



WEEK 91 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Go ahead and use your favorite ramen flavor and whatever mixed vegetables you like best. I like chicken ramen with broccoli, peppers, and shredded carrots."

MONDAY

RAMEN NOODLE CASSEROLE



[RECIPE HERE](#)

TUESDAY

GRILLED HONEY LIME CHICKEN THIGHS



[RECIPE HERE](#)

WEDNESDAY

LAZY ENCHILADAS



[RECIPE HERE](#)

THURSDAY

3 PACKET CROCKPOT CHICKEN



[RECIPE HERE](#)

FRIDAY

BEEFARONI



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN THIGHS (2 LBS)
- BONELESS SKINLESS CHICKEN BREASTS (4 LBS)
- LEAN GROUND BEEF (1 LB)

DAIRY

- MEXICAN BLEND CHEESE (1 ½ CUPS)
- GRATED SHARP CHEDDAR (FOR SERVING)

FROZEN

- TAQUITOS (20)

PANTRY STAPLES

- HONEY (½ CUP)
- SOY SAUCE (2 TBSP)
- OLIVE OIL (1 TBSP)
- RAMEN NOODLES (3 PKGS)
- LOW-SODIUM CHICKEN BROTH (3 CUPS)
- CHICKEN BROTH (1 CUP)
- HOISIN SAUCE (½ CUPS)
- RICE VINEGAR (1 TBSP)
- SRIRACHA (1-2 TSP)
- CORNSTARCH (1 TBSP)
- ELBOW MACARONI (8-OZ)

SEASONINGS

- GROUND GINGER (1 TSP)
- PAPRIKA (2 TSP)
- DRIED OREGANO (1 TSP)
- SESAME SEEDS (GARNISH)
- RANCH SEASONING (1 1-OZ PKG)
- ITALIAN DRESSING MIX (1 .6-OZ PKG)
- CHICKEN GRAVY MIX (1 .9-OZ PGK)
- SALT AND PEPPER

CANNED GOODS

- REFRIED BEANS (1 16-OZ CAN)
- ENCHILADA SAUCE (1 10-OZ CAN)
- TOMATO SAUCE (1 29-OZ CAN)

PRODUCE

- LIMES (2-3 FOR JUICE)
- GARLIC (6 TSP)
- MIXED VEGGIES (3 CUPS)
- ONION (1)
- GREEN ONIONS (GARNISH)
- FRESH CILANTRO (½ CUP)