



WEEK 101 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"You can use bottled lemon juice for the lemon chicken, but I highly recommend juicing fresh lemons for the best, brightest flavor!"

MONDAY

ONE PAN TACO MAC



[RECIPE HERE](#)

TUESDAY

CHINESE LEMON CHICKEN



[RECIPE HERE](#)

WEDNESDAY

SLOW COOKER BONELESS RIBS



[RECIPE HERE](#)

THURSDAY

GARLIC BUTTER STEAK BITES



[RECIPE HERE](#)

FRIDAY

CROCKPOT CHICKEN & GRAVY



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ LEAN GROUND BEEF (1 LB)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (3 ½ LBS)
- ☐ COUNTRY-STYLE BONELESS PORK RIBS (4 LBS)
- ☐ SIRLOIN STEAK (1 ⅓ LB)

DAIRY

- ☐ WHOLE MILK (1 CUP)
- ☐ SHREDDED CHEDDAR (2 CUPS)
- ☐ EGGS (3)
- ☐ UNSALTED BUTTER (2 TBSP)

PANTRY STAPLES

- ☐ BEEF BROTH (1 CUP)
- ☐ CHICKEN BROTH (½ CUP)
- ☐ ELBOW MACARONI (2 CUPS)
- ☐ CORNSTARCH (1 ½ CUPS + 1 TSP)
- ☐ CANOLA OIL (½ CUP)
- ☐ OLIVE OIL (1 TBSP)
- ☐ SUGAR (⅔ CUP)
- ☐ BROWN SUGAR (3 TBSP)
- ☐ LEMON JUICE (½ CUP)
- ☐ SOY SAUCE (2 TBSP)
- ☐ BBQ SAUCE (2 CUPS)
- ☐ CHICKEN GRAVY MIX (2 .87-OZ PGKS)

PRODUCE

- ☐ ONION (1)
- ☐ GARLIC (1 TSP)
- ☐ LEMONS (1-2 FOR ZEST)
- ☐ YUKON GOLD POTATOES (1 LB)
- ☐ FRESH THYME (1 TSP)
- ☐ FRESH ROSEMARY (1 TSP)
- ☐ FRESH OREGANO (1 TSP)
- ☐ GREEN ONION (GARNISH)

SEASONINGS

- ☐ TACO SEASONING (1 1-OZ PGK)
- ☐ GARLIC SALT (¼ TSP)
- ☐ ONION POWDER (2 TSP)
- ☐ GARLIC POWDER (2 ¼ TSP)
- ☐ PAPRIKA (1 TSP)
- ☐ OREGANO (1 TSP)
- ☐ CHICKEN SEASONING (1 TBSP)
- ☐ SALT AND PEPPER

CANNED GOODS

- ☐ DICED TOMATOES AND GREEN CHILES (1 10-OZ CAN)
- ☐ ENCHILADA SAUCE (1 10-OZ CAN)
- ☐ CONDENSED CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)