



WEEK 88 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"The bang bang sauce is super easy to make, but you can also grab a pre-made version at the store to make the shrimp tacos even easier!"

MONDAY

CHICKEN & WILD RICE CASSEROLE



[RECIPE HERE](#)

TUESDAY

BANG BANG SHRIMP TACOS



[RECIPE HERE](#)

WEDNESDAY

MARRY ME POT ROAST



[RECIPE HERE](#)

THURSDAY

CROCKPOT BBQ MEATBALLS



[RECIPE HERE](#)

FRIDAY

ALICE SPRINGS CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (3 LBS)
- LARGE SHRIMP (1 LB)
- CHUCK ROAST (3-4 LBS)
- BACON (4 SLICES)

DAIRY

- BUTTER (¾ CUP)
- SOUR CREAM (½ CUP)
- SHREDDED PARMESAN (1 CUP)
- GRATED PARMESAN (½ CUP)
- WHOLE MILK (¾ CUP)
- HEAVY CREAM (¾ CUP)
- EGGS (1)
- SHREDDED COLBY JACK (1 CUP)

PANTRY STAPLES

- WILD RICE MIX (1 ½ CUPS)
- PANKO (1 CUP)
- CORNSTARCH (¾ CUP)
- VEGETABLE OIL (FOR FRYING)
- OLIVE OIL (1 TBSP)
- MAYONNAISE (½ + ¼ CUP)
- HONEY (¾ CUP + 2 TBSP)
- SWEET CHILI SAUCE (3 TBSP)
- SRIRACHA (1 TBSP)
- CORN TORTILLAS (FOR SERVING)
- SUN-DRIED TOMATOES IN OIL (¾ CUP)
- SUN-DRIED TOMATO OIL (2 TBSP)
- FLOUR (2 TBSP)
- BEEF BROTH (2 CUPS)

PANTRY STAPLES CONT

- BBQ SAUCE (2 CUPS)
- BROWN SUGAR (¼ CUP)
- DIJON MUSTARD (½ CUP)

SEASONINGS

- ITALIAN SEASONING (1 TSP)
- PAPRIKA (½ TSP)
- GARLIC POWDER (½ TSP)
- ONION POWDER (½ TSP)
- CAYENNE PEPPER (¼ TSP)
- SALT AND PEPPER

FROZEN

- MEATBALLS (26 OZ)

PRODUCE

- ONION (1)
- GARLIC (5 ½ TSP)
- BABY BELLA MUSHROOM (3 CUPS)
- PURPLE CABBAGE (TOPPING)
- LIMES (TOPPING)
- FRESH THYME (1 TSP)
- FRESH PARSLEY (1 TBSP + 1 TSP + GARNISH)
- FRESH BASIL (1 TSP + GARNISH)
- FRESH CILANTRO (TOPPING)

CANNED GOODS

- CREAM OF MUSHROOM SOUP (1 10.5-OZ CAN)
- TOMATO PASTE (3 TBSP)