



WEEK 100 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Instead of throwing out leftover tomato paste, freeze it for the next time you need it. You can freeze it altogether in a bag, or in tablespoon portions in a silicone ice cube tray, then transfer to a bag once frozen."

MONDAY

CROCKPOT APRICOT CHICKEN



[RECIPE HERE](#)

TUESDAY

COWBOY CASSEROLE



[RECIPE HERE](#)

WEDNESDAY

PORK FRIED RICE



[RECIPE HERE](#)

THURSDAY

MARRY ME STEAK BITES



[RECIPE HERE](#)

FRIDAY

MILLION DOLLAR CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONE-IN CHICKEN THIGHS (6)
- ☐ LEAN GROUND BEEF (1 LB)
- ☐ PORK TENDERLOIN (¾ LB)
- ☐ SIRLOIN STEAK (2 ½-3 LBS)
- ☐ BACON (½ LB)
- ☐ BONELESS SKINLESS CHICKEN BREAST (3 LBS)

FROZEN

- ☐ CORN (1 ½ CUPS)
- ☐ PEAS AND CARROTS (1 CUP)
- ☐ TATER TOTS (1 30-OZ BAG)

PANTRY STAPLES

- ☐ APRICOT PRESERVES (1 ½ CUPS)
- ☐ RUSSIAN DRESSING (1 CUP)
- ☐ ONION SOUP MIX (1 2-OZ PKG)
- ☐ WORCESTERSHIRE (2 TBSP)
- ☐ SESAME OIL (3 TBSP)
- ☐ COOKED RICE (3 CUPS)
- ☐ SOY SAUCE (2-3 TBSP)
- ☐ SUN-DRIED TOMATOES IN OIL (¾ CUP)
- ☐ FLOUR (2 TBSP)
- ☐ BEEF BROTH (2 CUPS)
- ☐ SLIVERED ALMONDS (¼ CUP)

DAIRY

- ☐ MILK (¾ CUP)
- ☐ HEAVY CREAM (¾ CUP)
- ☐ SOUR CREAM (1 ¼ CUP)
- ☐ CREAM CHEESE (8 OZ)
- ☐ SHREDDED CHEDDAR (2 ½ CUPS)
- ☐ GRATED PARMESAN (½ CUP)
- ☐ EGGS (2)
- ☐ UNSALTED BUTTER (2 TBSP)

CANNED GOODS

- ☐ DICED TOMATOES AND GREEN CHILES (1 10-OZ CAN)
- ☐ TOMATO PASTE (3 TBSP)

SEASONINGS

- ☐ ONION POWDER (1 TSP)
- ☐ GARLIC POWDER (½ CUP)
- ☐ ITALIAN SEASONING (1 TSP)
- ☐ PAPRIKA (1 TSP)
- ☐ SALT AND PEPPER

PRODUCE

- ☐ GARLIC (2 TBSP)
- ☐ ONION (2)
- ☐ GREEN ONIONS (¾ CUP + 2 TBSP)