



WEEK 55 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"For quick shredded chicken, I recommend using my instant pot frozen chicken recipe, then shred the chicken in a stand mixer with the paddle attachment!"

MONDAY

CROCKPOT SALSA CHICKEN



[RECIPE HERE](#)

TUESDAY

STUFFED PORK CHOPS



[RECIPE HERE](#)

WEDNESDAY

NEIMAN MARCUS CHICKEN CASSEROLE



[RECIPE HERE](#)

THURSDAY

BLACK PEPPER CHICKEN



[RECIPE HERE](#)

FRIDAY

HUNGARIAN GOULASH



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (4 LB)
- BONELESS PORK CHOPS (4)
- STEWING BEEF (1 LB)
- SHREDDED COOKED CHICKEN (4 CUPS)
- CRUMBLER BACON (1 CUP)

DAIRY

- SHREDDED CHEDDAR (2 CUPS + MORE FOR TOPPING)
- SHREDDED MOZZARELLA (¾ CUP)
- UNSALTED BUTTER (½ CUP + 3 TBSP)
- SOUR CREAM (1 CUP)

PANTRY STAPLES

- SALSA (2 CUPS)
- CHICKEN BROTH (½ CUP)
- BEEF BROTH (2 CUPS)
- LIME JUICE (2 TBSP)
- PESTO (½ CUP)
- ITALIAN BREAD CRUMBS (¾ CUP)
- OLIVE OIL (1 TBSP)
- VEGETABLE OIL (2 TBSP)
- CORNSTARCH (½ CUP + 1 TBSP)
- FLOUR (¼ CUP)
- BROWN SUGAR (2 TBSP)
- SOY SAUCE (½ CUP)

PANTRY STAPLES CONT.

- SHAOXING WINE (¼ CUP)
- CHINKAING VINEGAR (¼ CUP)
- SLIVERED ALMONDS (½ CUP)
- RITZ CRACKERS (1 SLEEVE)
- HOT SAUCE (1 TSP, OPTIONAL)

SEASONINGS

- TACO SEASONING (1 TBSP)
- ITALIAN SEASONING (1 TSP)
- GARLIC POWDER (2 TSP)
- GROUND GINGER (½ TSP)
- PAPRIKA (3 TBSP)
- SALT AND PEPPER

PRODUCE

- ONION (2)
- GARLIC (3 TSP)
- BELL PEPPERS (1 GREEN, 1 RED)
- CARROTS (2 MEDIUM)
- POTATOES (2 LARGE)
- GREEN ONIONS (½ CUP)
- LIMES (FOR TOPPING)
- FRESH CILANTRO (FOR TOPPING)

CANNED GOODS

- DICED TOMATOES (1 15-OZ CAN)
- CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)