



WEEK 56 MEAL PLAN



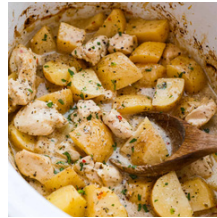
ALYSSA'S

TIP OF THE WEEK

"You can speed up the ripening of peaches by placing them in a paper bag and closing it tightly 2-4 days ahead of when you plan to make your peach chicken."

MONDAY

**SLOW COOKER GARLIC GRILLED CHICKEN
CHICKEN & POTATOES**



[RECIPE HERE](#)

TUESDAY

**GRILLED CHICKEN
TENDERS**



[RECIPE HERE](#)

WEDNESDAY

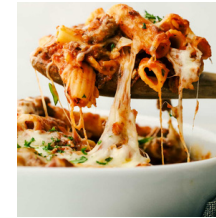
**CAJUN SHRIMP &
SAUSAGE SHEET PAN**



[RECIPE HERE](#)

THURSDAY

**BAKED
RIGATONI**



[RECIPE HERE](#)

FRIDAY

**PEACH
CHICKEN**



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (2 LB)
- ☐ BONELESS SKINLESS CHICKEN TENDERS (1 LB)
- ☐ BONELESS SKINLESS CHICKEN THIGHS (1 ½ LB)
- ☐ LARGE SHRIMP (1 LB)
- ☐ PORK OR CHICKEN SAUSAGES (14 OZ)
- ☐ LEAN GROUND BEEF (1 LB)
- ☐ GROUND SAUSAGE (1 LB)

DAIRY

- ☐ SHREDDED PARMESAN (½ CUP)
- ☐ SHREDDED MOZZARELLA (16 OZ)
- ☐ UNSALTED BUTTER (2 TBSP)

PANTRY STAPLES

- ☐ ITALIAN DRESSING (½ CUP)
- ☐ HONEY (¾ CUP)
- ☐ LIME JUICE (1 TBSP)
- ☐ PARMESAN GARLIC SAUCE (1 12-OZ BOTTLE)
- ☐ CHICKEN BROTH (¾ CUP)
- ☐ OLIVE OIL (4 TBSP)
- ☐ RIGATONI PASTA (16 OZ)
- ☐ MARINARA SAUCE (2 24-OZ JARS)
- ☐ CORNSTARCH (2 TSP)
- ☐ HONEY (2 TBSP)
- ☐ DIJON MUSTARD (1 TSP)
- ☐ PEACH PRESERVES (¾ CUP)

PRODUCE

- ☐ BELL PEPPER (1 RED)
- ☐ ZUCCHINI (1 MEDIUM)
- ☐ YELLOW SQUASH (1 MEDIUM)
- ☐ ASPARAGUS (½ BUNCH)
- ☐ ONION (1 SMALL)
- ☐ GARLIC (5 TSP)
- ☐ SHALLOT (1)
- ☐ FRESH BASIL (GARNISH)
- ☐ RIPE PEACHES (2 MEDIUM)

SEASONINGS

- ☐ ITALIAN SEASONING (1 TBSP)
- ☐ CAJUN SEASONING (2 TBSP)
- ☐ DRIED THYME (1 TSP)
- ☐ SALT AND PEPPER