



WEEK 13 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"When selecting a whole chicken, you may pick one that is 2-3 pounds larger than called for. This will leave you with leftover chicken you can use for the buffalo enchiladas! If you don't want to do this, a rotisserie chicken is great!"

MONDAY

CAST IRON SKILLET PORK CHOPS



[RECIPE HERE](#)

TUESDAY

GROUND BEEF AND BROCCOLI



[RECIPE HERE](#)

WEDNESDAY

SPATCHCOCK CHICKEN



[RECIPE HERE](#)

THURSDAY

BUFFALO CHICKEN ENCHILADAS



[RECIPE HERE](#)

FRIDAY

BAJA FISH TACOS



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- BUTTER (1 TBSP)
- CREAM CHEESE (4 OZ)
- SHREDDED MONTEREY JACK OR CHEDDAR (2 CUPS)
- BLUE CHEESE CRUMBLES (GARNISH)

PROTEIN

- 1-INCH THICK BONE-IN PORK CHOPS (2)
- LEAN GROUND BEEF (1 LB)
- WHOLE CHICKEN (4-5 LBS) **SEE THE TIP!**
- SHREDDED CHICKEN (2 CUPS) **SEE THE TIP!**
- FRESH COD (1 LB)

SEASONINGS

- GROUND GINGER (1 TSP)
- KOSHER SALT (3/4 TSP)
- CHICKEN SEASONING (1/3 CUP)
- CHILI POWDER (1/2 TSP)
- PAPRIKA (1/2 TSP)
- GARLIC POWDER (1/2 TSP)
- CUMIN (1/2 TSP)
- SALT AND PEPPER

CANNED GOODS

- DICED TOMATOES (1 14.5-OZ CAN)
- TOMATO SAUCE (1 8-OZ CAN)
- DICED GREEN CHILES (1 4-OZ CAN)

PANTRY STAPLES

- OLIVE OIL (1/4 CUP + 2 TBSP)
- BEEF BROTH (1/2 CUP)
- SOY SAUCE (1/3 CUP)
- BROWN SUGAR (1/4 CUP)
- SESAME OIL (2 TSP)
- CORNSTARCH (1 TBSP)
- RICE (COOKED, FOR SERVING)
- BUFFALO SAUCE (1 CUP)
- BLUE CHEESE DRESSING (GARNISH)
- FLOUR (1 1/2 CUPS)
- BEER, OR SPRITE (12 OZ)
- OIL, FOR FRYING (2-3 QUARTS)
- CILANTRO RANCH DRESSING (1 BOTTLE)

PRODUCE

- GARLIC (6 CLOVES)
- FRESH THYME (2 TBSP)
- FRESH PARSLEY (1 TBSP + GARNISH)
- FRESH ROSEMARY (GARNISH)
- FRESH CILANTRO (GARNISH)
- BROCCOLI (4 CUPS FLORETS)
- YELLOW ONION (1/2)
- GREEN ONIONS (GARNISH)
- YELLOW BABY POTATOES (1 LB)
- LARGE CARROTS (4)
- FRESH PICO DE GALLO (GARNISH)

BREADS/BAKERY

- 6-INCH TORTILLAS (8-10 FLOUR OR 16-20 CORN)