



WEEK 19 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Do all the measuring, chopping, and searing in one big prep day at the beginning of the week! Store the prepped ingredients for each meal in ziplock bags for easy dump-and-go dinners throughout the week!"

MONDAY

COCONUT CURRY CHICKEN



[RECIPE HERE](#)

TUESDAY

BEEF BOURGIGNON



[RECIPE HERE](#)

WEDNESDAY

PARMESAN GARLIC CHICKEN PASTA



[RECIPE HERE](#)

THURSDAY

SALSA CHICKEN



[RECIPE HERE](#)

FRIDAY

HONEY GARLIC PORK CHOPS



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (5 1/2 LBS)
- BACON (5 SLICES)
- BONELESS BEEF CHUCK (3 LBS)
- THICK-CUT PORK CHOPS (4)

DAIRY

- CREAM CHEESE (8 OZ)
- GRATED PARMESAN (1/2 CUP)
- SHREDDED CHEDDAR (GARNISH)

CANNED GOODS

- CHICKPEAS (1 15-OZ CAN)
- TOMATO PASTE (1 6-OZ CAN)
- FULL-FAT COCONUT MILK (2 15-OZ CANS)
- TOMATO SAUCE (1/2 CUP)

PANTRY STAPLES

- VEGETABLE OIL (2 TBSP)
- OLIVE OIL (1 TBSP)
- RICE (FOR SERVING)
- RED WINE (1 CUP)
- CHICKEN BROTH (2 3/4 CUPS)
- SOY SAUCE (1/4 CUP)
- FLOUR (1/4 CUP)
- PARMESAN GARLIC SAUCE (12 OZ)
- UNCOOKED ROTINI PASTA (10 OZ)
- SALSA (2 CUPS)
- LIME JUICE (2 TBSP)
- HONEY (1/2 CUP)
- APPLE CIDER VINEGAR (3 TBSP)
- CORNSTARCH (2 TBSP)

PRODUCE

- LARGE POTATOES (2)
- CARROTS (2 LG, 5 MED)
- BABY POTATOES (1 LB)
- MUSHROOMS (8 OZ)
- MINCED GARLIC (7 TSP)
- LIMES (1-2, FOR SERVING)
- FRESH GINGER (1/2 TSP)
- FRESH THYME (2 TBSP)
- FRESH CILANTRO (GARNISH)
- FRESH PARSLEY (2 TBSP + GARNISH)

SEASONINGS

- CURRY POWDER (3 TBSP)
- TURMERIC (1 TSP)
- RED PEPPER FLAKES (GARNISH)
- TACO SEASONING (1 TABLESPOON)
- SALT AND PEPPER

MAKE THE PARMESAN GARLIC SAUCE FROM SCRATCH!

PARMESAN GARLIC SAUCE INGREDIENTS

- BUTTER (1/4 CUP)
- GARLIC (3 CLOVES)
- ITALIAN SEASONING (1 TBSP)
- FLOUR (1/4 CUP)
- CHICKEN BROTH (1 1/2 CUP)
- HEAVY CREAM (3/4 CUP)
- GRATED PARMESAN (1 CUP)
- SALT AND PEPPER