



WEEK 81 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"While smoked Gouda is recommended for this sausage spaghetti, you can substitute another smoked cheese or a mild cheese like Fontina, Havarti, or Monterey Jack."

MONDAY

CREAMY SAUSAGE SPAGHETTI



[RECIPE HERE](#)

TUESDAY

BANG BANG SHRIMP PASTA



[RECIPE HERE](#)

WEDNESDAY

ONE PAN GENERAL TSO'S CHICKEN



[RECIPE HERE](#)

THURSDAY

SHEET PAN NACHOS



[RECIPE HERE](#)

FRIDAY

SLOW COOKER BONELESS PORK RIBS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ITALIAN SAUSAGE (1 LB)
- LARGE SHRIMP (1 LB)
- BONELESS SKINLESS CHICKEN BREAST (2 LBS)
- GROUND BEEF (1 LB)
- COUNTRY-STYLE BONELESS PORK RIBS (4 LBS)

DAIRY

- HEAVY CREAM (1 ¼ CUP)
- SHREDDED SMOKED GOUDA (1 ½ CUPS)
- SHREDDED PARMESAN (½ CUP)
- SHREDDED CHEDDAR (1 CUP)
- SHREDDED MONTEREY JACK (1 CUP)
- UNSALTED BUTTER (2 TBSP)
- EGGS (1)
- SOUR CREAM (TOPPING)

PANTRY STAPLES

- SPAGHETTI NOODLES (20 OZ)
- CHICKEN BROTH (1 CUP)
- DIJON MUSTARD (1 TBSP)
- MAYONNAISE (½ CUP)
- SWEET CHILI SAUCE (½ CUP)
- HONEY (1 TBSP)
- SRIRACHA (1 TBSP)
- CORNSTARCH (1 CUP)
- VEGETABLE OIL (½ CUP)
- SESAME OIL (2 TSP)
- HOISIN SAUCE (¾ CUP)
- SOY SAUCE (¼ CUP)
- BROWN SUGAR (1 CUP)
- RICE VINEGAR (¼ CUP)
- TORTILLA CHIPS (1 12-OZ BAG)
- CORN (½ CUP)
- BARBECUE SAUCE (2 CUPS)

SEASONINGS

- PAPRIKA (2 TSP)
- GROUND GINGER (½ TSP)
- CUMIN (2 TSP)
- ONION POWDER (2 TSP)
- GARLIC POWDER (2 TSP)
- DRIED OREGANO (1 TSP)
- RED PEPPER FLAKES (1 TSP + GARNISH)
- TACO SEASONING (4 TBSP)
- SALT AND PEPPER

PRODUCE

- GARLIC (2 TBSP)
- FRESH JALAPENOS (TOPPING)
- ROMA TOMATOES (TOPPING)
- FRESH BASIL (2 TBSP)
- FRESH CILANTRO (GARNISH)
- GREEN ONIONS (GARNISH)

CANNED GOODS

- REFRIED BEANS (1 15-OZ CAN)
- SLICED OLIVES (1 2.25-OZ CAN)
- BLACK BEANS (1 15-OZ CAN)