



WEEK 92 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"The Taco Skillet is great for serving with rice and beans on the side, but also makes a great filling for tacos or burritos! Serve it the way your family likes best."

MONDAY

HAWAIIAN PORK CHOPS



[RECIPE HERE](#)

TUESDAY

MILLION DOLLAR CHICKEN



[RECIPE HERE](#)

WEDNESDAY

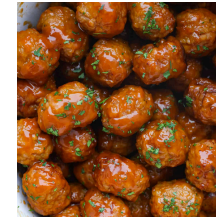
TACO SKILLET



[RECIPE HERE](#)

THURSDAY

SLOW COOKER HONEY BUFFALO MEATBALLS



[RECIPE HERE](#)

FRIDAY

AIR FRYER CHICKEN BREAST



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- THICK-CUT PORK CHOPS (2 LBS)
- BACON (½ LB)
- BONELESS SKINLESS CHICKEN BREASTS (3 ½-4 LBS)
- LEAN GROUND BEEF (1 LB)

DAIRY

- CREAM CHEESE (8 OZ + TOPPING)
- SOUR CREAM (½ CUP)
- SHREDDED CHEDDAR (1 CUP)
- SHREDDED MEXICAN BLEND (1 ½ CUPS)

FROZEN

- MEATBALLS (1 26-OZ BAG)

PANTRY STAPLES

- VEGETABLE OIL (1 TBSP)
- OLIVE OIL (2 TBSP)
- PINEAPPLE JUICE (1 ½ CUPS)
- BROWN SUGAR (1 CUP)
- LOW-SODIUM SOY SAUCE (½ CUP + 2 TBSP)
- CORNSTARCH (2 TBSP + 2 ½TSP)
- SLIVERED ALMONDS (¼ CUP)
- COOKED RICE (1 ½ CUPS)
- FRANK'S ORIGINAL HOT SAUCE (¼ CUP)
- HONEY (¼ CUP)
- APRICOT PRESERVES (¼ CUP)

SEASONINGS

- PAPRIKA (1 TSP)
- GARLIC POWDER (1 ½ TSP)
- ONION POWDER (½ TSP)
- TACO SEASONING (2 TBSP)
- ITALIAN SEASONING (1 TBSP)
- SALT AND PEPPER

CANNED GOODS

- PINEAPPLE SLICES (1 15-OZ CAN)
- FIRE ROASTED DICED TOMATOES AND CHILES (1 15-OZ CAN)
- BLACK BEANS (1 15-OZ CAN)

PRODUCE

- GARLIC (4 TSP)
- BELL PEPPER (2 RED, 2 GREEN)
- RED ONION (1)
- YELLOW ONION (1)
- BRUSSELS SPROUTS (1 LB)
- GREEN ONIONS (1 BUNCH)
- AVOCADO (TOPPING)
- LIMES (TOPPING)
- FRESH CILANTRO (TOPPING)