



WEEK 23 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Shred chicken quickly and easily by placing warm rotisserie chicken or cooked chicken breasts in a stand mixer. Use the paddle attachment to briefly beat the chicken until it is shredded"

MONDAY

AIR FRYER FRIED CHICKEN



[RECIPE HERE](#)

TUESDAY

PORK ENCHILADAS



[RECIPE HERE](#)

WEDNESDAY

GROUND BEEF STROGANOFF



[RECIPE HERE](#)

THURSDAY

WISCONSIN CAULIFLOWER SOUP



[RECIPE HERE](#)

FRIDAY

CHICKEN CORDON BLEU CASSEROLE



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- BONE-IN CHICKEN THIGHS & LEGS (2 LBS)
- PORK CARNITAS (3 CUPS)
- LEAN GROUND BEEF (1 LB)
- BACON BITS (TOPPING)
- SHREDDED CHICKEN (5 CUPS)
- DELI HAM (8 OZ)

SEASONINGS

- GARLIC POWDER (1 TBSP)
- ONION POWDER (1 TSP)
- PAPRIKA (2 TSP)
- CAJUN SEASONING (1 TBSP)
- DRIED THYME (1 TSP)
- ITALIAN SEASONING (1 TSP)
- SALT AND PEPPER

PRODUCE

- FRESH CILANTRO (TOPPING)
- ONION (2)
- GARLIC (3 TSP)
- SLICED MUSHROOMS (8 OZ)
- CAULIFLOWER (2 LBS)
- GREEN ONIONS (TOPPING)
- LEMONS (3-4, FOR 1/3 CUP JUICE)

CANNED GOODS

- DICED GREEN CHILES (1 4-OZ CAN)
- CHICKEN BROTH (1 14.5-OZ CAN)

PANTRY STAPLES

- FLOUR (2 3/4 CUPS)
- BEEF BROTH (4 CUPS)
- CHICKEN BROTH (1 CUP)
- WORCESTERSHIRE (1 TBSP)
- WIDE EGG NOODLES (8 OZ)
- DIJON MUSTARD (1 TBSP + 1 TSP)
- PANKO BREADCRUMBS (1 1/2 CUPS)
- OLIVE OIL SPRAY

BREADS/BAKERY

- FLOUR TORTILLAS (8-12)

DAIRY

- BUTTERMILK (2 CUPS)
- EGGS (2)
- SHREDDED MONTEREY JACK (1 CUP)
- SHREDDED COLBY JACK (1 CUP)
- SHREDDDED CHEDDAR (1 1/2 CUP + TOPPING)
- SHREDDED PEPPERJACK (1/2 CUP)
- SHREDDED SWISS CHEESE (1 1/2 CUP)
- SHREDDED PARMESAN (1/2 CUP)
- BUTTER (1/2 CUP + 6 TBSP)
- CREAM CHEESE (2 OZ)
- SOUR CREAM (1/2 CUP)
- HALF & HALF (2 CUPS)
- HEAVY CREAM (2/3 CUP)
- MILK (1 1/3 CUP)