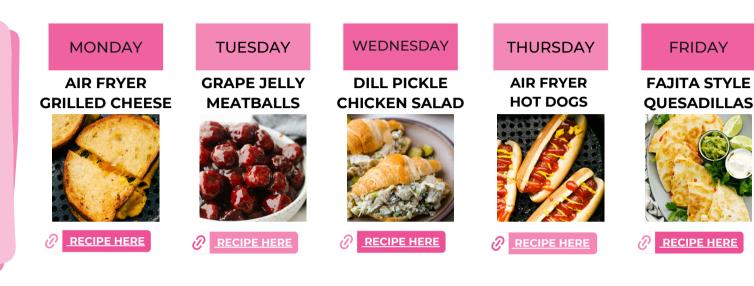


# GRAB AND GO MEAL PLAN



ALYSSA'S TIP OF THE WEEK "These meals have minimal preparation, but you can do whatever chopping or assembly ahead of time so when dinner rolls around they come together SO quickly!"



DID YOU KNOW THAT AIR

FRYERS ARE BASICALLY

MINIATURE CONVECTION

### SHOPPING LIST

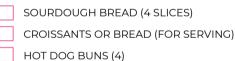
#### **PANTRY STAPLES**

- MAYONNAISE (1/2 CUP + 2 TBSP)
- GRAPE JELLY (128-OZ JAR)
- HEINZ CHILI SAUCE OR ANY BBQ SAUCE (1 1/2 CUP)
- CORNSTARCH (1 TBSP)
- HOT SAUCE (OPTIONAL)
- DILL PICKLES (1 3/4 CUP)
- **DIJON MUSTARD (1 TBSP)**
- **RELISH (TOPPING)**
- **KETCHUP (TOPPING)**
- YELLOW MUSTARD (TOPPING)
- CANOLA OIL (1 TBSP)

#### SEASONINGS

- GARLIC POWDER (1/2 TSP)
- DRIED DILL (1 TSP)
- SALT AND PEPPER

#### BREAD



TORTILLAS (4)

## **NO AIR FRYER? USE THE OVEN!**

TO MAKE AN AIR FRYER RECIPE IN THE **OVEN, INCREASE THE TEMPERATURE BY 25 DEGREES AND ADD ABOUT 20% MORE COOK TIME (ABOUT 1-2 MINUTES FOR THESE RECIPES!)** 

#### PROTEIN

- FROZEN MEATBALLS (32 OZ)
- SHREDDED CHICKEN (2 1/2 CUPS)
- HOT DOGS (4)

#### DAIRY

- CHEDDAR CHEESE (2 SLICES)
- SALTED BUTTER (1 TBSP)
- SHREDDED MONTEREY JACK (8 OZ)

#### PRODUCE

- CELERY (1/3 CUP)
- GREEN ONIONS (1/3 CUP)
- ONION (1)
- BELL PEPPERS (1 GREEN, 1 RED)