



WEEK 89 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Skip the rotisserie chicken and make my Instant Pot shredded chicken instead. For this week's meals, you'll need 2½ to 3 pounds of chicken breasts, cooked and shredded."

MONDAY

MEXICAN STREET CORN CASSEROLE



[RECIPE HERE](#)

TUESDAY

SHEET PAN PORK CHOPS



[RECIPE HERE](#)

WEDNESDAY

CHICKEN & BROCCOLI



[RECIPE HERE](#)

THURSDAY

SLOW COOKER BEEF TIPS



[RECIPE HERE](#)

FRIDAY

OLIVE GARDEN CHICKEN BAKE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (1 ½ LBS)
- COOKED SHREDDED CHICKEN (7 CUPS)
- STEW MEAT (3 LBS)
- BONE-IN THICK-CUT PORK CHOPS (4)

DAIRY

- SHREDDED CHEDDAR (1 ½ CUPS)
- SHREDDED PARMESAN (½ CUP)
- SHREDDED PEPPER JACK (1 CUP)
- COTIJA CHEESE (1 CUP)
- SOUR CREAM (½ CUP)
- CREAM CHEESE (16 OZ)
- EGGS (2)
- MILK (¾ CUP)

PANTRY STAPLES

- SOY SAUCE (2 TBSP)
- SESAME OIL (2 TBSP + 1 TSP)
- OLIVE OIL (¼ CUP)
- CHICKEN BROTH (3 ⅔ CUPS)
- BEEF BROTH (3 CUPS)
- BROWN SUGAR (1 TBSP)
- OYSTER SAUCE (1 TBSP)
- CORNSTARCH (¼ CUP)
- WORCESTERSHIRE (1 TBSP)
- PANKO (1 ½ CUP)
- ROTINI PASTA (16 OZ)
- OLIVE GARDEN DRESSING (16 OZ)

FROZEN

- CORN (3 CUPS)

PANTRY STAPLES CONT

- BBQ SAUCE (2 CUPS)
- BROWN SUGAR (¼ CUP)
- DIJON MUSTARD (⅓ CUP)

SEASONINGS

- ITALIAN SEASONING (1 TBSP)
- ONION SOUP MIX (1 2-OZ PKG)
- GARLIC POWDER (1 ½ TSP)
- ONION POWDER (½ TSP)
- CHILE POWDER (½ TSP)
- TAJIN SEASONING (1 TBSP)
- SALT AND PEPPER

PRODUCE

- ONION (1)
- RED ONION (1)
- GARLIC (4 TSP)
- GINGER PASTE (1 TSP)
- BROCCOLI FLORETS (3 CUPS)
- SLICED MUSHROOMS (2 CUPS)
- BRUSSELS SPROUTS (1 LB)
- BABY POTATOES (1 LB)
- LIMES (2)
- FRESH CILANTRO (¾ CUP + GARNISH)

CANNED GOODS

- DICED GREEN CHILES (1 4-OZ CAN)