



# WEEK 53 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Shaoxing Wine can be replaced with dry sherry, Japanese Sake, or Mirin, or you can replace it with a non-alcoholic option such as apple juice, water, or chicken broth with a splash of rice vinegar."

### MONDAY

#### SLOW COOKER ANGEL CHICKEN



[RECIPE HERE](#)

### TUESDAY

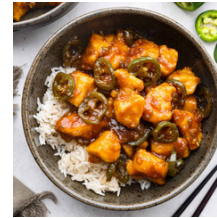
#### EASY BEEF TERIYAKI



[RECIPE HERE](#)

### WEDNESDAY

#### JALAPENO CHICKEN



[RECIPE HERE](#)

### THURSDAY

#### PHILLY CHEESESTEAK FOIL PACKS



[RECIPE HERE](#)

### FRIDAY

#### AIR FRYER TILAPIA



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREAST (3 ½ LB)
- ☐ FLANK STEAK (1 ½-2 LBS)
- ☐ RIBEYE STEAK (1 LB)
- ☐ TILAPIA FILLETS (1 LB)

### DAIRY

- ☐ CREAM CHEESE (8 OZ)
- ☐ BUTTER (½ CUP)
- ☐ PROVOLONE (12 SLICES)

### CANNED GOODS

- ☐ CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)
- ☐ CHICKEN BROTH (1 14.5-OZ CAN)

### PANTRY STAPLES

- ☐ ANGEL HAIR PASTA (10 OZ)
- ☐ CORNSTARCH (⅔ CUP + 2 TSP)
- ☐ VEGETABLE OIL (¼ CUP + 2 TBSP)
- ☐ OLIVE OIL (3 TBSP)
- ☐ SESAME OIL (½ TSP)
- ☐ LOW-SODIUM SOY SAUCE (1 CUP)
- ☐ LIGHT BROWN SUGAR (⅓ + ¼ CUP)
- ☐ RICE VINEGAR (1 TBSP)
- ☐ SHAOXING WINE (¼ CUP)
- ☐ FLOUR (¼ CUP)
- ☐ CHICKEN BROTH (½ CUP)
- ☐ RICE (FOR SERVING)
- ☐ WORCESTERSHIRE (3 TBSP)

### PRODUCE

- ☐ GARLIC (9 TSP)
- ☐ FRESH GINGER (1 TSP)
- ☐ YELLOW ONION (2)
- ☐ JALAPENOS (3)
- ☐ BELL PEPPERS (1 GREEN)
- ☐ BROWN MUSHROOMS (4 OZ)
- ☐ BABY POTATOES (2 CUPS)

### SEASONINGS

- ☐ ITALIAN DRESSING MIX (1 PGK OR 2 TBSP)
- ☐ GROUND GINGER (1 TSP)
- ☐ CAJUN SEASONING (1 TBSP)
- ☐ SALT AND PEPPER