



# WEEK 61 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Chinkiang vinegar is easiest to find at your local Asian market, but it can be replaced with rice vinegar to make things even easier!"

### MONDAY

#### COCONUT CURRY CHICKEN



[RECIPE HERE](#)

### TUESDAY

#### FOCACCIA PIZZA



[RECIPE HERE](#)

### WEDNESDAY

#### SHEET PAN STEAK FAJITAS



[RECIPE HERE](#)

### THURSDAY

#### KUNG PAO CHICKEN NOODLES



[RECIPE HERE](#)

### FRIDAY

#### CREAMY CAJUN CHICKEN



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- ☐ FLANK STEAK (1 LB)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (5 LB)

### DAIRY

- ☐ SHREDDED MOZZARELLA (½ CUP)
- ☐ SLICED FRESH MOZZARELLA
- ☐ GRATED PARMESAN (⅓ CUP + ½ CUP)
- ☐ UNSALTED BUTTER (1 TBSP)
- ☐ HEAVY CREAM (1 CUP)

### BREAD

- ☐ SMALL FLOUR TORTILLAS (FOR SERVING)

### PANTRY STAPLES

- ☐ ACTIVE DRY YEAST (1 PKG OR 2 ¼ TSP)
- ☐ SUGAR (1 TSP)
- ☐ OLIVE OIL (½ CUP + 1 TBSP)
- ☐ FLOUR (3 ½ CUPS + 2 TBSP)
- ☐ PIZZA SAUCE (1 CUP)
- ☐ LIME JUICE (1 TBSP)
- ☐ SPAGHETTI NOODLES (10 OZ)
- ☐ SESAME OIL (1 TBSP)
- ☐ DRIED CHILI PEPPERS (6-8)
- ☐ SOY SAUCE (½ CUP)
- ☐ CHINKIANG VINEGAR (⅓ CUP)
- ☐ CHILI GARLIC SAUCE (1 TBSP)
- ☐ CORNSTARCH (1 TBSP)
- ☐ WHOLE ROASTED PEANUTS (⅓ CUP)
- ☐ CHICKEN BROTH (1 CUP)
- ☐ RICE (FOR SERVING)

### PRODUCE

- ☐ POTATOES (2 LARGE)
- ☐ CARROTS (2 LARGE)
- ☐ ONION (2)
- ☐ BELL PEPPER (1 RED, 1 YELLOW, 1 GREEN)
- ☐ GARLIC (7 TSP)
- ☐ LIMES (FOR SERVING)
- ☐ AVOCADO (FOR SERVING)
- ☐ GREEN ONIONS (GARNISH)
- ☐ FRESH GINGER (½ TSP)
- ☐ FRESH CILANTRO (GARNISH)
- ☐ FRESH BASIL (GARNISH)

### SEASONINGS

- ☐ CURRY POWDER (3 TBSP)
- ☐ TURMERIC (1 TSP)
- ☐ ITALIAN SEASONING (1 ½ TSP)
- ☐ GARLIC POWDER (1 TSP)
- ☐ FAJITA SEASONING (3 TBSP)
- ☐ RED PEPPER FLAKES (GARNISH)
- ☐ CAJUN SEASONING (2 TBSP)
- ☐ SALT AND PEPPER

### CANNED GOODS

- ☐ CHICKPEAS (1 15-OZ CAN)
- ☐ TOMATO PASTE (1 6-OZ CAN)
- ☐ COCONUT MILK (2 15-OZ CANS)