



WEEK 34 MEAL PLAN



ALYSSA'S TIP OF THE WEEK

"Soy sauce can be easily replaced with reduced-sodium or gluten-free soy sauce, or even coconut aminos in order to adapt recipes to your dietary needs!"

MONDAY

KOREAN BEEF LETTUCE WRAPS



[RECIPE HERE](#)

TUESDAY

HOMEMADE SHEPHERD'S PIE



[RECIPE HERE](#)

WEDNESDAY

INSTANT POT ROAST CHICKEN



[RECIPE HERE](#)

THURSDAY

AIR FRYER PORK FAJITAS



[RECIPE HERE](#)

FRIDAY

SLOW COOKER CRACK CHICKEN



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- LEAN GROUND BEEF (2 LB)
- BONELESS SKINLESS CHICKEN BREAST (3 LBS)
- WHOLE CHICKEN (4-5 LBS)
- PORK TENDERLOIN (1 LB)
- COOKED BACON (6 SLICES)

DAIRY

- BUTTER (2 TBSP)
- HALF & HALF (1/2 CUP)
- BOURSIN CHEESE (1 5.2-OZ PKG)
- CREAM CHEESE (16 OZ)
- SHREDDED CHEDDAR (1 CUP)

PRODUCE

- GARLIC (5 TSP)
- SHREDDED CARROTS (1/4 CUP)
- WHOLE CARROTS (1 CUP)
- ONION (1)
- RED ONION (1)
- BELL PEPPER (1 RED, 1 GREEN, 1 YELLOW)
- BUTTER LETTUCE (1 HEAD)
- GREEN ONIONS (GARNISH)
- RUSSET POTATOES (2 LBS)

FROZEN

- PEAS (1 CUP)

PANTRY STAPLES

- BROWN SUGAR (1/4 CUP)
- SOY SAUCE (1/4 CUP)
- SESAME OIL (2 TSP)
- GOCHUJANG KOREAN CHILI (1 TSP)
- VEGETABLE OIL (1 TBSP)
- CORNSTARCH (1 TBSP)
- WORCESTERSHIRE (3 TBSP)
- BEEF BROTH (1 1/2 CUPS)
- CHICKEN BROTH (1 CUP)
- OLIVE OIL (3 TBSP)

CANNED GOODS

- TOMATO PASTE (1/3 CUP)

SEASONINGS

- GROUND GINGER (1/4 TSP)
- SESAME SEEDS (GARNISH)
- DRIED THYME (1/4 TSP)
- DRIED OREGANO (1/4 TSP)
- DRIED PARSLEY (1 TSP)
- SMOKED PAPRIKA (1 TSP)
- GARLIC POWDER (1/2 TSP)
- ONION POWDER (1/4 TSP)
- FAJITA SEASONING (3 TBSP)
- RANCH SEASONING (2 PGK, OR 6 TBSP)
- SALT AND PEPPER

BREAD

- FAJITA FLOUR TORTILLAS (4+)