



WEEK 96 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"The nachos are perfect for using garden-fresh vegetables for topping! For the taco seasoning, feel free to use homemade taco seasoning or a packet of store-bought."

MONDAY

BAKED CAPRESE CHICKEN



[RECIPE HERE](#)

TUESDAY

GRILLED BBQ RIBS



[RECIPE HERE](#)

WEDNESDAY

CHICKEN & GARDEN VEGGIE SKILLET



[RECIPE HERE](#)

THURSDAY

OVEN BAKED SHEET PAN NACHOS



[RECIPE HERE](#)

FRIDAY

ONE POT GROUND BEEF STROGANOFF



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREAST (3.5 LBS)
- ☐ BABY BACK PORK RIBS (2-3 LBS)
- ☐ GROUND BEEF (2 LB)

DAIRY

- ☐ FRESH MOZZARELLA (8 OZ)
- ☐ GRATED PARMESAN (¼ CUP)
- ☐ SHREDDED CHEDDAR (1 CUP)
- ☐ SHREDDED MONTEREY JACK (1 CUP)
- ☐ BUTTER (3 TBSP)
- ☐ CREAM CHEESE (2 OZ)
- ☐ SOUR CREAM (½ CUP + TOPPING)

PANTRY STAPLES

- ☐ BALSAMIC VINEGAR (¾ CUP)
- ☐ HONEY (2 TBSP)
- ☐ OLIVE OIL (3 TBSP)
- ☐ BROWN SUGAR (1 TBSP)
- ☐ APPLE JUICE (1 CUP)
- ☐ BBQ SAUCE (1 CUP)
- ☐ PANKO BREADCRUMBS (¼ CUP)
- ☐ TORTILLA CHIPS (1 12-OZ BAG)
- ☐ SALSA (½ CUP)
- ☐ FLOUR (¼ CUP)
- ☐ BEEF BROTH (4 CUPS)
- ☐ WORCESTERSHIRE (1 TBSP)
- ☐ WIDE EGG NOODLES (8 OZ)

PRODUCE

- ☐ GARLIC (4 TSP)
- ☐ GRAPE TOMATOES (1 CUP)
- ☐ CHERRY TOMATOES (½ CUP)
- ☐ LARGE TOMATOES (1-2)
- ☐ ROMA TOMATOES (TOPPING)
- ☐ JALAPENOS (TOPPING)
- ☐ ZUCCHINI (1 SMALL)
- ☐ YELLOW SQUASH (1 SMALL)
- ☐ RED ONION (1)
- ☐ ONION (1)
- ☐ SLICED MUSHROOMS (8 OZ)
- ☐ FRESH BASIL (GARNISH)
- ☐ FRESH CILANTRO (TOPPING)

SEASONINGS

- ☐ ITALIAN SEASONING (1 TBSP + 1 TSP)
- ☐ PAPRIKA (2 ½ TSP)
- ☐ GARLIC POWDER (2 TSP)
- ☐ ONION POWDER (1 TSP)
- ☐ KOSHER SALT (1 TSP)
- ☐ TACO SEASONING (3 TBSP)
- ☐ DRIED THYME (1 TSP)
- ☐ SALT AND PEPPER

CANNED GOODS

- ☐ REFRIED BEANS (1 15-OZ CAN)
- ☐ CORN (½ CUP)
- ☐ SLICED BLACK OLIVES (½ CUP)
- ☐ BLACK BEANS (½ CUP)