



WEEK 108 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"If you prefer corn tortillas for your enchiladas, feel free to substitute 12-16 corn tortillas instead of the flour tortillas."

MONDAY

APPLE CIDER PORK ROAST



[RECIPE HERE](#)

TUESDAY

SLOW COOKER CREAMY CHICKEN PASTA



[RECIPE HERE](#)

WEDNESDAY

CHILI



[RECIPE HERE](#)

THURSDAY

DUMPLING CASSEROLE



[RECIPE HERE](#)

FRIDAY

CREAM CHEESE ENCHILADAS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS PORK SHOULDER (4-5 LBS)
- ☐ BONELESS SKINLESS CHICKEN BREASTS (2 LBS)
- ☐ LEAN GROUND BEEF (2 LBS)
- ☐ COOKED SHREDDED CHICKEN (2 CUPS)

DAIRY

- ☐ GRATED PARMESAN (½ CUP)
- ☐ SHREDDED MOZZARELLA (1 CUP)
- ☐ MEXICAN BLEND CHEESE (1 CUP)
- ☐ SHREDDED COLBY JACK (1 CUP)
- ☐ CREAM CHEESE (8 OZ)

FROZEN

- ☐ POTSTICKERS (1 BAG OF 20-25)

BREAD

- ☐ FLOUR TORTILLAS (12 6-IN)

PANTRY STAPLES

- ☐ OLIVE OIL (1 TBSP)
- ☐ APPLE CIDER (2 CUPS)
- ☐ CHICKEN BROTH (1 CUP)
- ☐ BEEF BROTH (2 CUPS)
- ☐ DIJON MUSTARD (1 TSP)
- ☐ CORNSTARCH (1 TSP)
- ☐ MARINARA SAUCE (1 24-OZ JAR)
- ☐ ALFREDO SAUCE (1 15-OZ JAR)
- ☐ CAVATAPPI PASTA (16 OZ)
- ☐ SOY SAUCE (¼ CUP)
- ☐ RED CURRY PASTE (1-2 TBSP)
- ☐ RICE VINEGAR (1 ½ TBSP)
- ☐ SESAME OIL (2 TSP)
- ☐ SUGAR (2 TSP)
- ☐ LIME JUICE (¼ CUP)
- ☐ CHILI CRISP OIL (GARNISH)

PRODUCE

- ☐ RED ONION (1)
- ☐ ONION (1)
- ☐ GARLIC (7 TSP)
- ☐ APPLES (2 LARGE)
- ☐ BELL PEPPER (1 GREEN)
- ☐ FRESH GINGER (1 TBSP)
- ☐ FRESH CILANTRO (1 TBSP + GARNISH)
- ☐ GREEN ONIONS (1 TBSP + GARNISH)
- ☐ YOUR CHOICE CHOPPED VEGGIES (2 CUPS)

CANNED GOODS

- ☐ TOMATO SAUCE (1 8-OZ CAN)
- ☐ DICED TOMATOES (1 15-OZ CAN)
- ☐ PINTO BEANS (1 15-OZ CAN)
- ☐ KIDNEY BEANS (1 15-OZ CAN)
- ☐ FULL-FAT COCONUT MILK (1 CUP)
- ☐ FIRE ROASTED GREEN CHILES (1 4-OZ CAN)
- ☐ GREEN ENCHILADA SAUCE (2 CUPS)

SEASONINGS

- ☐ DRIED THYME (½ TSP)
- ☐ DRIED ROSEMARY (½ TSP)
- ☐ DRIED SAGE (¼ TSP)
- ☐ GROUND ALLSPICE (¼ TSP)
- ☐ ONION POWDER (1 TSP)
- ☐ GARLIC POWDER (1 TSP)
- ☐ ITALIAN SEASONING (1 TBSP)
- ☐ CHILI POWDER (3 TBSP)
- ☐ CUMIN (3 TSP)
- ☐ CORIANDER (1 TSP)
- ☐ CAYENNE PEPPER (¼ TSP)
- ☐ KOSHER SALT (2 TSP)
- ☐ SESAME SEEDS (GARNISH)
- ☐ SALT AND PEPPER