



WEEK 7 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"The most affordable sushi grade fish is yellowfin or albacore tuna, but you may find other sushi grade fish, such as salmon, that fits within your budget."

MONDAY

CREAMY TUSCAN GARLIC CHICKEN



[RECIPE HERE](#)

TUESDAY

SMASH BURGERS



[RECIPE HERE](#)

WEDNESDAY

GRILLED ASIAN GARLIC STEAK SKEWERS



[RECIPE HERE](#)

THURSDAY

HAWAIIAN POKE BOWL



[RECIPE HERE](#)

FRIDAY

AIR FRYER CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- HEAVY CREAM (1 CUP)
- PARMESAN CHEESE (1/2 CUP)
- AMERICAN CHEESE (4 SLICES)
- BUTTER (4 TBSP)

SEASONINGS

- GARLIC POWDER (2 TSP)
- ITALIAN SEASONING (1 TBSP + 1 TSP)
- SESAME SEEDS (3 TBSP)
- GROUND GINGER (1/4 TSP)
- SEA SALT (1/4 TSP)
- PAPRIKA (1/2 TSP)
- SALT AND PEPPER

PANTRY STAPLES

- OLIVE OIL (3 TBSP)
- CHICKEN BROTH (1/2 CUP)
- SUN DRIED TOMATOES (1/2 CUP)
- SOY SAUCE (1 CUP)
- SESAME OIL (1/4 CUP + 1 TSP)
- OLIVE OIL (1/4 CUP)
- SUGAR (1/2 CUP)
- RICE VINEGAR (2 TBSP)
- HONEY (2 TSP)
- MAYONNAISE (1/2 CUP)
- SRIRACHA (3 TBSP)
- WHITE RICE (4 CUPS, COOKED)

PRODUCE

- SPINACH (1 CUP)
- LARGE TOMATO (1)
- BUTTER LETTUCE (1 HEAD)
- GARLIC (6 CLOVES)
- FRESH GINGER (1 TBSP)
- RED ONION (1)
- BELL PEPPER (1 RED, 1 YELLOW, 1 GREEN)
- GREEN ONIONS (3)
- CARROTS (1 CUP)
- PINEAPPLE (1 CUP)
- PURPLE CABBAGE (1 CUP)
- EDAMAME (1 CUP)
- CUCUMBER (1 CUP)
- BRUSSEL SPROUTS (1 POUND, OPTIONAL)

PROTEIN

- CHICKEN BREAST (2 1/2 POUND)
- GROUND BEEF (1 1/2 POUND)
- SIRLOIN STEAK (1 1/2 POUNDS)
- SUSHI GRADE TUNA (12 OUNCES)

BREADS/BAKERY

- BRIOCHE BURGER BUNS (4)