



WEEK 86 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"If you can't find thick pork chops, buy a pork loin and slice your own. Aim for about 1 inch thick for best results."

MONDAY

BUFFALO MAC N CHEESE



[RECIPE HERE](#)

TUESDAY

CHEESEBURGER CASSEROLE



[RECIPE HERE](#)

WEDNESDAY

BROWN SUGAR GARLIC CHICKEN



[RECIPE HERE](#)

THURSDAY

BAKED STUFFED PORK CHOPS



[RECIPE HERE](#)

FRIDAY

CROCKPOT MISSISSIPPI MEATBALLS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- COOKED SHREDDED CHICKEN (2 CUPS)
- BONELESS PORK CHOPS (4)
- GROUND BEEF (1 LBS)
- BONELESS SKINLESS CHICKEN THIGHS (2-2 ½ LBS)

DAIRY

- BUTTER (1 CUP)
- WHOLE MILK (2 ½ CUPS)
- SHREDDED MONTEREY JACK (2 CUPS)
- SHREDDED MOZZARELLA (¾ CUP)
- SHREDDED CHEDDAR (2 ½ CUPS)
- SOUR CREAM (½ CUP)

PANTRY STAPLES

- OLIVE OIL (3 TBSP)
- HOT SAUCE (1 CUP)
- WHITE VINEGAR (1 TBSP)
- WORCESTERSHIRE (1 TBSP + 1 TSP)
- ELBOW MACARONI (2 16-OZ BOXES)
- FLOUR (½ CUP)
- DILL RELISH (2 TBSP)
- BEEF BROTH (1 ¼ CUP)
- VELVEETA CHEESE SAUCE (1 4-OZ PGK)
- PESTO SAUCE (½ CUP)
- ITALIAN BREAD CRUMBS (⅔ CUP)
- SLICED PEPPERONCHINIS (1 16-OZ JAR)
- BROWN SUGAR (⅔ CUP)
- SOY SAUCE (½ CUP)

SEASONINGS

- CAYENNE (¾ TSP)
- GARLIC POWDER (1 TSP)
- ITALIAN SEASONING (2 TSP)
- AU JUS MIX (1 1-OZ PKG)
- RANCH SEASONING (1 1-OZ PKG)
- SALT AND PEPPER

CANNED GOODS

- TOMATO PASTE (1 6-OZ CAN)
- PETITE DICED TOMATOES (1 14-OZ CAN)
- DICED TOMATOES (1 14-OZ CAN)

PRODUCE

- ONION (1)
- BELL PEPPER (1 GREEN)
- GARLIC (1 TBSP + 2 TSP)

FROZEN

- MEATBALLS (1 26-OZ BAG)