



WEEK 80 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Cover the pork cutlets with a layer of plastic wrap before pounding them with a meat mallet to prevent splatter and keep your workspace cleaner.."

MONDAY

CHEESEBURGER RICE



[RECIPE HERE](#)

TUESDAY

TUSCAN CHICKEN



[RECIPE HERE](#)

WEDNESDAY

PORK SCHNITZEL



[RECIPE HERE](#)

THURSDAY

CROCKPOT PARMESAN GARLIC CHICKEN



[RECIPE HERE](#)

FRIDAY

SWEET & SOUR SHRIMP



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- LEAN GROUND BEEF (1 LB)
- BONELESS SKINLESS CHICKEN BREAST (3 ½ LBS)
- PORK CUTLETS (4)
- PEELED, DEVEINED SHRIMP (1 LB)

DAIRY

- HEAVY CREAM (1 CUP)
- GRATED PARMESAN (1 CUP)
- CREAM CHEESE (8 OZ)
- EGGS (2)
- SHREDDED CHEDDAR (1 CUP)

PANTRY STAPLES

- OLIVE OIL (¼ CUP + 3 TBSP)
- VEGETABLE OIL (2 TBSP)
- SESAME OIL (½ TSP)
- BEEF BROTH (2 CUPS)
- CHICKEN BROTH (½ CUP)
- WORCESTERSHIRE (1 TBSP)
- KETCHUP (½ CUP)
- SUN DRIED TOMATOES (½ CUP)
- PARMESAN GARLIC SAUCE (12 OZ)
- UNCOOKED SHORT PASTA (10 OZ)
- HONEY (½ CUP)
- RICE VINEGAR (½ CUP)
- SOY SAUCE (1 TBSP)

PANTRY STAPLES CONT

- FLOUR (⅔ CUP)
- PANKO BREAD CRUMBS (1 CUP)
- PINEAPPLE JUICE (3 TBSP)
- CORNSTARCH (1 TBSP)
- LONG GRAIN WHITE RICE (1 CUP)

SEASONINGS

- GARLIC POWDER (3 TSP)
- ITALIAN SEASONING (1 TSP)
- SESAME SEEDS (¼ TSP)
- RED PEPPER FLAKES (GARNISH)
- SALT AND PEPPER

PRODUCE

- ONION (1)
- CHOPPED SPINACH (1 CUP)
- BELL PEPPER (1 RED)
- ZUCCHINI (1 CUP)
- GARLIC (4 TSP)
- FRESH GINGER (1 TSP)
- PINEAPPLE (1 CUP)
- GREEN ONIONS (1 TBSP)
- LEMONS (WEDGED FOR SERVING)
- FRESH PARSLEY (GARNISH)

CANNED GOODS

- TOMATO PASTE (3 TBSP)