



WEEK 45 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Keep a piece of fresh ginger in the freezer! It lasts longer, doesn't have to be peeled, and is so much easier to grate while frozen!"

MONDAY

TUSCAN PARMESAN GNOCCHI



[RECIPE HERE](#)

TUESDAY

TERIYAKI CHICKEN



[RECIPE HERE](#)

WEDNESDAY

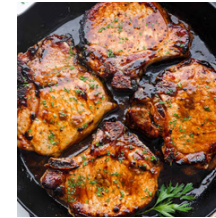
GROUND BEEF TACOS



[RECIPE HERE](#)

THURSDAY

BROWN SUGAR PORK CHOPS



[RECIPE HERE](#)

FRIDAY

CREAMY CAJUN CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (4 ½ LBS)
- ☐ LEAN GROUND BEEF (1 LB)
- ☐ BONE-IN PORK CHOPS (4)

PRODUCE

- ☐ SPINACH (1 CUP)
- ☐ GARLIC (4 TSP)
- ☐ FRESH GINGER (½ TSP)
- ☐ ONION (1)
- ☐ GREEN ONIONS (GARNISH)
- ☐ LETTUCE (TOPPING)
- ☐ TOMATOES (TOPPING)
- ☐ AVOCADO (TOPPING)

PANTRY STAPLES

- ☐ REFRIGERATED GNOCCHI (10 OZ)
- ☐ OLIVE OIL (7 TBSP)
- ☐ CHICKEN BROTH (1 ¾ CUP)
- ☐ SUN-DRIED TOMATOES (½ CUP)
- ☐ LOW SODIUM SOY SAUCE (½ CUP)
- ☐ BROWN SUGAR (¾ CUP)
- ☐ APPLE CIDER VINEGAR (1 TBSP)
- ☐ SESAME OIL (1 TSP)
- ☐ CORNSTARCH (1 TBSP)
- ☐ TACO SHELLS (6-8)
- ☐ FLOUR (2 TBSP)

CANNED GOODS

- ☐ TOMATO PASTE (2 TBSP)
- ☐ SLICED OLIVES (TOPPING)

SEASONINGS

- ☐ GARLIC POWDER (3 TSP)
- ☐ PAPRIKA (2 TSP)
- ☐ ITALIAN SEASONING (1 TBSP)
- ☐ SESAME SEEDS (GARNISH)
- ☐ TACO SEASONING (3 TBSP)
- ☐ CAJUN SEASONING (2 TBSP)
- ☐ RED PEPPER FLAKES (GARNISH)
- ☐ SALT AND PEPPER

DAIRY

- ☐ HEAVY CREAM (2 ½ CUPS)
- ☐ GRATED PARMESAN (1 ½ CUP)
- ☐ SHREDDED CHEESE (TOPPING)
- ☐ UNSALTED BUTTER (1 TBSP)