



# WEEK 28 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Be sure to check the ethnic sections of the grocery store for items like the Chinkiang vinegar and Mexican oregano! They are typically available in most grocery stores."

### MONDAY

#### MARRY ME CHICKEN ORZO



[RECIPE HERE](#)

### TUESDAY

#### CROCKPOT CRACK POTATO SOUP



[RECIPE HERE](#)

### WEDNESDAY

#### POLLO ASADO



[RECIPE HERE](#)

### THURSDAY

#### PORK CHOPS WITH APPLES



[RECIPE HERE](#)

### FRIDAY

#### KUNG PAO BEEF



[RECIPE HERE](#)

## SHOPPING LIST

### PROTEIN

- BONELESS SKINLESS CHICKEN BREAST (1 1/2 LBS)
- BACON (2 LBS)
- BONELESS SKINLESS CHICKEN THIGHS (2 LBS)
- BONE-IN PORK CHOPS (3-4)
- FLANK STEAK (1 1/2 LBS)

### DAIRY

- HALF & HALF (2 CUPS)
- GRATED PARMESAN (1 CUP)
- CREAM CHEESE (8 OZ)
- SHREDDED CHEDDAR (2 CUPS)

### CANNED GOODS

- CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)

### PRODUCE

- GARLIC (10 TSP)
- FRESH BASIL (1/2 CUP)
- GREEN ONIONS (1/4 CUP + GARNISH)
- FRESH THYME (1 TBSP)
- FRESH ROSEMARY (1 TBSP)
- APPLE (1)
- FRESH GINGER, OR PASTE (1 TBSP)
- BELL PEPPER (1 RED, 1 GREEN)

### FROZEN

- DICED POTATOES (1 32-OZ BAG)

### PANTRY STAPLES

- OLIVE OIL (1 TBSP)
- SUN DRIED TOMATOES (1 CUP)
- DRY ORZO PASTA (1 CUP)
- CHICKEN BROTH (8 CUPS)
- BEEF BROTH (1/2 CUP)
- LIME JUICE (1/4 CUP)
- ORANGE JUICE (1/2 CUP)
- BROWN SUGAR (3 TBSP)
- DIJON MUSTARD (1 TBSP)
- APPLE CIDER VINEGAR (2 TBSP)
- HONEY (2 TBSP)
- SOY SAUCE (1/2 CUP)
- CORNSTARCH (2 TBSP)
- CHILI PASTE (2 TBSP)
- VEGETABLE OIL (4 TBSP)

### PANTRY STAPLES

- DRIED RED CHILI (5)
- RICE VINEGAR (1/4 CUP)
- CHINKIANG VINEGAR (2 TBSP)
- CHOPPED PEANUTS (1/4 CUP)

### SEASONINGS

- PAPRIKA (1 1/2 TSP)
- ITALIAN SEASONING (3 TSP)
- RANCH SEASONING (1 PACKET OR 2 TBSP)
- ONION POWDER (1/2 TSP)
- GARLIC POWDER (1 TSP)
- MEXICAN OREGANO (2 TSP)
- CUMIN (2 TSP)
- ANCHO CHILI POWDER (1 TBSP)
- CHILI POWDER (1 TSP)
- SALT AND PEPPER