



# WEEK 22 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"You can swap fresh and dried herbs in recipes, depending on what you have available.

1 tablespoon of fresh =  
1 teaspoon of dried."

### MONDAY

#### PORK SCHNITZEL



[RECIPE HERE](#)

### TUESDAY

#### CREAMY CHICKEN GNOCCHI SOUP



[RECIPE HERE](#)

### WEDNESDAY

#### SHEET PAN LASAGNA



[RECIPE HERE](#)

### THURSDAY

#### CORNFLAKE CHICKEN



[RECIPE HERE](#)

### FRIDAY

#### TACO SKILLET



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (1 1/2 LBS)
- PORK CUTLETS (4)
- COOKED CHICKEN BREAST (1 CUP)
- GROUND BEEF (2 LBS)
- ITALIAN SAUSAGE (1/2 LB)

### SEASONINGS

- GARLIC POWDER (4 TSP)
- ONION POWDER (1/2 TSP)
- ITALIAN SEASONING (1 TBSP)
- DRIED OREGANO (1/2 TSP)
- PAPRIKA (2 TSP)
- TACO SEASONING (2 TBSP)
- SALT AND PEPPER

### PRODUCE

- LEMONS (1)
- ONION (2)
- CELERY (1/2 CUP)
- GARLIC (6 TSP)
- FRESH THYME (1 TBSP)
- FRESH BASIL (GARNISH)
- FRESH CILANTRO (TOPPING)
- SHREDDED CARROTS (1 CUP)
- FRESH SPINACH (3 CUPS)
- SHALLOT (1)
- LIMES (TOPPING)
- AVOCADOS (TOPPING)

### PANTRY STAPLES

- FLOUR (2/3 CUP + 1/4 CUP)
- PANKO (1 CUP)
- OLIVE OIL (1/4 CUP + 3 TBSP)
- POTATO GNOCCHI (16 OZ)
- LASAGNA NOODLES (16 OZ)
- MARINARA SAUCE (32 OZ)
- CORNFLAKES (4 CUPS)
- BELL PEPPER (1 RED, 1 GREEN)
- COOKED RICE (1 1/2 CUPS)

### CANNED GOODS

- CHICKEN BROTH (1 14-OZ CAN)
- FIRE ROASTED TOMATOES & CHILES (1 15-OZ CAN)
- BLACK BEANS (1 15-OZ CAN)

### DAIRY

- LARGE EGGS (4)
- BUTTER (3 TBSP)
- HALF & HALF (2 CUPS)
- RICOTTA (2 CUPS)
- SHREDDED MOZZARELLA (2 CUPS)
- GRATED PARMESAN (1 CUP)
- WHOLE MILK (1/4 CUP)
- SHREDDED MEXICAN CHEESE (1 1/2 CUPS)
- SOUR CREAM (TOPPING)