



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

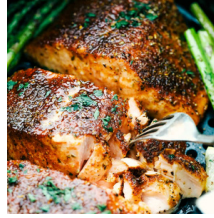
SLOW COOKER CASHEW CHICKEN



[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