



# 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!"

### MONDAY

#### INSTANT POT CARNITAS



[RECIPE HERE](#)

### TUESDAY

#### BANG BANG CHICKEN



[RECIPE HERE](#)

### WEDNESDAY

#### SKILLET SALISBURY STEAK



[RECIPE HERE](#)

### THURSDAY

#### BBQ CHICKEN PIZZA



[RECIPE HERE](#)

### FRIDAY

#### CHICKEN PICCATA



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- ☐ PORK SHOULDER (4-5 LBS)
- ☐ BONELESS SKINLESS CHICKEN BREAST (3 LB)
- ☐ GROUND BEEF (1 LB)
- ☐ COOKED CHICKEN (1 ½ CUPS)

### DAIRY

- ☐ WHOLE MILK (⅓ CUP)
- ☐ EGGS (2)
- ☐ UNSALTED BUTTER (2 TBSP)
- ☐ SHREDDED MOZZARELLA (2 CUPS)
- ☐ SHREDDED SMOKED GOUDA (½ 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 ½ CUPS)
- ☐ ORANGE JUICE (¾ CUP)
- ☐ LIME JUICE (¼ CUP)
- ☐ CORNSTARCH (7 TBSP)
- ☐ FLOUR (1 ¼ CUP)
- ☐ MAYONNAISE (½ CUP)
- ☐ HONEY (2 TBSP)
- ☐ SWEET CHILI SAUCE (3 TBSP)
- ☐ SRIRACHA (1 TBSP)
- ☐ BREAD CRUMBS (½ CUP)
- ☐ KETCHUP (4 TBSP)

### PANTRY STAPLES CONT.

- ☐ WORCESTERSHIRE (3 TBSP)
- ☐ PIZZA DOUGH (1)
- ☐ CORNMEAL (⅓ CUP)
- ☐ BBQ SAUCE (1 CUP)
- ☐ WHITE WINE (⅓ CUP)
- ☐ CAPERS (2 TBSP)

THE EASIEST  
HOMEMADE  
PIZZA DOUGH

### HOMEMADE PIZZA DOUGH

- WATER** (1 ½ CUP)
- FLOUR** (3 ½ CUPS)
- SUGAR** (2 TBSP)
- SALT** (1 TSP)
- DRY ACTIVE YEAST** (1 TBSP)