



WEEK 98 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"If you don't want to use alcohol for the bourbon meatballs, you can replace it with apple juice or apple cider."

MONDAY

MISO GLAZED SALMON



[RECIPE HERE](#)

TUESDAY

BAKED PESTO CHICKEN



[RECIPE HERE](#)

WEDNESDAY

MEXICAN STREET CORN CASSEROLE



[RECIPE HERE](#)

THURSDAY

SLOW COOKER BOURBON MEATBALLS



[RECIPE HERE](#)

FRIDAY

PARMESAN CHICKEN WITH ZUCCHINI



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ SALMON (2 LBS)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (3 ½ LBS)
- ☐ COOKED CHICKEN (4 CUPS)
- ☐ FROZEN MEATBALLS (1 26-OZ BAG)

DAIRY

- ☐ FRESH MOZZARELLA (6 OZ)
- ☐ COTIJA CHEESE (1 CUP)
- ☐ CREAM CHEESE (8 OZ)
- ☐ SHREDDED PEPPER JACK (1 CUP)
- ☐ GRATED PARMESAN (½ CUP + 1 TBSP)
- ☐ SOUR CREAM (½ CUP)
- ☐ BUTTER (½ CUP)

PANTRY STAPLES

- ☐ MISO PASTE (¼ CUP)
- ☐ LOW-SODIUM SOY SAUCE (½ CUP + 2 TBSP)
- ☐ BROWN SUGAR (½ CUP + 1 TBSP)
- ☐ HONEY (⅓ CUP)
- ☐ RICE VINEGAR (1 TBSP)
- ☐ SESAME OIL (1 TSP)
- ☐ OLIVE OIL (2 TBSP)
- ☐ BASIL PESTO (⅔ CUP)
- ☐ BOURBON (⅓ CUP)
- ☐ WORCESTERSHIRE (1 TBSP)
- ☐ CORNSTARCH (2 TBSP)
- ☐ ITALIAN BREADCRUMBS (½ CUP)
- ☐ FLOUR (¼ CUP)

PRODUCE

- ☐ GARLIC (4 TSP)
- ☐ CHERRY TOMATOES (1 CUP)
- ☐ RED ONION (1)
- ☐ ZUCCHINI (2 MEDIUM)
- ☐ LIMES (1-2 FOR JUICE)
- ☐ FRESH CILANTRO (¼ CUP + GARNISH)
- ☐ GREEN ONIONS (GARNISH)

CANNED GOODS

- ☐ DICED GREEN CHILES (1 4-OZ CAN)

SEASONINGS

- ☐ GARLIC POWDER (½ TSP)
- ☐ ONION POWDER (½ TSP)
- ☐ CHILE POWDER (½ TSP)
- ☐ TAJIN (1 TBSP + GARNISH)
- ☐ SESAME SEEDS (GARNISH)
- ☐ SALT AND PEPPER

FROZEN

- ☐ CORN (3 CUPS)