



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 (¾ 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