



WEEK 68 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"You can use homemade pizza dough for the pepperoni rolls, but buying frozen or tube pizza dough is a great time saver!"

MONDAY

GARLIC BREAD PASTA



[RECIPE HERE](#)

TUESDAY

SAUSAGE & POTATO SKILLET



[RECIPE HERE](#)

WEDNESDAY

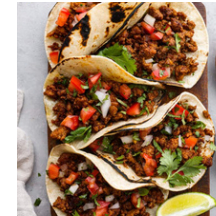
CHICKEN FRIED RICE



[RECIPE HERE](#)

THURSDAY

MEXICAN CHORIZO TACOS



[RECIPE HERE](#)

FRIDAY

PEPPERONI ROLLS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ SMOKED SAUSAGE (12 OZ)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (1 LB)
- ☐ GROUND PORK (1 LB)
- ☐ PEPPERONI (6 OZ)

DAIRY

- ☐ GRATED PARMESAN (1 ¼ CUP)
- ☐ SHREDDED MOZZARELLA (1 CUP)
- ☐ SALTED BUTTER (¾ CUP)
- ☐ EGGS (2)

PANTRY STAPLES

- ☐ DRY SHORT PASTA (12 OZ)
- ☐ OLIVE OIL (5 TBSP)
- ☐ VEGETABLE OIL (1 TBSP)
- ☐ SESAME OIL (2 TBSP)
- ☐ SOY SAUCE (4 TBSP)
- ☐ COOKED RICE (3 CUPS)
- ☐ CORN TORTILLAS (12)
- ☐ PIZZA DOUGH (1 13.8-OZ TUBE)
- ☐ PIZZA SAUCE (1 CUP)

PRODUCE

- ☐ GARLIC (2 WHOLE HEADS + 1 TSP)
- ☐ BABY POTATOES (1 LB)
- ☐ BELL PEPPERS (1 RED)
- ☐ ONION (2)
- ☐ GREEN ONIONS (2 TBSP FOR GARNISH)
- ☐ FRESH PARSLEY (2 TBSP)
- ☐ FRESH CILANTRO (¼ CUP)

FROZEN

- ☐ PEAS & CARROTS (1 CUP)

SEASONINGS

- ☐ ITALIAN SEASONING (2 TSP)
- ☐ GARLIC POWDER (1 TSP)
- ☐ CHORIZO SEASONING (½ CUP)
- ☐ GARLIC SALT (½ TSP)
- ☐ DRIED OREGANO (1 TSP)
- ☐ DRIED PARSLEY (1 TSP)
- ☐ SALT AND PEPPER