



WEEK 48 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"The pork skewers call for a Smithfield brand marinated pork tenderloin, but if you can't find one, you can marinate your own tenderloin with this delicious pork chop marinade instead!"

MONDAY

MONGOLIAN CHICKEN



[RECIPE HERE](#)

TUESDAY

LEMON PEPPER CHICKEN WINGS



[RECIPE HERE](#)

WEDNESDAY

AIR FRYER STEAK BITES



[RECIPE HERE](#)

THURSDAY

GRILLED TUSCAN PORK SKEWERS



[RECIPE HERE](#)

FRIDAY

CHEESY BAKED ZITI



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (1 LB)
- ☐ CHICKEN WINGS (4 LBS)
- ☐ NEW YORK STEAK (1 LB)
- ☐ MARINATED PORK TENDERLOIN (1-1 ½ LBS)
- ☐ ITALIAN SAUSAGE (1 LB)
- ☐ PEPPERONI (1 CUP)

DAIRY

- ☐ UNSALTED BUTTER (¾ CUP)
- ☐ SHREDDED PARMESAN (1 CUP)
- ☐ SHREDDED MOZZARELLA (2 CUPS)

PRODUCE

- ☐ GREEN ONIONS (GARNISH)
- ☐ GARLIC (4 TSP)
- ☐ FRESH PARSLEY (1 TSP)
- ☐ FRESH THYME (½ TSP)
- ☐ FRESH ROSEMARY (½ TSP)
- ☐ ZUCCHINI (2 MED)
- ☐ YELLOW SQUASH (2 MED)
- ☐ BELL PEPPER (2 RED, 1 GREEN)
- ☐ RED ONION (1)
- ☐ YELLOW ONION (1)

PANTRY STAPLES

- ☐ CORNSTARCH (¼ CUP + 1 TSP)
- ☐ OLIVE OIL (6 TBSP)
- ☐ CHICKEN BROTH (½ CUP)
- ☐ BROWN SUGAR (1 TBSP)
- ☐ SOY SAUCE (3 TBSP)
- ☐ HOISIN SAUCE (1 TBSP)
- ☐ SESAME OIL (1 TSP)
- ☐ BAKING POWDER (2 TBSP)
- ☐ LEMON JUICE (½ TBSP)
- ☐ HONEY (2 TBSP)
- ☐ UNCOOKED ZITI NOODLES (16 OZ)
- ☐ MARINARA SAUCE (2 CUPS)

SEASONINGS

- ☐ SESAME SEEDS (GARNISH)
- ☐ LEMON PEPPER (2 ½ TBSP)
- ☐ ITALIAN SEASONING (1 TSP)
- ☐ DRIED OREGANO (½ TSP)
- ☐ DRIED BASIL (½ TSP)
- ☐ DRIED THYME (½ TSP)
- ☐ DRIED ROSEMARY (¾ TSP)
- ☐ GARLIC POWDER (¼ TSP)
- ☐ SALT AND PEPPER