



WEEK 63 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"It's so easy to save time with Swedish Meatballs by using frozen meatballs. You can cook and freeze your own, or swap them out with store-bought frozen meatballs!"

MONDAY

CROCKPOT HULI HULI CHICKEN



[RECIPE HERE](#)

TUESDAY

BRUNSWICK STEW



[RECIPE HERE](#)

WEDNESDAY

SWEDISH MEATBALLS



[RECIPE HERE](#)

THURSDAY

MISSISSIPPI POT ROAST



[RECIPE HERE](#)

FRIDAY

BUFFALO CHICKEN ENCHILADAS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN THIGHS (4 LBS)
- ☐ COOKED SHREDDED CHICKEN (2 CUPS)
- ☐ SMOKED PULLED PORK (2 CUPS)
- ☐ GROUND BEEF (1 LB)
- ☐ CHUCK ROAST (3-4 LBS)

DAIRY

- ☐ UNSALTED BUTTER (½ CUP + ⅓ CUP)
- ☐ EGGS (1)
- ☐ HEAVY CREAM (1 CUP)
- ☐ SHREDDED MONTEREY JACK (2 CUPS)
- ☐ BLUE CHEESE CRUMBLES (TOPPING)

PANTRY STAPLES

- ☐ UNSWEETENED PINEAPPLE JUICE (1 CUP)
- ☐ SOY SAUCE (½ CUP)
- ☐ BROWN SUGAR (½ CUP)
- ☐ KETCHUP (⅓ CUP)
- ☐ CORNSTARCH (2 TBSP)
- ☐ CHICKEN STOCK (3 CUPS)
- ☐ BEEF BROTH (2 CUPS)
- ☐ BBQ SAUCE (2 CUPS)
- ☐ WORCESTERSHIRE SAUCE (3 TBSP)
- ☐ PANKO BREAD CRUMBS (¼ CUP)
- ☐ OLIVE OIL (1 TBSP)
- ☐ FLOUR (3 TBSP)
- ☐ DIJON MUSTARD (1 TSP)
- ☐ PEPPEROCINI PEPPERS (8-10)
- ☐ BUFFALO SAUCE (1 CUP)
- ☐ BLUE CHEESE DRESSING (TOPPING)

PRODUCE

- ☐ FRESH GINGER (2 TSP)
- ☐ GARLIC (6 TSP)
- ☐ YELLOW ONION (1)
- ☐ FRESH PARSLEY (1 TBSP)
- ☐ FRESH CILANTRO (TOPPING)
- ☐ GREEN ONIONS (TOPPING)

CANNED GOODS

- ☐ FIRE ROASTED TOMATES (1 14.5-OZ CAN)
- ☐ TOMATO PASTE (3 TBSP)
- ☐ SWEET CORN (1 14.5-OZ CAN)
- ☐ LIMA BEANS (1 14.5-OZ CAN)
- ☐ DICED TOMATOES (1 14.5-OZ)
- ☐ TOMATO SAUCE (1 8-OZ CAN)
- ☐ DICED CHILES (1 4-OZ CAN)

SEASONINGS

- ☐ CAYENNE PEPPER (¼ TSP)
- ☐ ALLSPICE (¼ TSP)
- ☐ NUTMEG (¼ TSP)
- ☐ GARLIC POWDER (½ TSP)
- ☐ RANCH SEASONING (1 1-OZ PGK OR 3 TBSP)
- ☐ AU JUS MIX (1 1-OZ PKG OR 3 TBSP)
- ☐ SALT AND PEPPER

BREAD

- ☐ 6-INCH FLOUR TORTILLAS (8-10)