



# WEEK 73 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Instead of buying cooked chicken, cook 2-3 pounds of chicken breasts in the Instant Pot, shred it, and split it between the two recipes this week."

### MONDAY

#### ALFREDO RAVIOLI CASSEROLE

[RECIPE HERE](#)

### TUESDAY

#### SLOW COOKER BEEF & BROCCOLI

[RECIPE HERE](#)

### WEDNESDAY

#### WALKING TACOS

[RECIPE HERE](#)

### THURSDAY

#### CHICKEN BACON RANCH CASSEROLE

[RECIPE HERE](#)

### FRIDAY

#### SHEET PAN PORK CHOPS

[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- COOKED CHICKEN (6 CUPS, ABOUT 2 LBS)
- BONELESS BEEF CHUCK ROAST (1 ½ LBS)
- LEAN GROUND BEEF (1 LB)
- BONE-IN PORK CHOPS (4)
- BACON (8 SLICES)

### DAIRY

- SHREDDED MOZZARELLA (4 CUPS)
- SHREDDED PARMESAN (1 ½ CUPS)
- SHREDDED CHEDDAR (1 ½ CUPS)
- SHREDDED MEXICAN BLEND (TOPPING)
- SOUR CREAM (TOPPING)
- EGGS (2)
- MILK (¼ CUP)

### PANTRY STAPLES

- ALFREDO SAUCE (6 CUPS, OR 48 OZ)
- BEEF BROTH (1 CUP)
- LOW-SODIUM SOY SAUCE (½ CUP)
- BROWN SUGAR (½ CUP)
- SESAME OIL (1 TBSP)
- CORNSTARCH (2 TBSP)
- SMALL FRITOS BAGS (5 1-OZ BAGS)
- PENNE PASTA (12 OZ)
- PANKO BREAD CRUMBS (1 ½ CUPS)
- OLIVE OIL (2 TBSP)

### FROZEN

- FROZEN RAVIOLI (1 24-OZ BAG)
- BROCCOLI FLORETS (1 12-OZ BAG)

### PRODUCE

- GARLIC (3 TSP)
- BRUSSELS SPROUTS (1 LB)
- BABY POTATOES (1 LB)
- TOMATOES (TOPPING)
- LETTUCE (TOPPING)
- AVOCADOS (TOPPING)
- FRESH PARSLEY (GARNISH)

### CANNED GOODS

- SLICED OLIVES (1 CAN FOR TOPPING)

### SEASONINGS

- ITALIAN SEASONING (2 TBSPS)
- TACO SEASONING (2 TBSP)
- RANCH SEASONING (1 1-OZ)
- PGK OR 2 TBSP
- GARLIC POWDER (1 TSP)
- SALT AND PEPPER