



Week 2 Meal Plan

EATING on a DIME

Monday



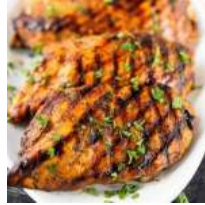
Sloppy Joes

Tuesday



Taco Lasagna

Wednesday



Grilled Balsamic
Glazed Chicken

Thursday



Slow Cooker
Pork Tenderloin

Friday



Pineapple Chicken

Breakfast



Baked Pancakes

Dessert



Strawberry
Lemonade Cupcakes

Shopping List

PROTEIN

- 3 lbs ground beef
- 4 lbs boneless, skinless chicken breasts
- 2 lbs pork tenderloin
- 5 eggs

BREAD/BAKERY

- hamburger buns
- 10-12 regular-sized flour tortillas
- 1 box white cake mix

CANNED GOODS

- 1 can enchilada sauce
- 1 cup pineapple chunks
- 1/2 cup pineapple juice

PRODUCE

- 1/4 red onion
- 1 1/2 tbsp minced garlic
- 1 red bell pepper
- 1/2 tsp ground ginger
- 2 green onions
- 16 oz. strawberries

PANTRY STAPLES

- 1/8 cup mustard
- 1/2 cup ketchup
- 1 cup salsa
- 1/2 cup brown sugar
- 7 tbsp balsamic vinegar
- 1 1/3 cup chicken broth
- 1 cup soy sauce

DAIRY

- 1 pack cream cheese
- 2 cups shredded sharp cheddar cheese
- 1 1/2 cups milk
- 2 - 4 tbsp butter

- 1 2/3 tbsp cornstarch
- 3 tbsp honey
- 3/8 tsp vegetable oil
- 1/4 cup hoisin sauce
- 3 tbsp sugar
- 2 cups all-purpose flour
- 3 tsp baking powder

SEASONING

- 1 tbsp taco seasoning
- 2 tsp Italian seasoning
- 1/4 tsp onion powder
- 1 1/2 tsp salt
- 2 tsp black pepper
- 1 tbsp sesame seeds
- 1 tsp vanilla extract
- 1 box strawberry Jello-O
- 2 tbsp sweetened lemonade mix
- 2 tbsp water
- Chewy Lemonheads Candy (optional)