



WEEK 1 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Save some money this week and use the leftover bourbon chicken to use in your shredded chicken tacos on Thursday!"

MONDAY

HONEY GLAZED SALMON BITES



[RECIPE HERE](#)

TUESDAY

MILLION DOLLAR SPAGHETTI



[RECIPE HERE](#)

WEDNESDAY

CROCKPOT BOURBON CHICKEN



[RECIPE HERE](#)

THURSDAY

SHREDDED CHICKEN TACOS



[RECIPE HERE](#)

FRIDAY

EASY FRENCH BREAD PIZZA



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- CREAM CHEESE (8 OZ)
- UNSALTED BUTTER (1/4 CUP)
- SOUR CREAM (1/3 CUP)
- RICOTTA CHEESE (1 CUP)
- SHREDDED PARMESAN CHEESE (1/2 CUP)
- SHREDDED MOZZARELLA CHEESE (4 1/2 CUPS)

CANNED GOODS

- MARINARA SAUCE (5 CUPS)
- PIZZA SAUCE (1 CUP)
- SALSA (1 CUP)

PANTRY STAPLES

- SOY SAUCE (1 1/4 CUPS)
- CHICKEN BROTH (1/2 CUP)
- BOURBON (1/3 CUP) **
- BROWN SUGAR (3/4 CUP)
- SPAGHETTI NOODLES (12 OZ)
- HONEY (1/2 CUP)
- PEPPERONI
- OLIVE OIL (3 TBSP)
- CORNSTARCH (2 TBSP)

PROTEIN

- SALMON FILET (1 LB)
- LEAN GROUND BEEF (1 LB)
- SAUSAGE (1/2 LB)
- BONELESS CHICKEN THIGHS (2 LBS)
- 1 ROTISSARIE CHICKEN (OR 4 CUPS COOKED AND SHREDDED CHICKEN BREAST)

PRODUCE

- 1 LIME
- 1 LEMON
- SMALL YELLOW ONION
- GARLIC CLOVES (5)

SEASONINGS

- GARLIC POWDER (2 TSP)
- ITALIAN SEASONING (1 TSP)
- ONION POWDER (2 TSP)
- CHILI POWDER (2 TSP)
- CUMIN (1 TSP)
- SALT AND PEPPER

BREADS/BAKERY

- 1 LOAF FRENCH BREAD
- FLOUR TORTILLAS

**** CAN USE WHISKEY, APPLE JUICE OR CHICKEN BROTH INSTEAD OF BOURBON****



WEEK 2 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Repurpose your leftover
Kalua Pork to use in your
Sheet Pan Nachos!"

MONDAY

SLOW COOKER KALUA PORK



[RECIPE HERE](#)

TUESDAY

SHEET PAN NACHOS



[RECIPE HERE](#)

WEDNESDAY

THAI BASIL BEEF



[RECIPE HERE](#)

THURSDAY

INSTANT POT SPAGHETTI



[RECIPE HERE](#)

FRIDAY

AIR FRYER CHICKEN FAJITAS



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- SOUR CREAM
- SHREDDED CHEDDAR CHEESE
(1 CUP)
- SHREDDED JACK CHEESE
(1 CUP)

CANNED GOODS

- MARINARA SAUCE (TWO 24
OZ JARS)
- BLACK BEANS (1/2 CUP)
- OLIVES (1/2 CUP)
- REFRIED BEANS (15 OZ)
- CORN (1/2 CUP)

PANTRY STAPLES

- SOY SAUCE (6 T)
- CORNSTARCH (1 T)
- OLIVE OIL (3 T)
- VEGETABLE OIL (2 T)
- LIQUID SMOKE (3 T)
- BROWN SUGAR (2 TSP)
- SPAGHETTI NOODLES (1 LB)
- FISH SAUCE (2 T)
- OYSTER SAUCE (3 TSP)
- GARLIC CHILI PASTE (2 T)
- BEEF BROTH (1/2 CUP)
- JASMINE RICE
- SALSA (1/2 CUP)

PROTEIN

- PORK BUTT ROAST (6 LBS)
- CHICKEN BREAST (1 LB)
- GROUND BEEF (3 LBS)

PRODUCE

- GARLIC CLOVES (7)
- FRESH GINGER (1 T)
- RED BELL PEPPER (1)
- GREEN BELL PEPPER (1)
- BASIL LEAVES (1 CUP)
- MEDIUM ONION (1)
- SHALLOTS (2)
- CILANTRO
- JALAPEÑOS
- ROMA TOMATO

SEASONINGS

- HAWAIIAN SEA SALT (3 T)
- ITALIAN SEASONING (1 T)
- GARLIC POWDER (1 TSP)
- PACKET OF FAJITA SEASONING(1)
- PACKET OF TACO SEASONING (1)
- SALT AND PEPPER

BREADS/BAKERY

- FLOUR TORTILLAS



WEEK 3 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Plan your preparation by preparing ingredients in bulk! Cook all of the rice on Monday and all of your chicken on Tuesday. Reserve what you need for later in the week."

MONDAY

KOREAN GROUND BEEF RICE BOWLS



[RECIPE HERE](#)

TUESDAY

CHICKEN ENCHILADAS WITH AVOCADO CREAM SAUCE



[RECIPE HERE](#)

WEDNESDAY

CHICKEN ALFREDO ROLL UPS



[RECIPE HERE](#)

THURSDAY

QUICK AND EASY STROMBOLI



[RECIPE HERE](#)

FRIDAY

SALMON RICE BOWLS



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- UNSALTED BUTTER (6 TBSP)
- HEAVY CREAM (1 PINT)
- CREAM CHEESE (4 OUNCES)
- SOUR CREAM (3/4 CUP)
- SHREDDED MONTEREY JACK (3 1/4 CUPS)
- FETA CHEESE (OPTIONAL)
- SHREDDED MOZZARELLA CHEESE (2 CUPS)
- SHREDDED PARMESAN CHEESE (1 CUP +2 TBSP)
- EGGS (1)

CANNED GOODS

- PIZZA SAUCE (1/2 CUP)

PANTRY STAPLES

- SOY SAUCE (1/2 CUP)
- MAYONNAISE (6 TBSP)
- SRIRACHA (2 TBSP)
- SESAME OIL (2 TSP)
- BROWN SUGAR (1/4 CUP)
- COOKED WHITE RICE (6 CUPS)
- AP FLOUR (2 TBSP)
- CHICKEN BROTH (2 CUPS)
- OLIVE OIL (2 TBSP)
- LASAGNA NOODLES (8)
- REFRIGERATED PIZZA DOUGH (1 TUBE)

BREADS/BAKERY

- FLOUR TORTILLAS (8-10)

PRODUCE

- AVOCADOS (4)
- CARROTS (2)
- MINI CUCUMBERS (4)
- EDAMAME (FROZEN)
- GREEN ONIONS (4)
- GARLIC CLOVES (4)
- FRESH CILANTRO (1/2 CUP)
- LIMES (1)
- YELLOW OR WHITE ONION (1)
- POBLANO PEPPERS (2)
- JALAPENOS (1)
- RED ONION (1, OPTIONAL)
- FRESH PARSLEY (2 TBSP)

SEASONINGS

- GROUND GINGER (1 1/4 TSP)
- GARLIC POWDER (1/2 TSP)
- ONION POWDER (1 TSP)
- CRUSHED RED PEPPER (1/4 TSP)
- GROUND CUMIN (1/2 TSP)
- ITALIAN SEASONING (2 TSP)
- SALT AND PEPPER

PROTEIN

- SALMON FILET (16 OUNCES)
- LEAN GROUND BEEF (1 LB)
- ITALIAN SALAMI (12 SLICES)
- PEPPERONI (16 SLICES)
- 2 ROTISSERIE CHICKENS (OR 6 CUPS COOKED AND SHREDDED CHICKEN BREAST)

****SALMON RICE BOWL HAS BEEN CALCULATED FOR 4 SERVINGS (4X THE RECIPE CARD)****



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)



WEEK 5 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Buy your chicken in bulk (I always like to keep frozen chicken breasts on hand) so that you can save some money on your chicken recipes this week!"

MONDAY

CROCKPOT SALSA CHICKEN



[RECIPE HERE](#)

TUESDAY

SHEET PAN CRISPY GARLIC PARM CHICKEN



[RECIPE HERE](#)

WEDNESDAY

AIR FRYER FLANK STEAK



[RECIPE HERE](#)

THURSDAY

ASIAN TURKEY LETTUCE WRAPS



[RECIPE HERE](#)

FRIDAY

8 CAN CHICKEN TACO SOUP



[RECIPE HERE](#)

SHOPPING LIST

CANNED GOODS

- SLICED WATER CHESTNUTS (8 OUNCES)
- DICED TOMATOES (15 OUNCES)
- CORN (15 OUNCES)
- BLACK BEANS (15 OUNCES)
- PINTO BEANS (15 OUNCES)
- CREAM OF CHICKEN SOUP (10 3/4 OUNCES)
- CHICKEN BREAST (12 OUNCES)
- GREEN ENCHILADA SAUCE (15 OUNCES)
- CHICKEN BROTH (15 OUNCES)
- OLIVES (TOPPING)

PANTRY STAPLES

- SALSA (2 CUPS)
- CHICKEN BROTH (1/2 CUP)
- LIME JUICE (2 TBSP)
- PANKO BREADCRUMBS (1 CUP)
- OLIVE OIL (3 TBSP)
- ORANGE JUICE (2 TBSP)
- SOY SAUCE (4 TBSP)
- SESAME OIL (1 TSP)
- HOISIN SAUCE (1/4 CUP)
- RICE WINE VINEGAR (1 TBSP)
- RED CHILI PASTE (2 TSP)
- TORTILLA STRIPS (TOPPING)

PRODUCE

- LIMES (3-4)
- BABY POTATOES (1 POUND)
- ASPARAGUS (1 BUNCH)
- GARLIC (4 CLOVES)
- CARROTS (1/4 CUP SHREDDED)
- MUSHROOMS (6 OUNCES)
- GREEN ONIONS (2)
- BUTTER OR ICEBERG LETTUCE (1)
- AVOCADO (1)

DAIRY

- SHREDDED CHEDDAR CHEESE (TOPPING)
- EGGS (2)
- MILK (1/4 CUP)
- GRATED PARMESAN (1 CUP)
- SOUR CREAM (TOPPING)

SEASONINGS

- TACO SEASONING (3 TBSP OR 2 PACKETS)
- ITALIAN SEASONING (1 TBSP)
- GARLIC POWDER (1 TSP)
- OREGANO (1/2 TSP)
- CHILI POWDER (1 TSP)
- GROUND CUMIN (1/2 TSP)
- SALT AND PEPPER

PROTEIN

- CHICKEN BREAST (4 POUNDS)
- FLANK STEAK (2 POUNDS)
- GROUND TURKEY (1 POUND)



WEEK 6 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"With prices of meat so high, you can replace the chicken in the sliders and the chili with canned chicken. It's great to keep a few cans on hand for those weeks when the budget is extra tight."

MONDAY

**CAJUN SHRIMP,
SAUSAGE, AND VEGGIE
SKILLET**



[RECIPE HERE](#)

TUESDAY

**CROCKPOT
SALISBURY STEAK**



[RECIPE HERE](#)

WEDNESDAY

**CRACK CHICKEN
SLIDERS**



[RECIPE HERE](#)

THURSDAY

**CROCKPOT WHITE
CHICKEN CHILI**



[RECIPE HERE](#)

FRIDAY

**GRINDER
SALAD**



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- EGGS (1)
- BUTTER (5 TBSP)
- CREAM CHEESE (4 OUNCES)
- SHREDDED CHEDDAR (1 1/2 CUPS)
- GRATED PARMESAN (1/2 CUP +2 TBSP)
- SOUR CREAM (1 CUP)
- SLICED PROVOLONE (8 OUNCES)

SEASONINGS

- CAJUN SEASONING (2 TBSP)
- GROUND MUSTARD (1 TSP)
- GARLIC POWDER (1/2 TSP)
- DRY ONION FLAKES (2 TSP)
- ITALIAN SEASONING (1 TBSP +1/2 TSP)
- GROUND CUMIN (1 1/2 TSP)
- GROUND CORIANDER (1 TSP)
- RED PEPPER FLAKES (AS DESIRED)

PANTRY STAPLES

- OLIVE OIL (2 TBSP)
- BREAD CRUMBS (1/2 CUP)
- KETCHUP (2 TBSP)
- WORCESTERSHIRE (3 TBSP)
- BEEF BROTH (2 1/2 CUPS)
- CHICKEN BROTH (4 CUPS)
- CORNSTARCH (2 TBSP)
- RANCH DRESSING (1/2 CUP)
- CANNED GREEN CHILES (4 OUNCES)
- CANNELLINI BEANS (2 15-OUNCE CANS)
- MAYONNAISE (1 CUP)
- RED WINE VINEGAR (1 TBSP)
- PEPPERONCINIS (1/2 CUP +LIQUID)

PRODUCE

- ZUCCHINI (2 MEDIUM)
- YELLOW SQUASH (2 MEDIUM)
- ASPARAGUS ((1/2 BUNCH)
- RED BELL PEPPER (2)
- MUSHROOMS (6 OUNCES)
- ONION (1 1/2)
- GREEN ONIONS (3)
- GARLIC (4 TSP MINCED)
- ICEBERG LETTUCE (3 CUPS, SHREDDED)
- BRUSSEL SPROUTS (2 CUPS, SHREDDED)
- RED ONION (1/2 CUP)
- GRAPE TOMATOES (1 CUP)

PROTEIN

- LARGE SHRIMP (1 POUND)
- PORK OR CHICKEN SAUSAGE (14 OUNCES)
- GROUND BEEF (1 POUND)
- BONELESS SKINLESS CHICKEN BREAST (1 POUND)
- BACON, CRUMBLLED (1/3 CUP)
- COOKED CHICKEN, ROTISSERIE OR CANNED (2 1/2 CUPS)
- SALAMI (12 OUNCES)
- DELI HAM (8 OUNCES)

BREADS/BAKERY

- HAWAIIAN ROLLS (12)



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)



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

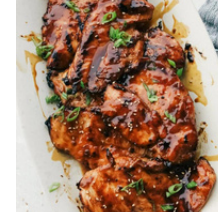
MEATBALL CASSEROLE



[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



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)



WEEK 10 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Instead of chopping veggies every night, do your vegetable prep all at once! Separate the veggies for each recipe into containers or ziplock bags so they are ready to go each night of the week"

MONDAY

CHEESY CHICKEN, ASPARAGUS, BACON, MUSHROOM SHELLS



[RECIPE HERE](#)

TUESDAY

KING RANCH CASSEROLE



[RECIPE HERE](#)

WEDNESDAY

GARLIC BUTTER HERB STEAK BITES WITH POTATOES



[RECIPE HERE](#)

THURSDAY

CAJUN SHRIMP AND SAUSAGE VEGETABLE SHEET PAN



[RECIPE HERE](#)

FRIDAY

PIGS IN A BLANKET



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- SHREDDED CHEDDAR CHEESE (1 CUP)
- SHREDDED PEPPER JACK (1 CUP)
- GRATED PARMESAN CHEESE (1/2 CUP)
- SHREDDED MOZZARELLA CU (
- AMERICAN CHEESE (2 SLICES)
- BUTTER (7 TBSP)
- HEAVY CREAM (2 CUPS)

CANNED GOODS

- GREEN CHILES (1 4-OZ)
- CREAM OF MUSHROOM (1 10-OZ)
- CREAM OF CHICKEN (1 10-OZ)

PANTRY STAPLES

- CHICKEN BROTH (2 CUPS)
- OLIVE OIL (7 TBSP)
- TORTILLA CHIPS (1 BAG)
- DIJON MUSTARD (1 TBSP)
- CRESCENT ROLL DOUGH (1 TUBE)
- MEDIUM SHELL PASTA (16 OUNCES)

SEASONINGS

- GARLIC POWDER (3 1/4 TSP)
- ONION POWDER (1/4 TSP)
- GROUND PAPRIKA (1 TSP)
- CHILI POWDER (1 TSP)
- CAJUN SEASONING (2 TBSP)
- WHITE PEPPER (1/4 TSP)
- DRIED PARSLEY (3 TSP)
- SALT AND PEPPER

PRODUCE

- YUKON GOLD POTATOES (1 POUND)
- BELL PEPPERS (2 RED, 1 GREEN)
- ZUCCHINI (1)
- YELLOW SQUASH (1)
- SLICED MUSHROOMS (1 CUP)
- ASPARAGUS (1 1/2 BUNCH)
- ONION (1)
- GARLIC (4 CLOVES)
- FRESH OREGANO (1 TSP)
- FRESH THYME (1 TSP)
- FRESH ROSEMARY (1 TSP)

PROTEIN

- ROTISSERIE CHICKEN (2 FOR 3 1/2 CUPS)
- SHREDDED CHICKEN)
- BACON (5-6 SLICES)
- SIRLOIN STEAK (1 1/4 POUND)
- LARGE SHRIMP (1 POUND)
- PORK OR CHICKEN SAUSAGE (14 OUNCES)
- HOT DOGS (4)



WEEK 11 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Making marinades and seasonings from scratch isn't always cost effective. If it's easier or more affordable, you may replace those from-scratch things with ready-made substitutes you find at the store."

MONDAY

PEPPER STEAK STIR FRY



[RECIPE HERE](#)

TUESDAY

AMERICAN GOULASH



[RECIPE HERE](#)

WEDNESDAY

INSTANT POT LEMON GARLIC CHICKEN



[RECIPE HERE](#)

THURSDAY

MEXICAN CHORIZO TACOS



[RECIPE HERE](#)

FRIDAY

SHRIMP KABOBS



[RECIPE HERE](#)

SHOPPING LIST

PANTRY STAPLES

- OLIVE OIL (4 TBSP)
- BROWN SUGAR (1/4 CUP)
- SOY SAUCE (1/2 CUP + 3 TBSP)
- SESAME OIL (2 TSP)
- CORNSTARCH (1 TBSP)
- BEEF BASE OR BOUILLON (1 TBSP)
- ELBOW MACARONI (2 CUPS)
- CHICKEN BROTH (1/3 CUP)
- SHRIMP MARINADE**

PROTEIN

- FLANK STEAK (8 OZ)
- GROUND BEEF (2 LBS)
- BONELESS CHICKEN THIGHS (6-8)
- GROUND PORK (1 LB)
- SHRIMP (1 LB)

SEASONINGS

- GROUND GINGER (1 TSP)
- BAY LEAVES (3)
- SEASONED SALT (1 TBSP)
- ITALIAN SEASONING (3 1/2 TBSP)
- PAPRIKA (2 TSP)
- GARLIC POWDER (1/2 TSP)
- CHORIZO SEASONING** (1/3 CUP)
- SALT AND PEPPER

PRODUCE

- BELL PEPPERS (2 RED, 1 GREEN)
- GARLIC (12 CLOVES)
- ONION (1)
- RED ONION (1)
- FRESH PARSLEY (GARNISH)
- LEMON (2)
- ZUCCHINI (1)

**** CAN BUY PRE-MADE OR MAKE FROM SCRATCH**

CANNED GOODS

- TOMATO SAUCE (2 15-OZ)
- DICED TOMATOES (1 15-OZ)
- PETITE DICED TOMATOES (1 15-OZ)
- CREAM OF CHICKEN (1 10-OZ)

DAIRY

- SHREDDED CHEDDAR CHEESE (1 CUP)
- BUTTER (3 TBSP)

MAKE THE SEASONINGS FROM SCRATCH!

SHRIMP MARINADE

- OLIVE OIL (1/2 CUP)
- RED WINE VINEGAR (1/4 CUP)
- GARLIC (3 CLOVES)
- ITALIAN SEASONING (1 TBSP)
- LEMON JUICE (1 TBSP)
- SOY SAUCE (2 TBSP)
- DIJON MUSTARD (1 TSP)
- WORCESTERSHIRE (1 TBSP)

CHORIZO SEASONING

- CHILI POWDER (2 TBSP)
- GARLIC POWDER (2 TBSP)
- ONION POWDER (2 TBSP)
- DRIED OREGANO (1 TBSP)
- SMOKED PAPRIKA (2 TSP)
- CUMIN (2 TSP)
- KOSHER SALT (2 TSP)
- PEPPER (1/2 TSP)
- GROUND CORIANDER (1/2 TSP)



WEEK 12 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Meal plans should be adjusted to your family's schedule. For example, if you have a busy day on Monday and a slow-cooker or instant pot meal would be better that day, switch which day you prepare certain recipes!"

MONDAY

SUSHI BAKE



[RECIPE HERE](#)

TUESDAY

EASY INSTANT POT LASAGNA



[RECIPE HERE](#)

WEDNESDAY

TACO PIZZA



[RECIPE HERE](#)

THURSDAY

CHICKEN MILANESE



[RECIPE HERE](#)

FRIDAY

SLOW COOKER BALSAMIC BEEF



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- CREAM CHEESE (3 OZ)
- RICOTTA (1 CUP)
- SHREDDED MOZZARELLA (1 CUP)
- SHREDDED COLBY JACK (2 CUPS)
- EGGS (2)
- GRATED PARMESAN CHEESE (1/3 CUP)

SEASONINGS

- SESAME SEEDS (GARNISH)
- ONION POWDER (3 TSP)
- GARLIC POWDER (1 TSP)
- ITALIAN SEASONING (2 TBSP + 1 TSP)
- TACO SEASONING (1 PACKET)
- KOSHER SALT (1 1/2 TSP)
- SALT AND PEPPER

PANTRY STAPLES

- SUSHI OR SHORT GRAIN RICE (1 CUP)
- SEASONED RICE VINEGAR (2 TBSP)
- SUGAR (1 TBSP)
- KEWPIE MAYO (1/3 CUP)
- SRIRACHA (2 TBSP)
- NORI (1 .17-OZ PACKAGE)
- SPICY MAYO (GARNISH)
- EEL SAUCE (GARNISH)
- OLIVE OIL (1 CUP +1 TBSP)
- JARRED MARINARA SAUCE (24 OZ)
- BOWTIE PASTA (16 OZ)
- PREPARED PIZZA DOUGH (1)
- CORNMEAL (2 TSP)
- ALL-PURPOSE FLOUR (3/4 CUP)

PANTRY STAPLES CONT.

- BREAD CRUMBS (1 CUP)
- BALSAMIC VINEGAR (3/4 CUP)
- BROWN SUGAR (1/2 CUP)
- WORCESTERSHIRE (1 TBSP)
- BEEF BROTH (1/2 CUP)
- CORNSTARCH (2 TBSP)

PROTEIN

- IMITATION CRAB (8 OZ)
- SALMON FILET (8 OZ)
- LEAN GROUND BEEF (2 1/2 LB)
- BONELESS SKINLESS CHICKEN BREAST (4)
- BONELESS CHUCK ROAST (4 LBS)

PRODUCE

- GREEN ONIONS (GARNISH)
- FRESH CILANTRO (GARNISH)
- FRESH PARSLEY (GARNISH)
- SMALL WHITE ONION (1)
- ICEBERG LETTUCE (1/2 CUP SHREDDED)
- TOMATOES (1 CUP)
- JALAPENOS (1-2, OPTIONAL)
- LEMON (1)
- MINCED GARLIC (2 TSP)

CANNED GOODS

- REFRIED BEANS (1 15-OZ CAN)
- SLICED BLACK OLIVES (1 2.25-OZ CAN)



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)



WEEK 14 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Firecracker meatballs live up to their name and bring the HEAT! If you don't like spice, you should swap that recipe out for Swedish meatballs! This is a family favorite and it won't set your mouth ablaze"

MONDAY

SLOW COOKER CASHEW CHICKEN



[RECIPE HERE](#)

TUESDAY

AIR FRYER SALMON



[RECIPE HERE](#)

WEDNESDAY

FIRECRACKER MEATBALLS



[RECIPE HERE](#)

THURSDAY

CREAMY BACON CARBONARA



[RECIPE HERE](#)

FRIDAY

SHEET PAN STEAK FAJITAS



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- EGGS (3)
- HEAVY CREAM (1/4 CUP)
- PARMESAN (1/3 CUP)

PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (2 LBS)
- SALMON (1 LB)
- GROUND BEEF (1 LB)
- BACON (1/2 LB)
- FLANK STEAK (1 LB)

BREADS/BAKERY

- SMALLTORTILLAS (FOR SERVING)

PANTRY STAPLES

- CORNSTARCH (3 TBSP)
- CANOLA OIL (1 TSP)
- SOY SAUCE (1/2 CUP + 2 TSP)
- RICE WINE VINEGAR (4 TBSP)
- KETCHUP (4 TBSP)
- SWEET CHILI SAUCE (2 TBSP)
- BROWN SUGAR (1 1/4 CUP)
- CASHEWS (1 CUP)
- PANKO (3/4 CUP)
- BUFFALO SAUCE (1/2 CUP)
- APPLE CIDER VINEGAR (2 TSP)
- PASTA OF CHOICE (1/2 LB)
- LIME JUICE (1 TBSP)
- OLIVE OIL (1/4 CUP)

PRODUCE

- GARLIC (4 CLOVES)
- FRESH GINGER (3 TSP)
- GREEN ONIONS (2 TBSP)
- FRESH PARSLEY (1 TSP)
- FRESH CILANTRO (FOR SERVING)
- MUSHROOMS (3 SMALL ONES)
- ONION (2)
- BELL PEPPER (1 RED, 1 YELLOW, 1 GREEN)
- LIMES (FOR SERVING)
- AVOCADO (FOR SERVING)

SEASONINGS

- RED PEPPER FLAKE (3 3/4 TSP)
- CHILI POWDER (1 TSP)
- PAPRIKA (1/2 TSP)
- ITALIAN SEASONING (1 TSP)
- GARLIC POWDER (1 TSP)
- TOASTED SESAME SEEDS (1 TBSP + 1 TSP)
- FAJITA SEASONING (3 TBSP)
- SALT AND PEPPER



WEEK 15 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Utilize garden or farmer's market vegetables by swapping in or adding a variety to the skillet, kabobs, or even into the sweet and sour pork! For root vegetables, cut them into bite sized pieces and boil them for 8-10 minutes before adding them to ensure they cook fully."

MONDAY

CHICKEN & GARDEN VEGETABLE SKILLET



[RECIPE HERE](#)

TUESDAY

BEEFARONI



[RECIPE HERE](#)

WEDNESDAY

GREEK CHICKEN KABOBS



[RECIPE HERE](#)

THURSDAY

SLOW COOKER ENCHILADA SOUP



[RECIPE HERE](#)

FRIDAY

SWEET AND SOUR PORK



[RECIPE HERE](#)

SHOPPING LIST

DAIRY

- PARMESAN (1/4 CUP)
- SHREDDED CHEDDAR (TOPPING)
- SOUR CREAM (TOPPING)

CANNED GOODS

- TOMATO SAUCE (1 29-OZ CAN)
- ENCHILADA SAUCE (1 10-OZ CAN)
- CHICKEN STOCK (1 15-OZ CAN)
- BLACK BEANS (1 15-OZ CAN)
- FIRE ROASTED DICED TOMATOES (1 14-OZ CAN)
- DICED GREEN CHILES (1 4-OZ CAN)
- PINEAPPLE CHUNKS (1 15-OZ CAN)

FROZEN

- CORN (1 CUP)

PANTRY STAPLES

- OLIVE OIL (1/4 CUP +2 TBSP)
- PANKO (1/4 CUP)
- ELBOW MACARONI (8 OUNCES)
- RED WINE VINEGAR (2 TBSP)
- CORNSTARCH (1/2 CUP + 1 TBSP)
- SUGAR (2/3 CUP)
- KETCHUP (4 TBSP)
- WHITE VINEGAR (1/4 CUP)
- APPLE CIDER VINEGAR (1/4 CUP)
- SOY SAUCE (1 TBSP)
- TORTILLA CHIPS (TOPPING)
- TZATIKI SAUCE (1 CONTAINER)

BREADS/BAKERY

- PITA BREAD (FOR SERVING)

PRODUCE

- ZUCCHINI (2 SMALL)
- YELLOW SQUASH (1 SMALL)
- RED ONION (1 WHOLE + 1/4 CUP)
- CHERRY TOMATOES (1/2 CUP)
- GARLIC (6 CLOVES)
- LEMON (1)
- BELL PEPPERS (2 RED, 1 GREEN)
- YELLOW ONION (2)
- GREEN ONIONS (GARNISH)
- AVOCADOS (TOPPING)
- FRESH CILANTRO (GARNISH)

SEASONINGS

- PAPRIKA (2 1/2 TSP)
- ITALIAN SEASONING (1 TBSP)
- GARLIC POWDER (1 TSP)
- OREGANO (1 TBSP + 1 TSP)
- CUMIN (1 TSP)
- CHILI POWDER (1 TSP)
- CHIPOTLE (1/2 TSP)
- GARLIC SALT (1 TSP)
- SESAME SEEDS (GARNISH)
- SALT AND PEPPER

PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (3 LBS)
- LEAN GROUND BEEF (1 LB)
- PORK TENDERLOIN (1 LB)



WEEK 16 MEAL PLAN



ALYSSA'S

TIP OF THE WEEK

"When you have a busy day, prep the crockpot the night before! In the morning, place the bowl on the crockpot, turn it on, and let it cook for the appropriate amount of time while you go about your day."

MONDAY

CROCKPOT TUSCAN CHICKEN



[RECIPE HERE](#)

TUESDAY

SKILLET PORK CACCIATORE



[RECIPE HERE](#)

WEDNESDAY

COWBOY HAMBURGER SOUP



[RECIPE HERE](#)

THURSDAY

CHICKEN PICATTA



[RECIPE HERE](#)

FRIDAY

EASY TACO CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (4 LBS)
- PORK TENDERLOIN (1-1 1/2 LB)
- GROUND BEEF (3 LBS)

CANNED GOODS

- DICED TOMATOES (1 28-OZ CAN, 1 14-OZ CAN)
- DICED TOMATOES WITH GREEN CHILES (1 14-OZ CAN)
- TOMATO PASTE (2 TBSP)
- CHILI BEANS (1 14-OZ CAN)
- CORN (1 14-OZ CAN)
- GREEN BEANS (1 14-OZ CAN)
- TOMATO SOUP (1 10.75-OZ CAN)
- SLICED BLACK OLIVES (TOPPING)

PRODUCE

- GARLIC (11 CLOVES)
- BABY SPINACH (1 CUP)
- MUSHROOMS (8 OZ)
- CARROTS (1/2 CUP + 3 WHOLE)
- RED BELL PEPPER (1)
- FRESH BASIL (1/2 CUP)
- SMALL ONION (2)
- CELERY (2 STALKS)
- YUKON GOLD POTATOES (3)
- FRESH CILANTRO (GARNISH)
- FRESH PARSLEY (GARNISH)
- LEMON (1)

PRODUCE

- FRESH THYME (1 TBSP)
- LETTUCE (TOPPING)
- TOMATOES (TOPPING)
- GREEN ONIONS (TOPPING)

PANTRY STAPLES

- SUN DRIED TOMATOES (1/2 CUP)
- CHICKEN BROTH (3 1/2 CUP)
- BEEF BROTH (4 CUPS)
- OLIVE OIL (6 TBSP)
- FLOUR (1 CUP)
- WHITE WINE (1/3 CUP)
- CAPERS (2 TBSP)
- CORNSTARCH (2 TSP)
- TORTILLA CHIPS (1 LARGE BAG)

SEASONINGS

- ITALIAN SEASONING (1 TBSP + 2 TSP)
- ONION POWDER (1/2 TSP)
- CUMIN (2 TSP)
- CHILI POWDER (1 TSP)
- OREGANO (1 TSP)
- TACO SEASONING (1 PACKET)
- SALT AND PEPPER

DAIRY

- HEAVY CREAM (1 CUP)
- PARMESAN CHEESE (1/2 CUP)
- SHREDDED MEXICAN BLEND CHEESE (2 CUPS)
- SOUR CREAM (TOPPING)



FATHER'S DAY MENU PLAN



ENTREE

GRILLED STEAK FAJITAS



[RECIPE HERE](#)

ENTREE

GRILLED HULI HULI CHICKEN



[RECIPE HERE](#)

SIDE

CHARRO BEANS



[RECIPE HERE](#)

SIDE

GRILLED VEGETABLES



[RECIPE HERE](#)

DESSERT

BOURBON PECAN PIE



[RECIPE HERE](#)

DESSERT

CONGO BARS



[RECIPE HERE](#)

SHOPPING LIST

PANTRY STAPLES

- OLIVE OIL (1/2 CUP +2 TBSP)
- PINEAPPLE JUICE (1 CUP)
- SOY SAUCE (1/2 CUP)
- BROWN SUGAR (1/2 CUP)
- KETCHUP (1/3 CUP)
- CHICKEN BROTH (1 1/4 CUP)
- BROWN SUGAR (3 1/4 CUP + 2 TBSP)
- LEMON JUICE (1/2 LEMON)
- 9-IN PIE CRUST (1)
- DARK CORN SYRUP (1 CUP)
- BOURBON (1/4 CUP)
- VANILLA EXTRACT (2 TSP)
- PECANS (2 CUPS)

PANTRY STAPLES

- FLOUR (2 3/4 CUP)
- BAKING POWDER (2 1/2 TSP)
- MILK CHOC CHIPS (2 CUPS)
- WALNUTS (1 CUP)

DAIRY

- UNSALTED BUTTER (2/3 CUP + 1/4 CUP)
- EGGS (6)

CANNED GOODS

- PINTO BEANS (2 15-OZ CANS)
- MEXICAN DICED TOMATOES (1 15-OZ CAN)

BREADS/BAKERY

- SMALL FLOUR TORTILLAS (8)

SEASONINGS

- CHILI POWDER (1 TBSP)
- GROUND CUMIN (4 TSP)
- GARLIC POWDER (1/2 TSP)
- ONION POWDER (1/2 TSP)
- CAYENNE PEPPER (1/4 TSP)
- PAPRIKA (2 1/2 TSP)
- OREGANO (1 TSP)
- CRUSHED RED PEPPER (1/2 TSP)
- SALT AND PEPPER

PROTEIN

- FLANK STEAK (2 LBS)
- BONELESS, SKINLESS CHICKEN
- THIGHS (4 LBS)
- THICK CUT BACON (8 SLICES)
- CUBED HAM (1 CUP)

PRODUCE

- LIMES (2)
- GARLIC (11 CLOVES)
- BELL PEPPERS (2)
- ONION (2)
- FRESH GINGER (2 TSP)
- GREEN ONIONS (GARNISH)
- JALAPENOS (2)
- ZUCCHINI (2)
- MUSHROOMS (8 OUNCES)
- ASPARAGUS (1 BUNCH)
- YELLOW SQUASH (2)
- CORN ON THE COB (2)
- RED ONION (1)



MEMORIAL DAY MENU PLAN



ENTREE

THE BEST BURGER AND SECRET SAUCE



[RECIPE HERE](#)

ENTREE

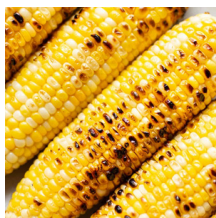
FALL OFF THE BONE SLOW COOKER RIBS



[RECIPE HERE](#)

SIDE

GRILLED CORN



[RECIPE HERE](#)

SIDE

BLT AVOCADO PASTA SALAD



[RECIPE HERE](#)

DESSERT

RED, WHITE, AND BLUE CHEESECAKE SALAD



[RECIPE HERE](#)

DESSERT

CHERRY PIE BARS



[RECIPE HERE](#)

SHOPPING LIST

PANTRY STAPLES

- BBQ SAUCE (2 CUPS)
- OLIVE OIL (2 TBSP)
- PASTA OF CHOICE (8 OUNCES)
- DIJON MUSTARD (1 1/2 TSP)
- MAYONNAISE (1 1/3 CUP + 1/4 CUP)**
- KETCHUP (1 TBSP)**
- SWEET RELISH (1 TBSP)**
- WORCESTERSHIRE (2 TSP)**
- CHEESECAKE PUDDING MIX (1 3.4 OUNCE BOX)
- MINI MARSHMALLOWS (2 CUPS)
- VANILLA EXTRACT (1 1/2 TSP)
- ALMOND EXTRACT (3/4 TSP)

PANTRY STAPLES CONT

- GRANULATED SUGAR (2 CUPS)
- FLOUR (3 CUPS)
- POWDERED SUGAR (1 CUP)

DAIRY

- MILK (1/4 CUP + 2 TBSP))
- FETA CHEESE, CRUMBLLED (1/4 CUP)
- WHIPPED TOPPING (8 OUNCES)
- VANILLA YOGURT (2 CUPS)
- UNSALTED BUTTER (1 CUP)
- EGGS (4)

PROTEIN

- LEAN GROUND BEEF (1 LB)
- BABY BACK RIBS (4 POUNDS)
- BACON (1/2 POUND)

PRODUCE

- CORN ON THE COB (6)
- ROMAINE (2 HEADS)
- GARLIC CLOVES (2)
- LARGE TOMATOES (2)
- AVOADOS (2)
- STRAWBERRIES (16 OUNCES)
- BLUEBERRIES (1 1/2 CUPS)

SEASONINGS

- GARLIC POWDER (1 1/2 TSP)
- ONION POWDER (1 1/2 TSP)
- PAPRIKA (2 TSP)
- SEASONED SALT (1/2 TSP)**
- SALT AND PEPPER

CANNED GOODS

- CHERRY PIE FILLING (2 21-OUNCE CANS)

BREADS/BAKERY

- SESAME SEED HAMBURGER BUNS (8)

****These ingredients are for the secret sauce. You can use store-bought Thousand Island instead of making it from scratch. You will need 1/4 cup mayo for the BLT salad.**



4TH OF JULY MENU PLAN



ENTREE

CROCKPOT ZESTY BBQ CHICKEN



[RECIPE HERE](#)

ENTREE

INSTANT POT RIBS



[RECIPE HERE](#)

SIDE

BACON RANCH POTATO SALAD



[RECIPE HERE](#)

SIDE

COPYCAT KFC COLESLAW



[RECIPE HERE](#)

DESSERT

STRAWBERRY PIE



[RECIPE HERE](#)

DESSERT

FIREWORK BUNDT CAKE



[RECIPE HERE](#)

SHOPPING LIST

PANTRY STAPLES

- BBQ SAUCE (2 CUP)
- ZESTY ITALIAN DRESSING (1/4 CUP)
- BROWN SUGAR (1/4 CUP + 2 TBSP)
- WORCESTERSHIRE (1 TBSP)
- APPLE JUICE (2 CUPS)
- RANCH DRESSING MIX (1 PACKET)
- MAYONNAISE (1/2 CUP)
- LEMON JUICE (2 1/2 TSP)
- GRANULATED SUGAR (2 1/4 CUP + 1/2 TSP)
- CORNSTARCH (2 TBSP)
- STRAWBERRY JELLO (1 3-OUNCE BOX)

PANTRY STAPLES CONT

- CAKE FLOUR (2 1/4 CUPS)
- BAKING POWDER (2 TSP)
- BAKING SODA (1/2 TSP)
- VANILLA EXTRACT (2 TSP)
- CLEAR VANILLA EXTRACT (1/2 TSP)
- ALMOND EXTRACT (1/2 TSP)
- VEGETABLE OIL (1/2 CUP)
- RED AND BLUE FOOD COLORING
- POWDERED SUGAR (3 CUPS)

PROTEIN

- CHICKEN BREAST (1 1/2 POUNDS)
- BABY BACK RIBS (3-4 POUNDS)
- BACON CRUMBLES (1 1/2 CUP)

DAIRY

- SOUR CREAM (16 OUNCES)
- SHREDDED CHEDDAR (1 1/2 CUP)
- BUTTERMILK (1 1/4 CUP)
- MILK (3/4 CUP)
- WHIPPED CREAM
- EGG WHITES (4)
- SALTED BUTTER (3 TBSP)

SEASONINGS

- CHILI POWDER (1 TSP)
- PAPRIKA (1 TSP)
- GARLIC POWDER (1 TSP)
- ONION POWDER (1 TSP)
- SALT AND PEPPER

PRODUCE

- POTATOES (2 POUNDS)
- GREEN ONIONS (2 BUNCHES)
- SHREDDED CABBAGE (8 CUPS)
- SHREDDED CARROTS (1/4 CUP)
- STRAWBERRIES, SLICED (4 CUPS)



LABOR DAY MENU PLAN



ENTREE

GRILLED HAWAIIAN TERIYAKI CHICKEN SKEWERS



[RECIPE HERE](#)

ENTREE

SLOW COOKER SWEET CAROLINA PULLED PORK SLIDERS



[RECIPE HERE](#)

SIDE

BLT TORTELLINI PASTA SALAD



[RECIPE HERE](#)

SIDE

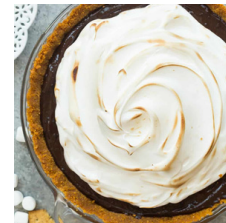
LOADED CREAMY RANCH DIP



[RECIPE HERE](#)

DESSERT

NO-BAKE S'MORES PIE



[RECIPE HERE](#)

DESSERT

PEACH DUMP CAKE



[RECIPE HERE](#)

SHOPPING LIST

PANTRY STAPLES

- BROWN SUGAR (1/2 CUP + 3 TBSP)
- SOY SAUCE (1/2 CUP)
- PINEAPPLE JUICE (1/4 CUP)
- CORNSTARCH (1 TBSP)
- APPLE CIDER VINEGAR (3/4 CUP)
- WORCESTERSHIRE (1 TBSP)
- GRANULATED SUGAR (3/4 CUP + 1 TBSP)
- CHEESE TORTELLINI (1 LB)
- MAYONNAISE (1/2 CUP)
- RANCH SEASONING (2 PKTS OR 3 TBSP)
- GRAHAM CRACKER CRUMBS (2 1/2 CUPS)
- MINI MARSHMALLOWS (3 CUPS)

PANTRY STAPLES CONT

- INSTANT CHOCOLATE PUDDING (TWO 3.4-OZ BOXES)
- YELLOW CAKE MIX (1 BOX)

PROTEIN

- CHICKEN BREAST (4 WHOLE)
- PORK BUTT (5 LBS)
- BACON (1/2 LB)

DAIRY

- SOUR CREAM (1/2 CUP)
- MILK (1/4 CUP)
- SALTED BUTTER (1 1/4 CUP)
- EGG WHITES (3)

PRODUCE

- GARLIC (2 CLOVES)
- BELL PEPPER (2 RED, 1 YELLOW, 1 GREEN)
- JALAPENO (1)
- RED ONION (1)
- YELLOW ONION (1)
- SHALLOT (1)
- PINEAPPLE (2 CUPS)
- GREEN ONIONS (GARNISH)
- ROMAINE (3 CUPS)
- CHERRY TOMATOES (1 PINT)

SEASONINGS

- PAPRIKA (1 TSP)
- CRUSHED RED PEPPER (2 TSP)
- GARLIC POWDER (1 TSP)
- GROUND MUSTARD (1 TSP)
- CAYENNE PEPPER (1 TSP)
- CREAM OF TARTAR (1/4 TSP)
- GROUND CINNAMON (1/2 TSP)
- GROUND NUTMEG (1/4 TSP)
- SALT AND PEPPER

CANNED GOODS

- BLACK OLIVES (1 2.25-OZ CAN)
- CORN (1 15-OZ CAN)
- PEACHES IN SYRUP (1 29-OZ CAN)