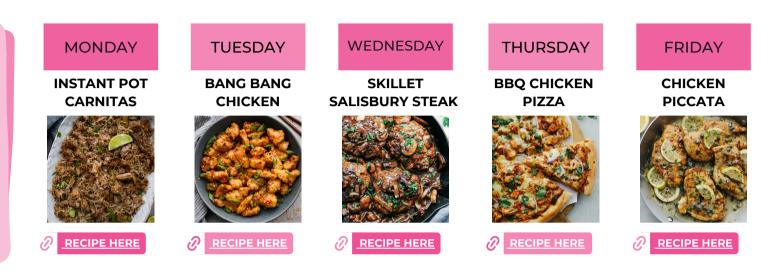


# WEEK 49 **meal plan**



ALYSSA'S TIP OF THE WEEK

"Carnitas are extremely versatile! Serve them as tacos, burritos, on a bun or bread, or in a bowl. I love serving Carnitas with taco toppings, and beans and rice, but you can choose whatever your family loves best!"



## SHOPPING LIST

#### PROTEIN

- PORK SHOULDER (4-5 LBS)
- BONELESS SKINLESS CHICKEN BREAST (3 LB)
- **GROUND BEEF (1 LB)**
- COOKED CHICKEN (1 1/2 CUPS)

#### DAIRY

- WHOLE MILK (1/3 CUP)
- EGGS (2)
- UNSALTED BUTTER (2 TBSP)
- SHREDDED MOZZARELLA (2 CUPS)
- SHREDDED SMOKED GOUDA (1/2 CUP)

#### **CANNED GOODS**

TOMATO PASTE (1 6-OZ CAN)

#### SEASONINGS

- CUMIN (2 TSP)
- DRIED OREGANO (1 TSP)
- CHILI POWDER (1 TSP)
- SESAME SEEDS (1 TBSP)
- MUSTARD POWDER (1 TSP)
- SALT AND PEPPER

#### PRODUCE

- ONION (2)
- **RED ONION (1)**
- GARLIC (6 TSP)
- MUSHROOMS (6 OZ)
- LEMON (1 FOR JUICE)
- FRESH CILANTRO (GARNISH)
- FRESH THYME (1 TBSP)

#### **PANTRY STAPLES**

- VEGETABLE OIL (2 CUPS +.1 TBSP)
- OLIVE OIL (5 TBSP)
- CHICKEN STOCK (1 CUP)
- CHICKEN BROTH (2 CUPS)
- BEEF BROTH (2 1/2 CUPS)
- ORANGE JUICE (3/4 CUP)
- LIME JUICE (1/4 CUP)
- CORNSTARCH (7 TBSP)
- FLOUR (1 <sup>1</sup>/<sub>4</sub> CUP)
- PIZZA DOUGH MAYONNAISE (1/3 CUP)
- HONEY (2 TBSP)
- SWEET CHILI SAUCE (3 TBSP)

THE EASIEST

HOMEMADE

- SRIRACHA (1 TBSP)
- BREAD CRUMBS (1/2 CUP)
  - KETCHUP (4 TBSP)

#### PANTRY STAPLES CONT.

- WORCESTERSHIRE (3 TBSP)
- PIZZA DOUGH (1)
- CORNMEAL (1/8 CUP)
- BBQ SAUCE (1 CUP)
- WHITE WINE (1/3 CUP)
- CAPERS (2 TBSP)

### **HOMEMADE PIZZA** DOUGH

**WATER** (1 ½ CUP)

FLOUR (3 1/2 CUPS) SALT (1 TSP)

SUGAR (2 TBSP)

DRY ACTIVE YEAST (1 TBSP)