



WEEK 51 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"Juice from fresh limes (or other citrus fruits) always has the best flavor, but it's much more convenient to use bottled juice! Either one will work in these recipes when lime juice is called for, so use fresh or bottled—whichever works best for you!"

MONDAY

CHICKEN MUSHROOM FLORENTINE



[RECIPE HERE](#)

TUESDAY

ASIAN TURKEY LETTUCE WRAPS



[RECIPE HERE](#)

WEDNESDAY

CARNE ASADA



[RECIPE HERE](#)

THURSDAY

HOMEMADE HAMBURGER HELPER



[RECIPE HERE](#)

FRIDAY

BALSAMIC CHICKEN MARINADE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (3 LB)
- GROUND TURKEY (1 LB)
- LEAN GROUND BEEF (1 LB)
- FLANK STEAK (3-4 LBS)

DAIRY

- BUTTER (1 TBSP)
- HALF & HALF (1 ½ CUPS)
- HEAVY CREAM (1 CUP)
- GRATED PARMESAN (¾ CUP)
- SHREDDED CHEDDAR (2 CUPS)

PANTRY STAPLES

- OLIVE OIL (3 TBSP + 1 TSP)
- SESAME OIL (1 TBSP)
- SUN-DRIED TOMATOES (¼ CUP)
- FLOUR (1 TBSP)
- CHICKEN BROTH (2 CUPS)
- BEEF BROTH (5 CUPS)
- LINGUINI NOODLES (8 OZ)
- ELBOW NOODLES (1 LB)
- HOISIN SAUCE (¼ CUP)
- SOY SAUCE (¼ CUP + 2 TBSP)
- RICE WINE VINEGAR (1 TBSP)
- RED CHILI PASTE (2 TSP)
- ORANGE JUICE (¼ CUP)
- WORCESTERSHIRE (1 TBSP)
- BALSAMIC VINEGAR (½ CUP)
- HONEY (1 TBSP)
- DIJON (1 TSP)

PRODUCE

- GARLIC (11 TSP)
- MUSHROOMS (10 OZ)
- BABY SPINACH (2 CUPS)
- SHREDDED CARROTS (¼ CUP)
- GREEN ONIONS (2)
- BUTTER LETTUCE (1 HEAD)
- LIMES (2 FOR JUICE)
- ONION (1)
- FRESH PARSLEY (GARNISH)

SEASONINGS

- GARLIC POWDER (1 ½ TSP)
- DRIED OREGANO (1 TSP)
- CHILI POWDER (3 TSP)
- CUMIN (1 TSP)
- GROUND MUSTARD (1 TSP)
- ITALIAN SEASONING (1 TSP)
- SALT AND PEPPER

CANNED GOODS

- WATER CHESNUTS (1 8-OZ CAN)
- TOMATO PASTE (2 TBSP)