



WEEK 24 MEAL PLAN

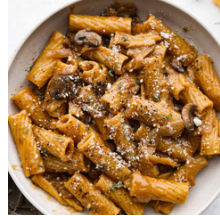


ALYSSA'S TIP OF THE WEEK

"Instead of Shaoxing wine for the Hunan Shrimp, you may use dry sherry, Japanese Sake, or Mirin instead. If you wish to not have the alcohol at all, simply omit the wine from the recipe.

MONDAY

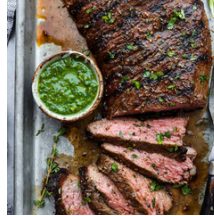
FRENCH ONION PASTA



[RECIPE HERE](#)

TUESDAY

GRILLED TRI TIP



[RECIPE HERE](#)

WEDNESDAY

LEMON CHICKEN ORZO SOUP



[RECIPE HERE](#)

THURSDAY

HUNAN SHRIMP



[RECIPE HERE](#)

FRIDAY

MISSISSIPPI PORK ROAST



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- TRI-TIP (2-3 LBS)
- SHREDDED CHICKEN BREAST (1 LB)
- LARGE SHRIMP (1 LB)
- MARINATED PORK ROAST (2 LBS)

SEASONINGS

- ONION POWDER (1 TSP)
- ITALIAN SEASONING (1 TBSP + 1 TSP)
- LEMON PEPPER (TO TASTE)
- RANCH SEASONING (1 PACKET, OR 2 1/2 TBSP)
- AU JUS GRAVY MIX (1 PACKET, OR 1 1/2 TBSP)
- SALT AND PEPPER

PRODUCE

- YELLOW ONION (3)
- GARLIC (8 TSP)
- SLICED MUSHROOMS (8 OZ)
- FRESH THYME (1 TBSP)
- GREEN ONIONS (1/4 CUP + GARNISH)
- LIMES (3-4, FOR 1/4 CUP JUICE)
- LEMONS (1)
- CARROTS (3 MEDIUM)
- CELERY (2 RIBS)
- GREEN BEANS (2 CUPS)
- FRESH PARSLEY (GARNISH)
- FRESH ROSEMARY (GARNISH)
- FRESH GINGER (1 TSP)

PANTRY STAPLES

- FLOUR (1/4 CUP)
- WHITE WINE (1/2 CUP)
- BEEF BROTH (5 CUPS)
- CHICKEN BROTH (6 CUPS)
- VEGETABLE BROTH (1/2 CUP)
- UNCOOKED RIGATONI (16 OZ)
- UNCOOKED ORZO (3/4 CUP)
- WORCHESTERSHIRE (3 TBSP)
- OLIVE OIL (1/4 CUP)
- VEGETABLE OIL (2 TBSP)
- SOY SAUCE (3 TBSP)
- BROWN SUGAR (2 TBSP)

PANTRY STAPLES

- SHAOXING WINE (3 TBSP)
- CHILI PASTE (2 TSP)
- HONEY (2 TSP)
- CORNSTARCH (3 TBSP)
- PEPPERONCINIS (1 JAR)

DAIRY

- BUTTER (3/4 CUP + 2 TBSP)
- GRATED PARMESAN (1/2 CUP + GARNISH)