



WEEK 84 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"I grab one big pack of chicken, prep it all at once, and portion it into bags for the week. It's a total time-saver when dinner rolls around! Future me is always grateful."

MONDAY

PF CHANG'S HONEY CHICKEN



[RECIPE HERE](#)

TUESDAY

CROCKPOT CHICKEN MARSALA



[RECIPE HERE](#)

WEDNESDAY

TAMALE PIE



[RECIPE HERE](#)

THURSDAY

MILLION DOLLAR STUFFED SHELLS



[RECIPE HERE](#)

FRIDAY

CHICKEN SCHNITZEL



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (4 LBS)
- GROUND BEEF (1 ½ LBS)
- MILD ITALIAN SAUSAGE (½ LB)

DAIRY

- EGGS (4)
- SOUR CREAM (½ CUP)
- SHREDDED MONTEREY JACK
- SHREDDED MOZZARELLA (2 CUPS)
- SHREDDED PARMESAN (½ CUP)
- CREAM CHEESE (8 OZ)
- SMALL-CURD COTTAGE CHEESE (1 CUP)

PANTRY STAPLES

- FLOUR (1 CUP)
- CORNSTARCH (½ CUP + 3 TBSP)
- BAKING SODA (¼ TSP)
- BAKING POWDER (½ TSP)
- CANOLA OR VEG OIL (FOR FRYING)
- OLIVE OIL (3 TBSP)
- HONEY (½ CUP)
- RICE VINEGAR (¼ CUP)
- LOW-SODIUM SOY SAUCE (2 TBSP)
- SUGAR (¾ CUP)
- MARSALA WINE (1 CUP)
- CHICKEN BROTH (1 CUP)
- JIFFY CORNBREAD (1 BOX)
- JUMBO SHELL PASTA (1 12-OZ BOX)

PANTRY STAPLES CONT

- MARINARA SAUCE (1 24-OZ JAR)
- DIJON MUSTARD (1 TSP)
- PANKO (1 ¼ CUPS)

SEASONINGS

- GARLIC POWDER (1 ¾ TSP)
- ONION POWDER (¼ TSP)
- CHILI POWDER (1 TBSP)
- CUMIN (¾ TSP)
- DRIED OREGANO (½ TSP)
- ITALIAN SEASONING (1 TSP)
- SALT AND PEPPER

PRODUCE

- SHALLOT (1)
- ONION (1)
- GARLIC (5 TSP)
- MUSHROOMS (8 OZ)
- TOMATOES (TOPPING)
- JALAPENOS (TOPPING)
- FRESH CILANTRO (TOPPING)
- FRESH PARSLEY (GARNISH)
- FRESH BASIL (GARNISH)

CANNED GOODS

- CREAMED CORN (½ CUP)
- DICED GREEN CHILES (1 4-OZ CAN)
- RED ENCHILADA SAUCE (1 CUP)