



WEEK 69 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"If your Instant Pot is big enough, double the carnitas and freeze the extra for an easy meal later."

MONDAY

**CROCK POT CRACK
POTATO SOUP**



[RECIPE HERE](#)

TUESDAY

**CREAMY LEMON
PARMESAN CHICKEN**



[RECIPE HERE](#)

WEDNESDAY

**VEGETABLE
LO MEIN**



[RECIPE HERE](#)

THURSDAY

**PORCUPINE
MEATBALLS**



[RECIPE HERE](#)

FRIDAY

**INSTANT POT
CARNITAS**



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ COOKED BACON (1 ¼ CUPS)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (4)
- ☐ LEAN GROUND BEEF (1 LB)
- ☐ PORK SHOULDER (4-5 LBS)

DAIRY

- ☐ CREAM CHEESE (8 OZ)
- ☐ SHREDDED SHARP CHEDDAR (2 CUPS)
- ☐ GRATED PARMESAN (½ CUP)
- ☐ HALF & HALF (1 CUP)
- ☐ HEAVY CREAM (1 CUP)
- ☐ EGGS (1)

FROZEN

- ☐ DICED POTATOES (1 32-OZ BAG)

PANTRY STAPLES

- ☐ CHICKEN BROTH OR STOCK (5 ½ CUPS)
- ☐ OLIVE OIL (2 TBSP)
- ☐ VEGETABLE OIL (2 TBSP)
- ☐ SESAME OIL (1 TSP)
- ☐ CORNSTARCH (2 TBSP)
- ☐ LO MEIN OR SPAGHETTI NOODLES (8 OZ)
- ☐ SOY SAUCE (3 TBSP)
- ☐ HOISIN SAUCE (1 TBSP)
- ☐ BROWN SUGAR (1 TSP)
- ☐ MIRIN OR RICE VINEGAR (1 TBSP)
- ☐ UNCOOKED LONG GRAIN RICE (¼ CUP)
- ☐ WORCESTERSHIRE (2 TSP)
- ☐ ORANGE JUICE (¾ CUP)
- ☐ LIME JUICE (¼ CUP)

SEASONINGS

- ☐ RANCH SEASONING (1 1-OZ PKG)
- ☐ ONION POWDER (½ TSP)
- ☐ GARLIC POWDER (1 ½ TSP)
- ☐ ITALIAN SEASONING (1 TSP)
- ☐ PAPRIKA (¾ TSP)
- ☐ CUMIN (2 TSP)
- ☐ DRIED OREGANO (1 TSP)
- ☐ CHILI POWDER (1 TSP)
- ☐ SESAME SEEDS (GARNISH)
- ☐ SALT AND PEPPER

CANNED GOODS

- ☐ CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)
- ☐ CONDENSED TOMATO SOUP (1 10.5-OZ CAN)
- ☐ TOMATO PASTE (1 6-OZ CAN)

PRODUCE

- ☐ GARLIC (10 TSP)
- ☐ ONION (2)
- ☐ BELL PEPPER (1 RED)
- ☐ CARROTS (1 MEDIUM)
- ☐ SNOW PEAS (½ CUP)
- ☐ BUTTON MUSHROOMS (1 CUP)
- ☐ BROCCOLI FLORETS (1 CUP)
- ☐ BEAN SPROUTS (½-1 CUP)
- ☐ LEMON (1 FOR JUICE)
- ☐ FRESH GINGER (1 TSP)
- ☐ FRESH PARSLEY (1 TBSP)
- ☐ GREEN ONIONS (GARNISH)