WEEK 66 **MEAL PLAN**

ALYSSA'S
TIP OF THE WEEK

"Don't be scared of how much Kalua pork the recipe makes! Go ahead and cook the whole 6 pounds of pork and bag half of it up to freeze for another week when you need a quick thaw-and-serve dinner."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEFARONI	**8 CAN CHICKEN TORTILLA SOUP**	**TERIYAKI CHICKEN CASSEROLE**	**SLOW COOKER KALUA PORK**	**BONELESS WINGS**
				
RECIPE HERE	RECIPE HERE	RECIPE HERE	RECIPE HERE	RECIPE HERE

SHOPPING LIST

PROTEIN

- [ ] BONELESS SKINLESS CHICKEN BREAST (2 ½ LB)
- [ ] LEAN GROUND BEEF (1 LB)
- [ ] PORK BUTT ROAST (6 LBS)

PRODUCE

- [ ] GARLIC (5 TSP)
- [ ] ONION (1)
- [ ] LIME (1 FOR JUICE)
- [ ] FRESH OREGANO (1 TSP)

FROZEN

- [ ] VEGETABLE STIR FRY MIX (3 CUPS)

PANTRY STAPLES

- [ ] ELBOW MACARONI NOODLES (8 OZ)
- [ ] TORTILLA STRIPS (FOR SERVING)
- [ ] SOY SAUCE (¾ CUP)
- [ ] BROWN SUGAR (¾ CUP)
- [ ] APPLE CIDER VINEGAR (½ CUP)
- [ ] CORNSTARCH (1 TBSP)
- [ ] LIQUID SMOKE (3 TBSP)
- [ ] COOKED RICE (4 CUPS)
- [ ] FLOUR (1 ½ CUPS)
- [ ] PLAIN PANKO (1 ½ CUPS)
- [ ] BUFFALO SAUCE (FOR SERVING)
- [ ] VEGETABLE OIL (FOR FRYING)

DAIRY

- [ ] SHREDDED SHARP CHEDDAR (FOR SERVING)
- [ ] EGGS (2)
- [ ] BUTTERMILK (½ CUP)

CANNED GOODS

- [ ] TOMATO SAUCE (1 29-OZ CAN)
- [ ] CHICKEN BREAST (2 12.5-OZ CANS)
- [ ] RED ENCHILADA SAUCE (1 10-OZ CAN)
- [ ] TOMATOES & GREEN CHILES (1 10-OZ CAN)
- [ ] BLACK BEANS (1 15-OZ CAN)
- [ ] WHOLE KERNEL CORN (1 15-OZ CAN)
- [ ] CHICKEN BROTH (2 14.5-OZ CANS)

SEASONINGS

- [ ] PAPRIKA (2 ½ TSP)
- [ ] CUMIN (2 TSP)
- [ ] CHILI POWDER (2 TSP)
- [ ] ONION POWDER (¼ TSP)
- [ ] GARLIC POWDER (¼ TSP)
- [ ] GROUND GINGER (½ TSP)
- [ ] SEASONED SALT (½ TSP)
- [ ] SEA SALT (3 TBSP)
- [ ] SALT AND PEPPER