



WEEK 95 MEAL PLAN



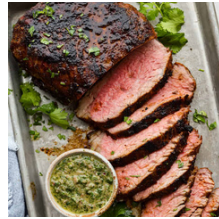
ALYSSA'S

TIP OF THE WEEK

"Take the tri tip out of the fridge and let it sit at room temperature for about an hour before cooking! This will help it cook much more evenly."

MONDAY

SANTA MARIA TRI TIP



[RECIPE HERE](#)

TUESDAY

SLOW COOKER CASHEW CHICKEN



[RECIPE HERE](#)

WEDNESDAY

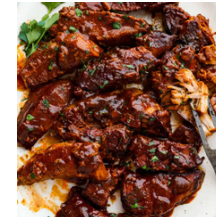
ONE PAN MARRY ME TORTELLINI



[RECIPE HERE](#)

THURSDAY

SLOW COOKER BONELESS RIBS



[RECIPE HERE](#)

FRIDAY

LEMON BUTTER CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- TRI TIP (2-3 LBS)
- BONELESS SKINLESS CHICKEN BREAST (3.5 LBS)
- COUNTRY-STYLE BONELESS PORK RIBS (4 LBS)

DAIRY

- HEAVY CREAM (1 ¼ CUP)
- GRATED PARMESAN (¾ CUP)
- BUTTER (4 TBSP)

PANTRY STAPLES

- OLIVE OIL (3 TBSP)
- CANOLA OIL (1 TBSP)
- CORNSTARCH (3 TBSP)
- LOW-SODIUM SOY SAUCE (½ CUP)
- RICE WINE VINEGAR (4 TBSP)
- KETCHUP (4 TBSP)
- SWEET CHILI SAUCE (2 TBSP)
- BROWN SUGAR (⅓ CUP)
- FLOUR (½ CUP + 2 TBSP)
- CASHEWS (1 CUP)
- SUN-DRIED TOMATOES IN OIL (1 CUP)
- CHICKEN BROTH (2 ½ CUPS)
- REFRIGERATED TORTELLINI (18 OZ)
- BARBECUE SAUCE (2 CUPS)

PRODUCE

- GARLIC (6 TSP)
- FRESH GINGER (1 TSP)
- SPINACH (2 CUPS)
- LEMONS (2)
- FRESH PARSLEY (GARNISH)

SEASONINGS

- PAPRIKA (1 TBSP + 2 TSP)
- GARLIC POWDER (4 TSP)
- ONION POWDER (3 TSP)
- ITALIAN SEASONING (3 TSP)
- CUMIN (2 TSP)
- DRIED OREGANO (1 TSP)
- LEMON PEPPER (½ TSP)
- CAYENNE PEPPER (¼ TSP)
- RED PEPPER FLAKES (¼ TSP)
- SALT AND PEPPER