



WEEK 72 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"This requires planning ahead, but I love making a big batch of pork carnitas to keep in the freezer for when I want a quick dinner like the enchiladas but don't want to use store-bought carnitas, which can end up being expensive."

MONDAY

BROCCOLI CHEDDAR ORZO



[RECIPE HERE](#)

TUESDAY

SLOW COOKER SHORT RIBS



[RECIPE HERE](#)

WEDNESDAY

BAKED GENERAL TSO'S CHICKEN



[RECIPE HERE](#)

THURSDAY

PORK CARNITAS ENCHILADAS



[RECIPE HERE](#)

FRIDAY

AIR FRYER CHICKEN TENDERS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BEEF SHORT RIBS (8-10)
- BONELESS SKINLESS CHICKEN BREASTS (2 LBS)
- BONELESS SKINLESS CHICKEN TENDERS (1 ¼ LBS)
- PORK CARNITAS (3 CUPS)

DAIRY

- HALF & HALF (¾ CUP)
- BUTTER (1 TBSP)
- SHREDDED SHARP CHEDDAR (1 ½ CUPS)
- SHREDDED MONTEREY JACK (1 CUP)
- SHREDDED COLBY JACK (1 CUP)
- EGGS (1)
- GRATED PARMESAN (⅓ CUP)

PANTRY STAPLES

- OLIVE OIL (9 TBSP)
- VEGETABLE OIL (¼ CUP)
- DRIED ORZO (1 CUP)
- CHICKEN BROTH (2 CUPS)
- BEEF BROTH (1 CUP)
- WORCESTERSHIRE SAUCE (1 TBSP)
- CORNSTARCH (1 CUP)
- HOISIN SAUCE (¾ CUP)
- SOY SAUCE (¼ CUP)
- BROWN SUGAR (¾ CUP)
- RICE WINE VINEGAR (¼ CUP)
- RED ENCHILADA SAUCE (3 CUPS)
- FLOUR (½ CUP)
- PLAIN PANKO BREADCRUMBS (1 CUP)

PRODUCE

- ONION (1)
- SHREDDED CARROTS (½ CUP)
- WHOLE CARROTS (5 LRG)
- GARLIC (10 TSP)
- BROCCOLI FLORETS (3 CUPS)
- GREEN ONIONS (GARNISH)
- FRESH CILANTRO (GARNISH)

BREAD

- FLOUR TORTILLAS (8-12)

SEASONINGS

- ITALIAN SEASONING (1 TBSP)
- DRIED BASIL (1 TSP)
- PAPRIKA (¼ TSP)
- GROUND GINGER (½ TSP)
- CRUSHED RED PEPPER (1 TSP)
- SALT AND PEPPER

CANNED GOODS

- TOMATO PASTE (1 6-OZ CAN)
- DICED GREEN CHILES (1 4-OZ CAN)