔ CUP)
- SHREDDED PARMESAN (¼ CUP)

### CANNED GOODS

- CRUSHED TOMATOES (1 28-OZ CAN)

### PANTRY STAPLES

- FLAT RICE NOODLES (8 OZ)
- OLIVE OIL (1 CUP + 4 ½ TBSP)
- PEANUTS (½ CUP)
- FISH SAUCE (3 TBSP)
- LIGHT SOY SAUCE (2 TBSP)
- BROWN SUGAR (¾ CUP + 3 TBSP)
- RICE VINEGAR (2 TBSP)
- SRIRACHA SAUCE (1 TBSP)
- CREAMY PEANUT BUTTER (2 TBSP)
- ITALIAN BREAD CRUMBS (¾ CUP)
- PANKO BREAD CRUMBS (1 CUP)
- WORCESTERSHIRE (2 TBSP)
- KETCHUP (¾ CUP)
- BALSAMIC VINEGAR (3 TBSP)
- PRE-MADE MASHED POTATOES (4 CUPS)

### PANTRY STAPLES CONT.

- SPAGHETTI NOODLES (12 OZ)
- FLOUR (½ CUP)

### SEASONINGS

- GARLIC POWDER (1 TSP)
- DRIED BASIL (1 TSP)
- PAPRIKA (¾ TSP)
- FAJITA SEASONING (4 TBSP)
- RED PEPPER FLAKES (1 TBSP)
- SALT AND PEPPER

### PRODUCE

- GARLIC (9 TSP)
- BEAN SPROUTS (1 CUP)
- BELL PEPPER (1 RED +2 ANY COLOR)
- GREEN ONIONS (3)
- LIMES (2)
- RED ONION (1)
- SHALLOTS (2)
- FRESH CILANTRO (½ CUP)
- FRESH PARSLEY (3 TBSP)
- FRESH BASIL (¼ CUP)

### BREAD

- FAJITA FLOUR TORTILLAS (6-8)