



# WEEK 52 MEAL PLAN

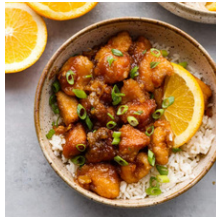


## ALYSSA'S TIP OF THE WEEK

"Save some time by baking 2 extra chicken breasts (in a separate dish) at the same time as the broccoli cheddar chicken. Shred them and reserve them for the cream cheese enchiladas."

### MONDAY

#### SLOW COOKER ORANGE CHICKEN



[RECIPE HERE](#)

### TUESDAY

#### BROCCOLI CHEDDAR CHICKEN



[RECIPE HERE](#)

### WEDNESDAY

#### SPAGHETTI MARGHERITA



[RECIPE HERE](#)

### THURSDAY

#### CREAM CHEESE ENCHILADAS



[RECIPE HERE](#)

### FRIDAY

#### PORK SCHNITZEL



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREAST (4 LBS)
- ☐ SHREDDED COOKED CHICKEN (2 CUPS, ABOUT 1.5-2 BREASTS)
- ☐ PORK CUTLETS (4)

### DAIRY

- ☐ MILK (1 CUP)
- ☐ SHREDDED CHEDDAR (1 CUP)
- ☐ BUTTER (2 TBSP)
- ☐ SHREDDED MOZZARELLA (1 ½ CUPS)
- ☐ SHREDDED PARMESAN (¾ CUP + GARNISH)
- ☐ SHREDDED MEXICAN BLEND (1 CUP)
- ☐ SHREDDED COLBY JACK (1 CUP)
- ☐ CREAM CHEESE (8-OZ)

### PANTRY STAPLES

- ☐ CORNSTARCH (3 TBSP)
- ☐ VEGETABLE OIL (2 TBSP)
- ☐ OLIVE OIL (¼ CUP)
- ☐ EXTRA VIRGIN OLIVE OIL (⅓ CUP)
- ☐ SESAME OIL (½ TBSP)
- ☐ RICE WINE VINEGAR (1 TSP)
- ☐ SOY SAUCE (2 TBSP)
- ☐ ORANGE MARMALADE (¾ CUP)
- ☐ BROWN SUGAR (3 TBSP)
- ☐ SUGAR (1 ½ TSP)
- ☐ FLOUR (⅔ CUP)
- ☐ RITZ OR BUTTER CRACKERS (1 CUP)
- ☐ SPAGHETTI NOODLES (12 OZ)
- ☐ LIME JUICE (¼ CUP)
- ☐ PANKO BREAD CRUMBS (1 CUP)

### PRODUCE

- ☐ GARLIC (2 TBSP)
- ☐ CHERRY OR GRAPE TOMATOES (4 CUPS)
- ☐ FRESH BASIL (½ CUP + GARNISH)
- ☐ LEMONS (FOR SERVING)

### CANNED GOODS

- ☐ CONDENSED CHEESE SOUP (1 10.5-OZ CAN)
- ☐ DICED GREEN CHILES (1 4-OZ CAN)
- ☐ GREEN ENCHILADA SAUCE (2 10-OZ CANS)

### BREAD

- ☐ 6-INCH FLOUR TORTILLAS (12)

### SEASONINGS

- ☐ PAPRIKA (½ TSP)
- ☐ ONION POWDER (½ TSP)
- ☐ GARLIC POWDER (3 TSP)
- ☐ CUMIN (2 TSP)
- ☐ SALT AND PEPPER

### FROZEN

- ☐ BROCCOLI FLORETS (12 OZ)