



WEEK 82 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"I love how my Kalua Pork makes so much! I use half to feed my family when I make it, and freeze the other half for a quick dinner when I need it."

MONDAY

CHICKEN DIVAN



[RECIPE HERE](#)

TUESDAY

EGG ROLL IN A BOWL



[RECIPE HERE](#)

WEDNESDAY

SLOW COOKER KALUA PORK



[RECIPE HERE](#)

THURSDAY

AIR FRYER FRIED CHICKEN



[RECIPE HERE](#)

FRIDAY

CHEESY ALFREDO RAVIOLI CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- COOKED, SHREDDED CHICKEN (4 CUPS)
- GROUND TURKEY (1 LB)
- PORK BUTT ROAST (6 LBS)
- BONE-IN CHICKEN THIGHS & LEGS (2 LBS)

DAIRY

- MILK (½ CUP)
- SOUR CREAM (¾ CUP)
- SHREDDED CHEDAR (2 CUPS)
- SHREDDED MOZZARELLA (2 CUPS)
- SHREDDED PARMESAN (1 CUP)
- BUTTER (2 TBSP)
- BUTTERMILK (2 CUPS)
- EGGS (2)

PANTRY STAPLES

- LEMON JUICE (1 TBSP)
- RITZ CRACKERS (1 CUP)
- SESAME OIL (2 TSP)
- SOY SAUCE (¼ CUP)
- HOISIN SAUCE (2 TBSP)
- LIQUID SMOKE (3 TBSP)
- FLOUR (2 CUPS)
- JARRED ALFREDO SAUCE (3 CUPS)
- OLIVE OIL SPRAY

SEASONINGS

- GARLIC POWDER (1 TBSP + ½ TSP)
- ONION POWDER (1 ½ TSP)
- PAPRIKA (2 TSP)
- SEA SALT (3 TBSP)
- CAJUN SEASONING (1 TBSP)
- ITALIAN SEASONING (2 CUPS)
- SALT AND PEPPER

FROZEN

- RAVIOLI (1 24-OZ BAG)

PRODUCE

- BROCCOLI FLORETS (3 CUPS)
- ONION (½ CUP)
- GARLIC (2 TSP)
- FRESH GINGER (1 TBSP)
- PREPARED COLESLAW (1 14-OZ BAG)
- GREEN ONIONS (¼ CUP)