



MY MOST POPULAR RECIPES MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"You can use oil-packed sun-dried tomatoes in a jar or dry sun-dried tomatoes for the Marry Me pasta! If you use the jarred tomatoes be sure to drain them really well."

MONDAY

CROCKPOT BOURBON CHICKEN



[RECIPE HERE](#)

TUESDAY

KOREAN BEEF & RICE BOWLS



[RECIPE HERE](#)

WEDNESDAY

MARRY ME CHICKEN PASTA



[RECIPE HERE](#)

THURSDAY

EASY SHRIMP TACOS



[RECIPE HERE](#)

FRIDAY

VEGETABLE STIR FRY



[RECIPE HERE](#)

SHOPPING LIST

PANTRY STAPLES

- ☐ BOURBON (½ CUP)
- ☐ BROWN SUGAR (1 CUP + 3 TBSP)
- ☐ LOW SODIUM SOY SAUCE (1 ¼ CUP)
- ☐ CORNSTARCH (3 TBSP)
- ☐ SESAME OIL (3 TSP)
- ☐ COOKED RICE (2 CUPS)
- ☐ UNCOOKED PENNE PASTA (10 OZ)
- ☐ OLIVE OIL (3 TBSP)
- ☐ FLOUR (3 TBSP)
- ☐ CHICKEN BROTH (2 ½ CUPS)
- ☐ SUN-DRIED TOMATOES (1 CUP)

DAIRY

- ☐ BUTTER (3 TBSP)
- ☐ HEAVY CREAM (1 CUP)
- ☐ PARMESAN CHEESE (1 CUP)

CANNED GOODS

- ☐ BABY CORN (1 15-OZ CAN)
- ☐ WATER CHESTNUTS (1 8-OZ CAN)

BREAD

- ☐ MEDIUM FLOUR TORTILLAS (8-10)

SEASONINGS

- ☐ GROUND GINGER (¼ TSP)
- ☐ CRUSHED RED PEPPER (¼ TSP)
- ☐ SESAME SEEDS (GARNISH)
- ☐ PAPRIKA (1 TSP)
- ☐ SMOKED PAPRIKA (½ TSP)
- ☐ ITALIAN SEASONING (2 TSP)
- ☐ GARLIC POWDER (½ TSP)
- ☐ ONION POWDER (½ TSP)
- ☐ CUMIN (½ TSP)
- ☐ CHILI POWDER (½ TSP)
- ☐ SALT AND PEPPER

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN THIGHS (2 LBS)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (1 ½ LBS)
- ☐ LEAN GROUND BEEF (1 LB)
- ☐ MEDIUM SHRIMP (1 LB)

PRODUCE

- ☐ GARLIC (7 TSP)
- ☐ GREEN ONIONS (GARNISH)
- ☐ FRESH BASIL (GARNISH)
- ☐ BELL PEPPERS (1 RED, 1 YELLOW)
- ☐ ZUCCHINI (1 SMALL)
- ☐ SNAP PEAS (1 CUP)
- ☐ CARROTS (1 CUP)
- ☐ MUSHROOMS (1 CUP)
- ☐ BROCCOLI (1 CUP)