



WEEK 41 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"You can replace the chicken thighs with breasts in either recipe, but thighs tend to be cheaper! I recommend buying a big pack in bulk and splitting it between the two recipes."

MONDAY

CROCKPOT HULI HULI CHICKEN



[RECIPE HERE](#)

TUESDAY

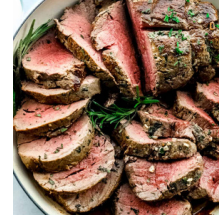
ONE PAN CHILI LIME CHICKEN & RICE



[RECIPE HERE](#)

WEDNESDAY

GARLIC BUTTER BEEF TENDERLOIN



[RECIPE HERE](#)

THURSDAY

BUFFALO CHICKEN MAC N CHEESE



[RECIPE HERE](#)

FRIDAY

SMOTHERED PORK CHOPS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN THIGHS (6 LBS)
- SHREDDED CHICKEN (2 CUPS)
- BEEF TENDERLOIN (4-5 LBS)
- PORK CHOPS (4)

DAIRY

- UNSALTED BUTTER (1 1/3 CUP + 4 TBSP)
- SALTED BUTTER (3 TBSP)
- WHOLE MILK (2 1/4 CUP)
- SHREDDED MONTEREY JACK (2 CUPS)
- SHREDDED CHEDDAR (1 CUP)
- HEAVY CREAM (1 CUP)

PANTRY STAPLES

- UNSWEETENED PINAPPLE JUICE (1 CUP)
- SOY SAUCE (1/2 CUP)
- BROWN SUGAR (1/2 CUP)
- KETCHUP (1/3 CUP)
- CORNSTARCH (2 TBSP)
- VEGETABLE OIL (2 TBSP)
- OLIVE OIL (4 TBSP)
- UNCOOKED WHITE RICE (1 CUP)
- CHICKEN BROTH (2 1/4 CUP)
- BEEF BROTH (2 CUPS)
- HOT SAUCE (1/2 + 1/3 CUP)
- WHITE VINEGAR (1 TBSP)

PANTRY STAPLES CONT.

- WORCESTERSHIRE (1 TBSP + 1 TSP)
- ELBOW MACARONI (16 OZ)
- FLOUR (1/3 CUP + 3 TBSP)
- DIJON MUSTARD (1 TSP)

PRODUCE

- GARLIC (6 1/2 TSP)
- FRESH GINGER (2 TSP)
- LIME (1 FOR JUICE, MORE FOR GARNISH)
- SLICED MUSHROOMS (6 OZ)
- FRESH CILANTRO (GARNISH)
- FRESH THYME (1 TBSP)
- FRESH OREGANO (1 TBSP)
- FRESH ROSEMARY (1 TBSP)

SEASONINGS

- CHILI POWDER (3 TSP)
- PAPRIKA (1 TSP)
- GARLIC POWDER (2 TSP)
- ONION POWDER (1 TSP)
- CAYENNE PEPPER (3/4 TSP)
- SALT AND PEPPER