



WEEK 40 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"The slow cooker pork, pollo asado, and curry all go so well with rice! Cook a big batch of it at the beginning of the week and you have a side dish ready to go for 3 separate dinners!"

MONDAY

SLOW COOKER HONEY LIME GINGER PORK



[RECIPE HERE](#)

TUESDAY

LONDON BROIL



[RECIPE HERE](#)

WEDNESDAY

BAKED SPAGHETTI



[RECIPE HERE](#)

THURSDAY

POLLO ASADO



[RECIPE HERE](#)

FRIDAY

THAI PANANG CURRY



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- PORK LOIN (2.5 LBS)
- LONDON BROIL STEAK (2 LBS)
- SKINLESS CHICKEN THIGHS (3.5 LBS)
- ITALIAN SAUSAGE (1 LB)

PRODUCE

- GARLIC (4 TBSP + 2 TSP)
- FRESH CILANTRO (GARNISH)
- FRESH BASIL (1/4 CUP + 1 TBSP)
- LIMES (WEDGES FOR GARNISH)
- ONION (2)
- BELL PEPPER (1 RED, 1 GREEN)

DAIRY

- EGGS (2)
- SHREDDED MOZZARELLA (3 CUPS)
- GRATED PARMESAN (3/4 CUP)
- UNSALTED BUTTER (5 TBSP)

CANNED GOODS

- TOMATO PASTE (1/4 CUP)
- FULL FAT COCONUT MILK (1 14-OZ CAN)

PANTRY STAPLES

- OLIVE OIL (3 TBSP)
- HONEY (1/2 CUP)
- SOY SAUCE (1/3 + 1/4 CUP)
- WORCESTERSHIRE (1/4 CUP + 1 TBSP)
- LIME JUICE (4 TSP)
- LEMON JUICE (1/3 CUP)
- ORANGE JUICE (1/2 CUP)
- CORNSTARCH (2 TBSP)
- SPAGHETTI (16 OZ)
- MARINARA SAUCE (32 OZ)
- PANANG CURRY PASTE (4 OZ)
- PEANUT BUTTER (1 TBSP)
- BROWN SUGAR (2 TBSP)
- FISH SAUCE (1 TBSP)
- PEANUTS (GARNISH)

SEASONINGS

- GROUND GINGER (1/2 TSP)
- ITALIAN SEASONING (2 TBSP + 2 TSP)
- RED PEPPER FLAKES (1 PINCH + GARNISH)
- MEXICAN OREGANO (2 TSP)
- CUMIN (2 TSP)
- ANCHO CHILI POWDER (1 TBSP)
- SALT AND PEPPER