



WEEK 46 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"You don't have to use New York Strip steak! You can swap it out for a less expensive cut, such as sirloin or flat iron steaks."

MONDAY

CRACK CHICKEN PASTA



[RECIPE HERE](#)

TUESDAY

ITALIAN SAUSAGE & PEPPERS



[RECIPE HERE](#)

WEDNESDAY

CHICKEN FRANCESE



[RECIPE HERE](#)

THURSDAY

GARLIC BUTTER HERB STEAK & POTATOES



[RECIPE HERE](#)

FRIDAY

TACO RING



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (2 ½ LBS)
- BACON (8 SLICES)
- ITALIAN OR SMOKED SAUSAGE (1 LB)
- NEW YORK STRIP STEAK (2 STEAKS)
- LEAN GROUND BEEF (1 LB)

PRODUCE

- ONION (2)
- MINCED GARLIC (12 TSP)
- GREEN ONIONS (GARNISH)
- BELL PEPPERS (1 RED, 1 YELLOW, 1 GREEN)
- YUKON GOLD POTATOES (1 LB)
- FRESH THYME (2 TSP)
- FRESH OREGANO (2 TSP)
- FRESH ROSEMARY (2 TSP)

PANTRY STAPLES

- PENNE PASTA (10 OZ)
- CHICKEN BROTH (2 ½ CUPS)
- OLIVE OIL (2 TBSP)
- VEGETABLE OIL (¼ CUP)
- FLOUR (¼ CUP + 2 TBSP)
- DRY WHITE WINE (½ CUP)
- FRESH LEMON JUICE (3 TBSP)
- CRESCENT ROLL DOUGH (2 8-OZ TUBES)

CANNED GOODS

- DICED TOMATOES (1 15-OZ CAN)
- TOMATO SAUCE (1 8-OZ CAN)

SEASONINGS

- RANCH SEASONING (1 PACKET OR 2 TBSP)
- DRIED PARSLEY (2 TSP)
- ITALIAN SEASONING (1 TBSP)
- GARLIC POWDER (1 TSP)
- TACO SEASONING (1 PACKET OR 3 TBSP)
- SALT AND PEPPER

DAIRY

- SOUR CREAM (1 CUP)
- CREAM CHEESE (4 OZ)
- EGGS (2)
- UNSALTED BUTTER (½ CUP + 1 TBSP)
- SHREDDED COLBY JACK (1 CUP)