



WEEK 90 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Instead of buying both boneless and bone in chicken thighs, use all bone in thighs and remove the skin and meat from the extra thighs for the Huli Huli chicken."

MONDAY

GRILLED SALMON



[RECIPE HERE](#)

TUESDAY

CROCKPOT HULI HULI CHICKEN



[RECIPE HERE](#)

WEDNESDAY

CREAMY BACON MUSHROOM CHICKEN



[RECIPE HERE](#)

THURSDAY

BUBBLE PIZZA



[RECIPE HERE](#)

FRIDAY

ASIAN TURKEY LETTUCE WRAPS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- SALMON (2 LBS)
- BONELESS SKINLESS CHICKEN THIGHS (4 LBS)
- BONE-IN, SKIN-ON CHICKEN THIGHS (2 LBS)
- PEPPERONI (1 CUP)
- GROUND TURKEY (1 LB)
- BACON (6 SLICES)

DAIRY

- GRATED PARMESAN (¼ CUP)
- SHREDDED COLBY JACK (2 CUPS)
- HEAVY CREAM (1 ½ CUP)

PANTRY STAPLES

- OLIVE OIL (3 TBSP)
- SESAME OIL (1 TBSP)
- UNSWEETENED PINEAPPLE JUICE (1 CUP)
- SOY SAUCE (½ CUP + 2 TBSP)
- BROWN SUGAR (½ CUP)
- KETCHUP (½ CUP)
- CORNSTARCH (2 TBSP)
- REFRIGERATED BISCUITS (1 16-OZ TUBE)
- PIZZA SAUCE (1 ½ CUP)
- HOISIN (¼ CUP)
- RICE WINE VINEGAR (1 TBSP)
- RED CHILI PASTE (2 TSP)

SEASONINGS

- CHILI POWDER (1 TSP)
- PAPRIKA (1 TSP)
- ONION POWDER (1 TSP)
- GARLIC POWDER (1 ½ TSP)
- ITALIAN SEASONING (3 TSP)
- SALT AND PEPPER

FROZEN

- CORN (½ CUP)

CANNED GOODS

- WATER CHESTNUTS (1 8-OZ CAN)

PRODUCE

- AVOCADO (1)
- ROMA TOMATO (1)
- RED ONION (1)
- LIMES (2)
- GARLIC (1 ½ TSP)
- SHREDDED CARRPTS (¼ CUP)
- MUSHROOMS (14 OZ)
- GREEN ONIONS (2)
- BUTTER LETTUCE (1 HEAD)
- FRESH GINGER (2 TSP)
- FRESH CILANTRO (2 TBSP)
- FRESH THYME (1 TBSP)