



WEEK 97 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Teriyaki sauce is so easy to make at home that I rarely buy it from the store. Try making your own for this week's teriyaki chicken! To keep it even simpler, use ¼ teaspoon ground ginger instead of fresh."

MONDAY

TUSCAN CHICKEN ORZO BAKE



[RECIPE HERE](#)

TUESDAY

SLOW COOKER THAI PEANUT CHICKEN



[RECIPE HERE](#)

WEDNESDAY

CAJUN SHRIMP & SAUSAGE SKILLET



[RECIPE HERE](#)

THURSDAY

GRILLED TERIYAKI CHICKEN



[RECIPE HERE](#)

FRIDAY

HONEY MUSTARD PORK CHOPS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREAST (4.5 LBS)
- ☐ LARGE SHRIMP (1 LB)
- ☐ PORK OR CHICKEN SAUSAGE (14 OZ)
- ☐ BONELESS PORK CHOPS (2 LBS)

DAIRY

- ☐ SHREDDED MOZZARELLA (1 CUP)
- ☐ GRATED PARMESAN (½ CUP)
- ☐ HEAVY CREAM (1 CUP)

PANTRY STAPLES

- ☐ OLIVE OIL (5 TBSP)
- ☐ ORZO PASTA (1 ½ CUPS)
- ☐ JULIENNED SUN-DRIED TOMATOES (1 8-OZ JAR)
- ☐ CHICKEN BROTH (3 CUPS)
- ☐ NATURAL PEANUT BUTTER (½ CUP)
- ☐ SOY SAUCE (3 TBSP)
- ☐ HONEY (½ CUP + 3 TBSP)
- ☐ LIME JUICE (3 TBSP)
- ☐ LEMON JUICE (1 ½ TBSP)
- ☐ DRY ROASTED PEANUTS (GARNISH)
- ☐ TERIYAKI SAUCE (2 CUPS)
- ☐ STONE GROUND OR WHOLE GRAIN MUSTARD (½ CUP)

PRODUCE

- ☐ GARLIC (6 TSP)
- ☐ BABY SPINACH (2 CUPS)
- ☐ BELL PEPPER (3 RED)
- ☐ YELLOW SQUASH (2)
- ☐ ZUCCHINI (2)
- ☐ ASPARAGUS (1 BUNCH)
- ☐ FRESH CILANTRO (GARNISH)

CANNED GOODS

- ☐ HIGH-FAT COCONUT MILK (1 13.5-OZ CAN)

SEASONINGS

- ☐ ITALIAN SEASONING (1 TBSP)
- ☐ GROUND GINGER (½ TSP)
- ☐ CAJUN SEASONING (2 TBSP)
- ☐ PAPRIKA (½ TSP)
- ☐ CAYENNE PEPPER (¼ TSP)
- ☐ SALT AND PEPPER