



WEEK 104 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Pop the flank steak in the freezer for about an hour before slicing. It firms up just enough to make thin, even slices much easier!"

MONDAY

BAKED CHICKEN THIGHS



[RECIPE HERE](#)

TUESDAY

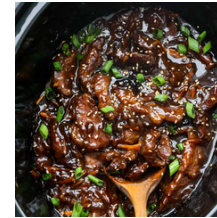
CHICKEN CAESAR PASTA



[RECIPE HERE](#)

WEDNESDAY

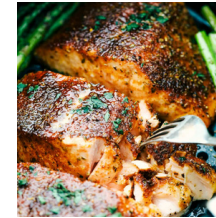
SLOW COOKER MONGOLIAN BEEF



[RECIPE HERE](#)

THURSDAY

AIR FRYER SALMON



[RECIPE HERE](#)

FRIDAY

CHEESEBURGER RICE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONE-IN CHICKEN THIGHS (6)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (1 ½ LBS)
- ☐ FLANK STEAK (1 ½ LBS)
- ☐ SALMON (1 LB)
- ☐ LEAN GROUND BEEF (1 LB)

DAIRY

- ☐ UNSALTED BUTTER (½ CUP)
- ☐ CREAM CHEESE (4 OZ)
- ☐ GRATED PARMESAN (½ CUP)
- ☐ SHREDDED CHEDDAR (1 CUP)

PANTRY STAPLES

- ☐ HONEY (1 TBSP)
- ☐ DIJON MUSTARD (1 TBSP)
- ☐ CAESAR DRESSING (2 CUPS)
- ☐ OLIVE OIL (5 TBSP)
- ☐ SHORT PASTA (1 LB)
- ☐ BEEF BROTH (2 CUPS)
- ☐ CHICKEN BROTH (⅔ CUP)
- ☐ SEASONED CROUTONS (1 CUP)
- ☐ CORNSTARCH (¼ CUP)
- ☐ SOY SAUCE (¾ CUP)
- ☐ BROWN SUGAR (¾ CUP + 2 TBSP)
- ☐ WORCESTERSHIRE (1 TBSP)
- ☐ KETCHUP (⅓ CUP)
- ☐ LONG GRAIN WHITE RICE (1 CUP)

PRODUCE

- ☐ GARLIC (7 TSP)
- ☐ SHREDDED CARROTS (1 CUP)
- ☐ ONION (1)
- ☐ GREEN ONIONS (GARNISH)

SEASONINGS

- ☐ ITALIAN SEASONING (1 TBSP + 1 ½ TSP)
- ☐ PAPRIKA (1 ½ TSP)
- ☐ ONION POWDER (½ TSP)
- ☐ GARLIC POWDER (1 ½ TSP)
- ☐ CHILI POWDER (1 TSP)
- ☐ KOSHER SALT (1 TSP)
- ☐ SESAME SEEDS (GARNISH)
- ☐ SALT AND PEPPER