



WEEK 4 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Shop your pantry and fridge first! See what you already have on hand that will work with your meal plan. Make substitutions if ingredients you already have work for toppings and mix-ins."

MONDAY

PASTA PRIMAVERA



[RECIPE HERE](#)

TUESDAY

BAKED CHICKEN TACOS



[RECIPE HERE](#)

WEDNESDAY

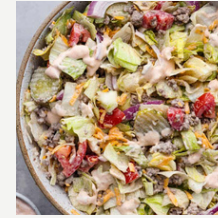
OLIVE GARDEN CROCKPOT CHICKEN PASTA



[RECIPE HERE](#)

THURSDAY

CHEESEBURGER SALAD



[RECIPE HERE](#)

FRIDAY

PIZZA SLIDERS



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- UNSALTED BUTTER (6 TBSP)
- GRATED PARMESAN (1 CUP +2 TBSP)
- SHREDDED CHEDDAR CHEESE (3 CUPS)
- CREAM CHEESE (8 OZ)
- SHREDDED MOZZARELLA CHEESE (2 CUPS)

FROZEN

- PEAS (1/2 CUP)

CANNED GOODS

- PIZZA SAUCE (1/2 CUP)

PANTRY STAPLES

- LEMON JUICE (1 TSP)
- PASTA (24 OUNCES)
- WORCESTERSHIRE SAUCE (1 TBSP)
- FLAT BOTTOM TACO SHELLS (10)
- SALSA (1 CUP)
- OLIVE GARDEN DRESSING (16 OZ)
- PICKLES (1/2 CUP)
- THOUSAND ISLAND DRESSING (8 OZ)
- PEPPERONI (12 SLICES)

BREADS/BAKERY

- HAWAIIAN ROLLS (12)

PRODUCE

- ZUCCHINI (1 SMALL)
- BELL PEPPER (1/2)
- CHERRY TOMATOES (5 OZ)
- CARROTS (1)
- GARLIC CLOVES (3)
- FRESH BASIL (1 TBSP)
- LIMES (1)
- FRESH CILANTRO (2 TSP)
- ROMAINE (2 CUPS SHREDDED)
- ICEBERG LETTUCE (1 HEAD)
- ROMA TOMATOES (2)
- RED ONION (1)

SEASONINGS

- ITALIAN SEASONING (1 1/4 TSP)
- TACO SEASONING (2 TSP)
- GROUND CUMIN (1/2 TSP)
- GARLIC POWDER (1 TSP)
- SALT AND PEPPER

PROTEIN

- LEAN GROUND BEEF (1 POUND)
- 1 ROTISSERIE CHICKEN (OR 3 CUPS COOKED AND SHREDDED CHICKEN BREAST)