



GRAB AND GO MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"These meals have minimal preparation, but you can do whatever chopping or assembly ahead of time so when dinner rolls around they come together SO quickly!"

MONDAY

AIR FRYER GRILLED CHEESE



[RECIPE HERE](#)

TUESDAY

GRAPE JELLY MEATBALLS



[RECIPE HERE](#)

WEDNESDAY

DILL PICKLE CHICKEN SALAD



[RECIPE HERE](#)

THURSDAY

AIR FRYER HOT DOGS



[RECIPE HERE](#)

FRIDAY

WALKING TACOS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- FROZEN MEATBALLS (32 OZ)
- SHREDDED CHICKEN (2 ½ CUPS)
- LEAN GROUND BEEF (1 LB)
- HOT DOGS (4)

DAIRY

- CHEDDAR CHEESE (2 SLICES)
- SALTED BUTTER (1 TBSP)
- SOUR CREAM (TOPPING)
- SHREDDED CHEDDAR CHEESE (TOPPING)

PRODUCE

- CELERY (½ CUP)
- GREEN ONIONS (½ CUP)
- TOMATOES (TOPPING)
- LETTUCE (TOPPING)
- AVOCADO (TOPPING)

PANTRY STAPLES

- MAYONNAISE (½ CUP + 2 TBSP)
- GRAPE JELLY (1 28-OZ JAR)
- HEINZ CHILI SAUCE OR ANY BBQ SAUCE (1 ½ CUP)
- CORNSTARCH (1 TBSP)
- HOT SAUCE (OPTIONAL)
- DILL PICKLES (1 ¾ CUP)
- DIJON MUSTARD (1 TBSP)
- RELISH (TOPPING)
- KETCHUP (TOPPING)
- YELLOW MUSTARD (TOPPING)
- FRITO CHIPS (5 1-OZ BAGS)

SEASONINGS

- GARLIC POWDER (½ TSP)
- DRIED DILL (1 TSP)
- TACO SEASONING (2 TBSP)
- SALT AND PEPPER

BREAD

- SOURDOUGH BREAD (4 SLICES)
- CROISSANTS OR BREAD (FOR SERVING)
- HOT DOG BUNS (4)

CANNED GOODS

- SLICED OLIVES (TOPPING)

DID YOU KNOW THAT AIR FRYERS ARE BASICALLY MINIATURE CONVECTION OVENS?

NO AIR FRYER? USE THE OVEN!

TO MAKE AN AIR FRYER RECIPE IN THE OVEN, INCREASE THE TEMPERATURE BY 25 DEGREES AND ADD ABOUT 20% MORE COOK TIME (ABOUT 1-2 MINUTES FOR THESE RECIPES!)