



# WEEK 32 MEAL PLAN: HEALTHY MEALS



## ALYSSA'S TIP OF THE WEEK

"The more reduced-fat, whole-grain, or low-sodium options you choose when shopping, the healthier this meal plan becomes. Small changes like these can make a big difference while still fitting your preferences"

### MONDAY

#### VEGETABLE DETOX SOUP



[RECIPE HERE](#)

### TUESDAY

#### BLACKENED CAJUN SHRIMP TACOS



[RECIPE HERE](#)

### WEDNESDAY

#### SLOW COOKER CHICKEN GYROS



[RECIPE HERE](#)

### THURSDAY

#### OVEN FRIED CHICKEN TENDERS



[RECIPE HERE](#)

### FRIDAY

#### SKINNY FETTUCCINI GARLIC ALFREDO



[RECIPE HERE](#)

## PROTEIN

- JUMBO SHRIMP B(1 LB)
- BONELESS SKINLESS CHICKEN BREAST (2 LBS)
- BONELESS SKINLESS CHICKEN TENDERS (12)

## DAIRY

- FETA CHEESE (TOPPING)
- PLAIN GREEK YOGURT (2 CUPS)
- UNSALTED BUTTER (7 TBSP)
- EGGS (2)
- MILK (2 TBSP)
- 1% MILK (2 CUPS)
- REDUCED FAT CREAM CHEESE (2 OZ)
- PARMESAN CHEESE (3/4 CUP)

## PRODUCE

- RED ONION (2)
- GARLIC (9 TSP)
- FRESH GINGER (1 TBSP)
- CELERY (2 CUPS)
- CARROTS (1 CUP)
- BROCCOLI (3 CUPS)
- CAULIFLOWER (1 CUP)
- KALE (2 CUPS)
- PURPLE CABBAGE (1 CUP)
- LEMON (2)
- LIME (1)
- ROMA TOMATOES (3)
- FRESH PARSLEY (1 BUNCH)
- FRESH CILANTRO (1 BUNCH)
- AVOCADOS (2)
- CUCUMBER (2 LARGE)
- ROMAINE LETTUCE (1 HEAD, OPTIONAL)

## SHOPPING LIST

## PANTRY STAPLES

- OLIVE OIL (5 TBSP)
- EXTRA VIRGIN OLIVE OIL (1 TBSP)
- RED WINE VINEGAR (1 TBSP)
- WHITE WINE VINEGAR (1 TBSP)
- FLOUR (2/3 CUP + 2 TBSP)
- PANKO (1 CUP)
- SHREDDED SWEETENED COCONUT (1/2 CUP)
- WHOLE WHEAT FETTUCCINI PASTA (12 OZ)

## CANNED GOODS

- NO-SALT DICED TOMATOES (1 14-OZ CAN)
- CORN (1 11-OZ CAN)
- BLACK BEANS (1 15-OZ CAN)

## SEASONINGS

- TURMERIC (1/2 TSP)
- ITALIAN SEASONING (2 TSP)
- CAJUN SEASONING (1 TBSP)
- OREGANO (2 TSP)
- DILL (1 TSP)
- GARLIC POWDER (3 TSP)
- ONION POWDER (1 TSP)
- SMOKED PAPRIKA (1 TSP)
- BASIL (1 TSP)
- PARSLEY (1 TSP)
- SALT AND PEPPER

## BREAD

- FLOUR TORTILLAS (6)
- PITA BREAD (OPTIONAL)