



WEEK 93 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Use store-bought barbecue sauce to make these BBQ pork chops even easier!"

MONDAY

BAKED ORANGE CHICKEN



[RECIPE HERE](#)

TUESDAY

MANGO SALSA SALMON



[RECIPE HERE](#)

WEDNESDAY

GRILLED BBQ PORK CHOPS



[RECIPE HERE](#)

THURSDAY

SWISS CHICKEN BAKE



[RECIPE HERE](#)

FRIDAY

SPAGHETTI MARGHERITA



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (3 ½ LBS)
- SALMON FILETS (4)
- PORK CHOPS (4)

DAIRY

- EGGS (3)
- SWISS CHEESE (4 SLICES)
- GRATED MOZZARELLA (1 ½ CUP)
- GRATED PARMESAN (¾ CUP + GARNISH)
- SALTED BUTTER (¼ CUP)

PANTRY STAPLES

- CANOLA OIL (¼ CUP)
- EXTRA VIRGIN OLIVE OIL (⅓ CUP)
- CORNSTARCH (1 ½ CUP)
- BROWN SUGAR (¾ CUP + 2 TBSP)
- SUGAR (1 ½ TSP)
- ORANGE JUICE (¾ CUP)
- LOW-SODIUM SOY SAUCE (½ CUP)
- SRIRACHA (2 TSP, OPTIONAL)
- WHITE VINEGAR (3 TBSP)
- APPLE CIDER VINEGAR (¼ CUP + 3 TBSP)
- LIME JUICE (3 TBSP)
- TOMATO PASTE (2 TBSP)
- CHICKEN BROTH (½ CUP)
- HERB STUFFING MIX (1 ½ CUP)
- SPAGHETTI NOODLES (12 OZ)

PRODUCE

- GARLIC (2 TBSP, OR 6 CLOVES)
- ORANGES (1-2, FOR ZEST)
- RIPE MANGO (1)
- RED ONION (1)
- BELL PEPPER (1 RED)
- JALAPENO (1)
- GRAPE OR CHERRY TOMATOES (2 LBS)
- FRESH CILANTRO (1 TBSP)
- FRESH BASIL (½ CUP + GARNISH)

CANNED GOODS

- CONDENSED CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)

SEASONINGS

- GARLIC SALT (1 TSP)
- GARLIC POWDER (2 ½ TSP)
- ONION POWDER (½ TSP)
- PAPRIKA (2 ½ TSP)
- SALT AND PEPPER