



WEEK 47 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"The tostadas and bubble pizza are two recipes that provide a great base for customization. Add your preferred toppings to take them to the next level!"

MONDAY

CHICKEN & SHRIMP PAELLA



[RECIPE HERE](#)

TUESDAY

HOISIN CHICKEN



[RECIPE HERE](#)

WEDNESDAY

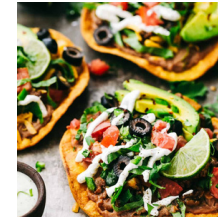
TUSCAN SAUSAGE PASTA



[RECIPE HERE](#)

THURSDAY

EASY TOSTADAS



[RECIPE HERE](#)

FRIDAY

BUBBLE PIZZA



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN THIGHS (1 ½ LB)
- LARGE SHRIMP (1 LB)
- BONELESS SKINLESS CHICKEN BREASTS (1 LB)
- GROUND SAUSAGE (1 LB)
- LEAN GROUND BEEF (1 LB)
- PEPPERONI (1 CUP)

DAIRY

- HEAVY CREAM (2 CUPS)
- GRATED PARMESAN (1 ¼ CUP)
- SHREDDED CHEDDAR (2 CUPS)
- SHREDDED COLBY JACK (2 CUPS)

PRODUCE

- ONION (1)
- MINCED GARLIC (2 ½ TSP)
- BELL PEPPERS (1 RED)
- MUSHROOMS (1 CUP)
- LEMONS (2)
- BROCCOLI (2 CUPS)
- SPINACH (2 CUPS)
- FRESH PARSLEY (GARNISH)
- GREEN ONIONS (GARNISH)

FROZEN

- PEAS (½ CUP)

PANTRY STAPLES

- OLIVE OIL (1 TBSP)
- VEGETABLE OIL (1 QUART)
- CHICKEN BROTH (6 CUPS)
- SOY SAUCE (2 TBSP)
- SHORT GRAIN RICE (2 CUPS)
- HOISIN SAUCE (1 CUP)
- PENNE PASTA (8 OZ)
- SUN DRIED TOMATOES (½ CUP)
- CORN TORTILLAS (4 12-IN TORTILLAS)
- REFRIGERATED BISCUITS (1 16-OZ TUBE)
- PIZZA SAUCE (1 ½ CUPS)

SEASONINGS

- SPANISH SMOKED PAPRIKA (1 TSP)
- SAFFRON THREADS (¼ CUP)
- SESAME SEEDS (GARNISH)
- GARLIC POWDER (1 TSP)
- ITALIAN SEASONING (2 TSP)
- TACO SEASONING (1 TBSP)
- SALT AND PEPPER

CANNED GOODS

- DICED TOMATOES (1 14-OZ CAN)
- REFRIED BEANS (1 15-OZ CAN)