



WEEK 44 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Pancetta can be pretty expensive. To save money, you can use thick-cut bacon or salt pork if you're able to find it!"

MONDAY

GARLIC RANCH CHICKEN SKEWERS



[RECIPE HERE](#)

TUESDAY

SLOW COOKER BEEF BARBACOA



[RECIPE HERE](#)

WEDNESDAY

STUFFED PEPPER CASSEROLE



[RECIPE HERE](#)

THURSDAY

3-PACKET CHICKEN



[RECIPE HERE](#)

FRIDAY

PASTA CARBONARA



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (4 LBS)
- BEEF BRISKET OR CHUCK ROAST (4 LBS)
- LEAN GROUND BEEF (1 ½ LB)
- DICED PANCETTA (1 LB)

PRODUCE

- GARLIC (7 TSP)
- BELL PEPPER (2 RED, 1 YELLOW, 1 GREEN, 1 ORANGE)
- RED ONION (1)
- WHITE ONION (1)
- ZUCCHINI (1)
- FRESH PARSLEY (GARNISH)

PANTRY STAPLES

- OLIVE OIL (½ CUP + 1 TBSP)
- VEGETABLE OIL (2 TBSP)
- APPLE CIDER VINEGAR (¼ CUP)
- BEEF BROTH (2 ¾ CUPS)
- LOW SODIUM CHICKEN BROTH (1 CUP)
- FRESH LIME JUICE (¼ CUP)
- WORCESTERSHIRE (1 TBSP)
- LONG GRAIN RICE (1 CUP)
- SPAGHETTI NOODLES (16 OZ)

CANNED GOODS

- CHIPOTLE CHILIES IN ADOBO (1 7-OZ CAN)
- DICED TOMATOES (1 14-OZ CAN)
- TOMATO SAUCE (1 8-OZ CAN)

SEASONINGS

- GROUND CUMIN (1 ½ TBSP)
- DRIED OREGANO (1 TBSP)
- GROUND CLOVES (¼ TSP)
- PAPRIKA (1/2 TSP)
- ITALIAN SEASONING (2 TSP)
- RANCH SEASONING (2 PACKETS OR 4 TBSP)
- ITALIAN DRESSING MIX (1 PACKET OR 2 TBSP)
- CHICKEN GRAVY MIX (1 PACKET OR 2 TBSP)
- SALT AND PEPPER

DAIRY

- SHREDDED COLBY JACK (1 ½ CUPS)
- EGGS (4)
- ROMANO CHEESE (2 CUPS)