

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."

DICED POTATOES (1 32-OZ BAG)

MONDAY

RECIPE HERE

TUESDAY

CROCK POT CRACK CREAMY LEMON POTATO SOUP PARMESAN CHICKEN





WEDNESDAY

VEGETABLE LO MEIN



RECIPE HERE

TOMATO PASTE (16-OZ CAN)

THURSDAY

PORCUPINE MEATBALLS

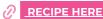


RECIPE HERE

FRIDAY

INSTANT POT CARNITAS





SHOPPING LIST

PROTEIN	PANTRY STAPLES	<u>SEASONINGS</u>	PRODUCE
COOKED BACON (1 1/4 CUPS)	CHICKEN BROTH OR STOCK (5 ½ CUPS)	RANCH SEASONING (11-OZ PKG)	GARLIC (10 TSP)
BONELESS SKINLESS CHICKEN BREASTS (4)	OLIVE OIL (2 TBSP)	ONION POWDER (½ TSP)	ONION (2)
LEAN GROUND BEEF (1 LB)	VEGETABLE OIL (2 TBSP)	GARLIC POWDER (1 ½ TSP)	BELL PEPPER (1 RED)
PORK SHOULDER (4-5 LBS)	SESAME OIL (1 TSP)	ITALIAN SEASONING (1 TSP)	CARROTS (1 MEDIUM)
	CORNSTARCH (2 TBSP)	PAPRIKA (¼ TSP)	SNOW PEANS (½ CUP)
DAIRY	LO MEIN OR SPAGHETTI NOODLES (8 OZ)	CUMIN (2 TSP)	BUTTON MUSHROOMS (1 CUP
CREAM CHEESE (8 OZ)	SOY SAUCE (3 TBSP)	DRIED OREGANO (1 TSP)	BROCCOLI FLORETS (1 CUP)
SHREDDED SHARP CHEDDAR (2 CUPS)	HOISIN SAUCE (1 TBSP)	CHILI POWDER (1 TSP)	BEAN SPROUTS (½-1 CUP)
GRATED PARMESAN (½ CUP)	BROWN SUGAR (1 TSP)	SESAME SEEDS (GARNISH)	LEMON (1 FOR JUICE)
HALF & HALF (1 CUP)	MIRIN OR RICE VINEGAR (1 TBSP)	SALT AND PEPPER	FRESH GINGER (1 TSP)
HEAVY CREAM (1 CUP)	UNCOOKED LONG GRAIN RICE (1/4 CUP)		FRESH PARSLEY (1 TBSP)
EGGS (1)	WORCESTERSHIRE(2 TSP)	CANNED GOODS	GREEN ONIONS (GARNISH)
	ORANGE JUICE (3/4 CUP)	CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)	
FROZEN	LIME JUICE (1/4 CUP)	CONDENSED TOMATO SOUP (1 10.5-OZ	