



WEEK 78 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"If you can't find thicker pork chops, you can buy a whole pork loin and cut it into individual pork chops as thick as you would like. I prefer mine about 1-inch thick."

MONDAY

MARRY ME STUFFED SHELLS



[RECIPE HERE](#)

TUESDAY

MONGOLIAN BEEF & BROCCOLI



[RECIPE HERE](#)

WEDNESDAY

SLOW COOKER CHICKEN FAJITA SOUP



[RECIPE HERE](#)

THURSDAY

NO PEEK PORK CHOPS



[RECIPE HERE](#)

FRIDAY

SWEDISH MEATBALL CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- COOKED CHICKEN (1 ½ CUPS)
- BONELESS SKINLESS CHICKEN BREAST (1 LB)
- BONELESS PORK CHOPS (4)
- FLANK STEAK (1 ½ LBS)
- FROZEN MEATBALLS (26 OZ)

DAIRY

- RICOTTA (1 CUP)
- SHREDDED CHEDDAR (1 CUP)
- SHREDDED MOZZARELLA (1 ½ CUPS)
- SHREDDED PARMESAN (½ CUP)
- GRATED PARMESAN (1 CUP)
- UNSALTED BUTTER (7 TBSP)
- HEAVY CREAM (2 CUPS)

PANTRY STAPLES

- JUMBO SHELL PASTA (1 12-OZ BOX)
- ROTINI PASTA (10 OZ)
- SUNDRIED TOMATOES (1 ⅓ CUP)
- FLOUR (6 TBSP)
- CHICKEN BROTH (3 ½ CUPS)
- BEEF BROTH (2 CUPS)
- VEGETABLE OIL (3 TBSP)
- LOW-SODIUM SOY SAUCE (⅓ CUP + 2 TBSP)
- BROWN SUGAR (4 TBSP)
- HOISIN SAUCE (2 TBSP)
- CORNSTARCH (2 TBSP)
- SALSA (1 CUP)
- LONG GRAIN RICE (2 CUPS)
- ONION SOUP MIX (1 1-OZ PKG)
- WORCESTERSHIRE (1 TBSP)
- DIJON MUSTARD (1 TSP)
- TORTILLA STRIPS (TOPPING)

PRODUCE

- GARLIC (7 TSP)
- FRESH GINGER (2 TSP)
- BROCCOLI (3 CUPS)
- RED ONION (TOPPING)
- BELL PEPPER (TOPPING)
- TOMATOES (TOPPING)
- LIMES (GARNISH)
- FRESH CILANTRO (GARNISH)
- FRESH BASIL (GARNISH)

CANNED GOODS

- CREAM OF CHICKEN SOUP (3 10-OZ CANS)
- CREAM OF MUSHROOM SOUP (1 10-OZ CAN)
- CHICKEN BROTH (1 14-OZ CAN)
- BLACK BEANS (1 15-OZ CAN)

SEASONINGS

- PAPRIKA (1 TSP)
- ITALIAN SEASONING (3 ½ TSP)
- CUMIN (1 TSP)
- DRIED CILANTRO (½ TSP)
- ALLSPICE (⅓ TSP)
- NUTMEG (⅓ TSP)
- SALT AND PEPPER

FROZEN

- CORN (2 CUPS)