



WEEK 58 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Bake a few additional chicken breasts for the herb chicken and potatoes then chop and add to Pasta al Limone later in the week for added protein!"

MONDAY

SKILLET PORK CHOPS



[RECIPE HERE](#)

TUESDAY

SLOW COOKER MONGOLIAN BEEF CHICKEN & POTATOES



[RECIPE HERE](#)

WEDNESDAY

BAKED HERB CHICKEN & POTATOES



[RECIPE HERE](#)

THURSDAY

PESTO SALMON



[RECIPE HERE](#)

FRIDAY

PASTA AL LIMONE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (1 ½ LB)
- ☐ BONE-IN PORK CHOPS (2)
- ☐ FLANK STEAKS (1 ½ LBS)
- ☐ SALMON FILETS (4 6-OZ FILETS)

DAIRY

- ☐ BUTTER (7 TBSP)
- ☐ GRATED PARMESAN (1 CUP)

PANTRY STAPLES

- ☐ OLIVE OIL (½ CUP)
- ☐ CORNSTARCH (¼ CUP)
- ☐ SOY SAUCE (¾ CUP)
- ☐ BROWN SUGAR (¾ CUP)
- ☐ BASIL PESTO (½ CUPS)
- ☐ SPAGHETTI (12 OZ)

PRODUCE

- ☐ GARLIC (1 TBSP + 2 TSP)
- ☐ GRATED CARROTS (1 CUP)
- ☐ BABY POTATOES (4 CUPS)
- ☐ CHERRY TOMATOES (2 CUPS)
- ☐ LEMONS (2 LARGE + GARNISH))
- ☐ GREEN ONIONS (GARNISH)
- ☐ FRESH THYME (2 TBSP + GARNISH)
- ☐ FRESH PARSLEY (1 TBSP + GARNISH)
- ☐ FRESH ROSEMARY (GARNISH)
- ☐ FRESH BASIL (GARNISH)

SEASONINGS

- ☐ ITALIAN DRESSING MIX (1 PKG)
- ☐ SESAME SEEDS (GARNISH)
- ☐ SALT AND PEPPER