



Week 4 Meal Plan

EATING on a DIME

Monday



Crock Pot Ranch Chicken

Tuesday



Taco Spaghetti

Wednesday



Air Fryer French Bread Pizza

Thursday



Crock Pot Hawaiian BBQ Chicken

Friday



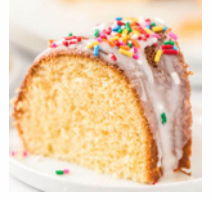
Ground Beef Oven Nachos

Breakfast



Freezer Breakfast Burritos

Dessert



Melted Ice Cream Cake

Shopping List

PROTEIN

- 5 lbs. boneless, skinless chicken breasts
- 2 lb. ground beef
- 3 oz. sliced pepperonis
- 6 eggs
- 1/4 lb. sausage

BREAD/BAKERY

- 1 loaf of French bread
- 6 8-inch flour tortillas

SEASONING

- 1 packet dry ranch mix
- 2 oz. taco seasoning

PRODUCE

- 1/2 yellow onion
- fresh cilantro
- tomatoes
- 2-3 tbsp red onions
- 1-2 jalapenos
- 1-2 green onions
- 1 avocado
- lime wedges

DAIRY

- 1 stick of butter
- 14 oz. shredded cheddar cheese
- 4 cups shredded mozzarella cheese
- sour cream

CANNED GOODS

- 1 cup pizza sauce
- 1 can pineapple chunks
- 1 can 15 oz. black beans
- 1 can 15 oz. refried beans
- 1 can 11 oz. Fiesta corn
- 1 can 15 oz. black olives
- 2 1/4 cups salsa
- 10 oz. can diced tomatoes with green chilies rotel

PANTRY STAPLES

- 1/2 cup chicken broth
- 8 oz. spaghetti noodles
- 3 cups water
- 2 cups BBQ sauce
- 1 bag tortilla chips
- guacamole
- 1 box white cake mix
- 1 cup confectioner's sugar
- sprinkles

- 1 8oz. shredded Mexican blend cheese
- 2 cups melted ice cream
- 2 tbsp. milk