



WEEK 102 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"I list garlic by the teaspoon, but one large clove is about 1 teaspoon minced. And when it comes to garlic, feel free to measure with your heart!"

MONDAY

COWBOY MEATBALLS



[RECIPE HERE](#)

TUESDAY

CROCKPOT CHICKEN SPAGHETTI



[RECIPE HERE](#)

WEDNESDAY

GRILLED TUSCAN PORK SKEWERS



[RECIPE HERE](#)

THURSDAY

MAPLE GLAZED SALMON



[RECIPE HERE](#)

FRIDAY

CHICKEN & STUFFING CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ LEAN GROUND BEEF (1 LB)
- ☐ BACON (6 SLICES)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (1 ½ LBS)
- ☐ SMITHFIELD GARLIC & PEPPER PORK TENDERLOIN (1)
- ☐ SALMON (4 4-OZ FILETS)
- ☐ COOKED CHOPPED CHICKEN (3 CUPS)

DAIRY

- ☐ SHREDDED CHEDDAR (1 ½ CUP + GARNISH)
- ☐ EGG (1)
- ☐ SOUR CREAM (½ CUP)
- ☐ UNSALTED BUTTER (½ CUP)
- ☐ HEAVY CREAM (1 CUP)

PANTRY STAPLES

- ☐ OLIVE OIL (2 TBSP)
- ☐ PANKO BREAD CRUMBS (½ CUP)
- ☐ BBQ SAUCE (1 CUP)
- ☐ CHICKEN BROTH (3 ½ CUP)
- ☐ SPAGHETTI NOODLES (12 OZ)
- ☐ REAL MAPLE SYRUP (¼ CUP)
- ☐ SOY SAUCE (2 TBSP)
- ☐ DIJON MUSTARD (1 TBSP)
- ☐ STUFFING MIX (2 6-OZ BOXES)
- ☐ FLOUR (½ CUP)

CANNED GOODS

- ☐ DICED TOMATOES AND GREEN CHILES (2 10-OZ CANS)
- ☐ TOMATO SAUCE (1 8-OZ CAN)
- ☐ CONDENSED CREAM OF CHICKEN SOUP (2 10.5-OZ CANS)

SEASONINGS

- ☐ CHILI POWDER (1 TBSP)
- ☐ GARLIC POWDER (1 ¾ TSP)
- ☐ ONION POWDER (½ TSP)
- ☐ PAPRIKA (½ TSP)
- ☐ DRIED OREGANO (½ TSP)
- ☐ DRIED BASIL (½ TSP)
- ☐ DRIED THYME (½ TSP)
- ☐ DRIED ROSEMARY (¼ TSP)
- ☐ SALT AND PEPPER

PRODUCE

- ☐ ONION (2)
- ☐ RED ONION (1)
- ☐ GARLIC (7 TSP)
- ☐ ZUCCHINI (2 MEDIUM)
- ☐ YELLOW SQUASH (2 MEDIUM)
- ☐ BELL PEPPER (2 RED)
- ☐ CELERY (3 RIBS)
- ☐ CARROTS (3 MEDIUM)
- ☐ GREEN ONIONS (GARNISH)
- ☐ FRESH GINGER (1 TSP)
- ☐ FRESH CILANTRO (¼ CUP)
- ☐ FRESH THYME (2 TSP)
- ☐ FRESH OREGANO (1 TSP)
- ☐ FRESH PARSLEY (1 TSP)