



# WEEK 57 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"I love preparing a large batch of my Instant Pot Frozen Chicken Breasts and keeping some shredded chicken in the freezer for a quick weeknight dinner like the shredded chicken tacos."

### MONDAY

#### CUBE STEAK



[RECIPE HERE](#)

### TUESDAY

#### SHREDDED CHICKEN TACOS



[RECIPE HERE](#)

### WEDNESDAY

#### RICOTTA MEATBALLS



[RECIPE HERE](#)

### THURSDAY

#### CHINESE CHICKEN & BROCCOLI



[RECIPE HERE](#)

### FRIDAY

#### SLOW COOKER RANCH PORK CHOPS



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (1 ½ LB)
- ☐ BONELESS PORK CHOPS (2 LBS)
- ☐ CUBE STEAKS (1 LB)
- ☐ SHREDDED CHICKEN (4 CUPS)
- ☐ LEAN GROUND BEEF (1 LB)

### DAIRY

- ☐ RICOTTA (¾ CUP)
- ☐ EGGS (2)

### CANNED GOODS

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

### PANTRY STAPLES

- ☐ FLOUR (½ CUP)
- ☐ OLIVE OIL (6 TBSP)
- ☐ BEEF BROTH (1 ⅔ CUP)
- ☐ CHICKEN BROTH (⅔+¼ CUP)
- ☐ ONION SOUP MIX (1 ½ TBSP)
- ☐ CORNSTARCH (1 TBSP + 2 TSP)
- ☐ CHUNKY SALSA (1 CUP)
- ☐ BREADCRUMBS (¾ CUP)
- ☐ MARINARA SAUCE (2 CUPS)
- ☐ SESAME OIL (2 TBSP + 1 TSP)
- ☐ BROWN SUGAR (1 TBSP)
- ☐ SOY SAUCE (2 TBSP)
- ☐ OYSTER SAUCE (1 TBSP)

### PRODUCE

- ☐ ONION (2)
- ☐ GARLIC (6 TSP)
- ☐ MUSHROOMS (6 OZ)
- ☐ BROCCOLI (3 CUPS)
- ☐ RED POTATOES (6-8 MEDIUM)
- ☐ LIMES (1)
- ☐ GINGER PASTE (1 TSP)
- ☐ FRESH PARSLEY (2 TBSP + GARNISH)
- ☐ FRESH BASIL (2 TBSP)

### BREAD

- ☐ FLOUR TORTILLAS (FOR SERVING)

### SEASONINGS

- ☐ GARLIC POWDER (½ TSP)
- ☐ ONION POWDER (2 ½ TSP)
- ☐ CHILI POWDER (2 TSP)
- ☐ CUMIN (1 TSP)
- ☐ ITALIAN SEASONING (1 TBSP)
- ☐ RANCH SEASONING (1 PKG)
- ☐ SALT AND PEPPER