



# WEEK 9 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Since chicken thighs are less expensive and you will use them for the bourbon chicken, buy a large package and swap the chicken breast in the Caprese Chicken for chicken thighs to save some money!"

### MONDAY

#### GRILLED BOURBON CHICKEN



[RECIPE HERE](#)

### TUESDAY

#### AIR FRYER PORK TENDERLOIN



[RECIPE HERE](#)

### WEDNESDAY

#### EASY SHRIMP TACOS



[RECIPE HERE](#)

### THURSDAY

#### 20 MINUTE GARLIC BEEF AND BROCCOLI LO MEIN



[RECIPE HERE](#)

### FRIDAY

#### BAKED CAPRESE CHICKEN



[RECIPE HERE](#)

## SHOPPING LIST

### SEASONINGS

- DRIED THYME (1 TSP)
- ONION POWDER (2 1/2 TSP)
- CUMIN (2 1/2 TSP)
- CHILI POWDER (2 1/2 TSP)
- GARLIC POWDER (1/2 TSP)
- SMOKED PAPRIKA (1/2 TSP)
- GROUND GINGER (1/4 TSP)
- CRUSHED RED PEPPER (1/4 TSP)
- ITALIAN SEASONING (1 TSP)
- SESAME SEEDS (GARNISH)
- SALT AND PEPPER

### PANTRY STAPLES

- BOURBON (2/3 CUP)
- BROWN SUGAR (1 1/4 CUP + 2 TBSP)
- APPLE CIDER VINEGAR (1/4 CUP)
- WORCESTERSHIRE (1/4 CUP)
- OLIVE OIL (4 TBSP)
- LO MEIN OR SPAGHETTI NOODLES (8 OZ)
- SOY SAUCE (1/4 CUP)
- HOISIN (2 TBSP)
- SESAME OIL (2 TSP)
- BALSAMIC VINEGAR (1/4 CUP)
- HONEY (2 TBSP)

### PRODUCE

- GARLIC (9 CLOVES)
- BROCCOLI (3 CUPS)
- MEDIUM CARROT (1)
- GREEN ONIONS (GARNISH)
- CHERRY TOMATOES (1 CUP)
- LARGE TOMATOES (2)
- FRESH BASIL (GARNISH)

### DAIRY

- FRESH MOZZARELLA (4 SLICES)

### PROTEIN

- BONELESS SKINLESS CHICKEN THIGHS (6)
- PORK TENDERLOIN (2 LBS)
- MEDIUM SHRIMP (1 LB)
- FLANK STEAK (8 OZ)
- BONELESS SKINLESS CHICKEN BREAST (1 LB)

### BREADS/BAKERY

- MEDIUM FLOUR TORTILLAS (8-10)