



WEEK 99 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Save Time: Make a double batch of rice with the Mongolian beef, then save half to serve with the Aloha chicken later in the week."

MONDAY

MONGOLIAN BEEF



[RECIPE HERE](#)

TUESDAY

DIRTY SPAGHETTI



[RECIPE HERE](#)

WEDNESDAY

SLOW COOKER ALOHA CHICKEN



[RECIPE HERE](#)

THURSDAY

PRETZEL CRUSTED CHICKEN



[RECIPE HERE](#)

FRIDAY

CHEESEBURGER CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ FLANK STEAK (1 ½ LBS)
- ☐ LEAN GROUND BEEF (2 LBS)
- ☐ BONELESS SKINLESS CHICKEN BREAST (3 LBS)

DAIRY

- ☐ EGGS (2)
- ☐ SOUR CREAM (½ CUP)
- ☐ SHREDDED CHEDDAR (1 CUP)

PANTRY STAPLES

- ☐ CORNSTARCH (¾ CUP)
- ☐ VEGETABLE OIL (1 ½ CUPS + 3 TBSP)
- ☐ LOW-SODIUM SOY SAUCE (½ CUP + 1 TBSP)
- ☐ BROWN SUGAR (½ + ⅓ CUP)
- ☐ BEEF BROTH (4 ¾ CUPS)
- ☐ BARBEQUE SAUCE (¾ CUP)
- ☐ SALTED PRETZELS (3 CUPS)
- ☐ FLOUR (½ CUP)
- ☐ DIJON MUSTARD (1 TBSP)
- ☐ DILL RELISH (2 TBSP)
- ☐ WORCESTERSHIRE (1 TBSP)
- ☐ VELVEETA CHEESE SAUCE (1 4-OZ PKG)
- ☐ SPAGHETTI NOODLES (12 OZ)
- ☐ ELBOW PASTA (2 CUPS)

PRODUCE

- ☐ GARLIC (2 TBSP + 2 TSP)
- ☐ ONION (2)
- ☐ CELERY (3 RIBS)
- ☐ BELL PEPPER (2 GREEN, 1 RED)
- ☐ FRESH GINGER (1 TSP)
- ☐ GREEN ONIONS (GARNISH)

CANNED GOODS

- ☐ PINEAPPLE TIDBITS (1 20-OZ CAN)
- ☐ TOMATO PASTE (1 ½ TBSP)
- ☐ PETITE DICED TOMATOES (1 14-OZ CAN)

SEASONINGS

- ☐ CAJUN SEASONING (1 TBSP)
- ☐ PAPRIKA (1 TSP)
- ☐ DRIED OREGANO (½ TSP)
- ☐ ONION POWDER (¾ TSP)
- ☐ GARLIC POWDER (1 ¾ TSP)
- ☐ ITALIAN SEASONING (1 TSP)
- ☐ RED PEPPER FLAKES (1 PINCH)
- ☐ SALT AND PEPPER