



WEEK 8 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Instead of buying pre-shredded cheese, buy parmesan and mozzarella in blocks. Shred it for both recipes at the same time. This will save time, money, AND hand-shredded cheese melts better than the pre-shredded cheese"

MONDAY

SLOW COOKER MONGOLIAN BEEF



[RECIPE HERE](#)

TUESDAY

GRILLED HONEY BUFFALO CHICKEN WINGS



[RECIPE HERE](#)

WEDNESDAY

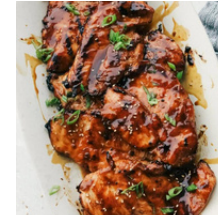
MEATBALL CASSEROLE



[RECIPE HERE](#)

THURSDAY

GRILLED TERIYAKI CHICKEN



[RECIPE HERE](#)

FRIDAY

CHICKEN PESTO PASTA



[RECIPE HERE](#)

SHOPPING LIST

PANTRY STAPLES

- CORNSTARCH (1/4 CUP)
- OLIVE OIL (4 TBSP)
- SOY SAUCE (3/4 CUP)
- BROWN SUGAR (1 CUP)
- BUFFALO SAUCE (1 CUP)
- HONEY (3/4 CUP)
- WORCESTERSHIRE (1 TBSP)
- ROTINI PASTA (10 OUNCES)
- PENNE PASTA (8 OUNCES)
- MARINARA SAUCE (32 OUNCES)
- TERIYAKI SAUCE (16 OUNCES)
- CHICKEN BROTH (1 CUP)
- BASIL PESTO (3/4 CUP)

DAIRY

- GRATED PARMESAN CHEESE (1 CUP)
- SHREDDED MOZZARELLA (2 1/2 CUPS)
- BUTTER (2 TBSP)
- HEAVY CREAM (1 1/2 CUP)

PROTEIN

- FLANK STEAK (1 1/2 LBS)
- CHICKEN WINGS OR PARTY WINGS (4 LBS)
- FROZEN MEATBALLS (26 OUNCES)
- CHICKEN BREAST (3 LBS)

PRODUCE

- GARLIC (2 TSP)
- CARROTS (1 CUP)
- GREEN ONIONS (GARNISH)

SEASONINGS

- ITALIAN SEASONING (2 TSP)
- ONION POWDER (1/2 TSP)
- SALT AND PEPPER