



WEEK 59 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Mexican Haystacks is a recipe you can easily tailor to your preferences by adding or omitting toppings to make it fit your taste! You can even make some of my Jalapeno Ranch Dressing to top it with!"

MONDAY

POTSTICKER CASSEROLE



[RECIPE HERE](#)

TUESDAY

CROCKPOT TUSCAN CHICKEN



[RECIPE HERE](#)

WEDNESDAY

FRENCH ONION PORK CHOPS



[RECIPE HERE](#)

THURSDAY

THAI BASIL CHICKEN



[RECIPE HERE](#)

FRIDAY

MEXICAN HAYSTACKS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (3 LBS)
- ☐ BONELESS PORK CHOPS (4 CHOPS)
- ☐ LEAN GROUND BEEF OR TURKEY (1 LB)

DAIRY

- ☐ BUTTER (½ CUP)
- ☐ SWISS (4 SLICES)
- ☐ GRUYERE (4 SLICES)
- ☐ SHREDDED CHEDDAR (TOPPING)
- ☐ GRATED PARMESAN (½ CUP)
- ☐ HEAVY CREAM (1 CUP)

CANNED GOODS

- ☐ FULL-FAT COCONUT MILK (1 CUP)
- ☐ GREEN CHILES (1 4-OZ CAN)
- ☐ BLACK BEANS (1 15-OZ CAN)

PANTRY STAPLES

- ☐ CANOLA OIL (1 TBSP)
- ☐ SOY SAUCE (¼ CUP + 2 TBSP)
- ☐ OYSTER SAUCE (¼ CUP)
- ☐ FISH SAUCE (2 TBSP)
- ☐ BROWN SUGAR (2 TBSP)
- ☐ RED CURRY PASTE (1-2 TBSP)
- ☐ RICE VINEGAR (1 ½ TBSP)
- ☐ SESAME OIL (2 TSP)
- ☐ SUGAR (2 TSP)
- ☐ CHILI CRISP OIL (GARNISH)
- ☐ FLOUR (2 TBSP)
- ☐ BEEF BROTH (1 CUP)
- ☐ CHICKEN BROTH (½ CUP)
- ☐ WORCESTERSHIRE (2 TSP)
- ☐ SUN DRIED TOMATOES (½ CUP)

PANTRY STAPLES CONT

- ☐ SALSA (1 CUP)
- ☐ COOKED RICE (TOPPING)
- ☐ TORTILLA STRIPS (TOPPING)

SEASONINGS

- ☐ ITALIAN SEASONING (2 TSP)
- ☐ ONION POWDER (½ TSP)
- ☐ TACO SEASONING (2 TBSP)
- ☐ SALT AND PEPPER

PRODUCE

- ☐ GARLIC (8 TSP)
- ☐ SHALLOT (1)
- ☐ YELLOW ONIONS (2)
- ☐ BELL PEPPERS (1 RED, 1 YELLOW)
- ☐ THAI CHILI OR SERRANO PEPPER (1)

PRODUCE CONT

- ☐ MUSHROOMS (4 OZ)
- ☐ BROCCOLI (¾-1 CUP)
- ☐ BABY SPINACH (1 CUP)
- ☐ LETTUCE (TOPPING)
- ☐ AVOCADO (1)
- ☐ TOMATOES (TOPPING)
- ☐ MANGO (TOPPING)
- ☐ GREEN ONIONS (1 TBSP + GARNISH)
- ☐ FRESH GINGER (1 TBSP)
- ☐ FRESH CILANTRO (1 TBSP + GARNISH)
- ☐ FRESH THAI BASIL (1 CUP)
- ☐ FRESH THYME (2 TSP)
- ☐ FRESH ROSEMARY (1 TSP)

FROZEN

- ☐ POTSTICKERS (20-25)