



# Meal Plan Week 14

Juicy Turkey Burgers + Smoky Chicken Tinga Tacos + Oven Roasted BBQ Beef Brisket + Crispy Coconut Shrimp + Lemon Chicken Piccata + Bonus Cinnamon Toast Crunch Bars



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Head of garlic\*
- Tomato
- Green leaf lettuce (for turkey burgers)
- Red onion
- Avocado (3)
- Small white onion (2)
- Fresh cilantro
- Lime (2)
- Lemon (2)
- Italian parsley

## Dairy/Eggs:

- Sliced cheddar, monterey jack, or pepper jack cheese
- Cotija cheese
- Egg
- Salted butter\*

## Bread/Bakery:

- Brioche buns
- 10-12 corn tortillas

## Pantry:

- Panko Breadcrumbs\*
- Mayonnaise
- BBQ Sauce
- Olive oil\*
- 1-2 chipotle chili peppers in adobo sauce
- Fire roasted tomatoes (1 can)
- Chicken broth (1.5 cups)
- Worcestershire sauce
- Granulated sugar
- Hickory-flavored barbecue sauce (I like Sweet Baby Ray's)
- Brown sugar
- Flour\*
- Baking powder
- Coconut milk (2/3 cup)
- Shredded sweetened coconut (2 cups)
- Capers
- Vegetable or peanut oil for frying (2-3 cups)
- Sweet chili sauce
- Crushed pineapple (20 oz can)
- Cornstarch
- Vanilla Extract
- Cinnamon toast crunch cereal (about 12.2 oz box)
- Marshmallows (2-12 oz bags)
- Mini marshmallows (10 oz bag)

## Seasonings:

- Kosher salt\*
- Black pepper\*
- Onion powder\*
- Cumin\*
- Dried oregano
- Table salt
- Celery salt
- Garlic powder
- Cayenne pepper

## Meat/Poultry/Fish:

- Ground turkey 1 to 1.5 lbs
- Shredded cooked chicken (3 cups)
- Beef brisket (5-6 lbs)
- Large shrimp deveined with tails (1 lb 21-25 shrimp)
- 2 large Boneless skinless chicken breasts (1 to 1.5 lbs)

## Other:

- Homemade Aoli (the best sauce!).

\*Ingredient is used for more than one recipe.