



WEEK 60 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Fresh apple cider will give you the best flavor for the apple cider chicken thighs, but shelf stable or even apple juice will work if that is all you are able to find. You can even add a few tablespoons of frozen apple juice concentrate to bump up the flavor!"

MONDAY

JALAPENO POPPER SOUP



[RECIPE HERE](#)

TUESDAY

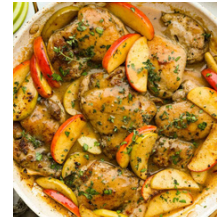
AMERICAN GOULASH



[RECIPE HERE](#)

WEDNESDAY

APPLE CIDER CHICKEN THIGHS



[RECIPE HERE](#)

THURSDAY

ORANGE BEEF



[RECIPE HERE](#)

FRIDAY

CROCKPOT MISSISSIPPI CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BACON (1 LB)
- ☐ GROUND BEEF (2 LBS)
- ☐ BONELESS SKINLESS CHICKEN THIGHS (2 LBS)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (2 LBS)
- ☐ FLANK STEAK (½ LB)

DAIRY

- ☐ HALF & HALF (3 CUPS)
- ☐ CREAM CHEESE (8 OZ)
- ☐ SHREDDED CHEDDAR (3 CUPS + GARNISH)
- ☐ UNSALTED BUTTER (½ CUP + 1 TBSP)

PANTRY STAPLES

- ☐ FLOUR (½ CUP)
- ☐ CHICKEN BROTH (6 ½ CUPS)
- ☐ BEEF BOUILLON OR BASE (1 TBSP)
- ☐ SOY SAUCE (5 TBSP)
- ☐ ELBOW MACARONI (2 CUPS)
- ☐ OLIVE OIL (2 TBSP)
- ☐ VEGETABLE OIL (1 TBSP)
- ☐ FRESH APPLE CIDER (1 ½ CUPS)
- ☐ DIJON MUSTARD (2 TBSP)
- ☐ CORNSTARCH (3 TBSP)
- ☐ RICE WINE VINEGAR (1 TSP)
- ☐ SESAME OIL (½ TSP)
- ☐ ORANGE JUICE (¼ CUP)
- ☐ ORANGE MARMALADE (¾ CUP)
- ☐ BROWN SUGAR (1 TBSP)
- ☐ PEPPEROCINIS (1 LARGE JAR)

SEASONINGS

- ☐ ITALIAN SEASONING (2 TBSP)
- ☐ SEASONED SALT (1 TBSP)
- ☐ PAPRIKA (2 TSP)
- ☐ BAY LEAVES (3)
- ☐ DRIED THYME (¾ TSP)
- ☐ DRIED SAGE (½ TSP)
- ☐ ALLSPICE (1 PINCH)
- ☐ ONION POWDER (½ TSP)
- ☐ GARLIC POWDER (¼ TSP)
- ☐ RED PEPPER FLAKES (1 TSP)
- ☐ SESAME SEEDS (GARNISH)
- ☐ RANCH SEASONING (1 PKG)
- ☐ AU JUS MIX (1 PKG)
- ☐ SALT AND PEPPER

PRODUCE

- ☐ JALAPENOS (4-6 + GARNISH)
- ☐ ONION (2)
- ☐ GARLIC (6 TSP)
- ☐ YUKON GOLD POTATOES (6)
- ☐ APPLES (2 LARGE)
- ☐ GREEN ONIONS (GARNISH)
- ☐ FRESH ITALIAN PARSLEY (GARNISH)
- ☐ FRESH THYME (GARNISH)

CANNED GOODS

- ☐ TOMATO SAUCE (2 15-OZ CANS)
- ☐ DICED TOMATOES (1 15-OZ CAN)
- ☐ PETITE DICED TOMATOES (1 15-OZ CAN)