



WEEK 31 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Tostadas become an even easier weeknight meal when you skip frying your own tortillas and buy pre-fried corn tortillas! This can save so much time on an already busy evening."

MONDAY

EASY TOSTADAS



[RECIPE HERE](#)

TUESDAY

SLOW COOKER THAI PEANUT CHICKEN



[RECIPE HERE](#)

WEDNESDAY

STUFFED PEPPER CASSEROLE



[RECIPE HERE](#)

THURSDAY

HONEY BALSAMIC CHICKEN



[RECIPE HERE](#)

FRIDAY

BAKED SPAGHETTI



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- LEAN GROUND BEEF (3 1/2 LB)
- BONELESS SKINLESS CHICKEN BREAST (1 LB)
- BONE-IN SKIN-ON CHICKEN THIGHS (4)

DAIRY

- SHREDDED CHEDDAR (2 CUPS)
- SHREDDED COLBY JACK (1 1/2 CUPS)
- SHREDDED MOZZARELLA (4 CUPS)
- GRATED PARMESAN (1/3 CUP)
- SOUR CREAM (TOPPING)
- EGGS (2)
- BUTTER (5 TBSP)
- COTTAGE CHEESE (2 CUPS)

PRODUCE

- SHREDDED LETTUCE (TOPPING)
- TOMATOES (TOPPING)
- AVOCADOS (TOPPING)
- FRESH CILANTRO (1 CUP + TOPPING)
- FRESH PARSLEY (GARNISH)
- FRESH ROSEMARY (1 TBSP + GARNISH)
- FRESH BASIL (1 TBSP)
- GARLIC (7 TSP)
- BELL PEPPER (2 RED, 1 GREEN, 1 ORANGE)
- ZUCCHINI (1 MEDIUM)
- ONION (2 MEDIUM)
- BABY RED POTATOES (2 CUPS)

PANTRY STAPLES

- VEGETABLE OIL (FOR FRYING)
- OLIVE OIL (1 TBSP)
- EXTRA VIRGIN OLIVE OIL (2 TBSP)
- CORN TORTILLAS (4 LARGE,)
- PEANUT BUTTER (2/3 CUP)
- CHICKEN BROTH (1 CUP)
- BEEF BROTH (1 CUP)
- SOY SAUCE (1/3 CUP)
- SUGAR (1 TSP)
- LIME JUICE (1 TBSP)
- PEANUTS (GARNISH)
- LINGUINI NOODLES (12 OZ)
- WORCESTERSHIRE SAUCE (1 TBSP)
- LONG GRAIN WHITE RICE (1 CUP)
- BALSAMIC VINEGAR (1/2 CUP)

PANTRY STAPLES CONT

- HONEY (1/4 CUP)
- WHOLE GRAIN MUSTARD (1 TBSP)
- SPAGHETTI NOODLES (16 OZ)
- JARRED MARINARA SAUCE (24 OZ)

CANNED GOODS

- REFRIED BEANS (1 15-OZ CAN)
- BLACK OLIVES (TOPPING)
- DICED TOMATOES (1 14-OZ CAN)
- TOMATO SAUCE (1 8-OZ CAN)

SEASONINGS

- TACO SEASONING (1 TBSP)
- PAPRIKA (1/2 TSP)
- ITALIAN SEASONING (2 TSP)
- SALT AND PEPPER