



Week 13 Meal Plan

EATING on a DIME

Monday



Crock Pot Chicken Cordon Bleu

Tuesday



Taco Bell Steak Quesadilla

Wednesday



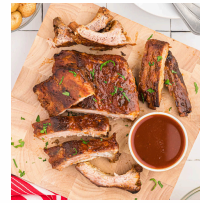
Air Fryer Chicken Nuggets

Thursday



Air Fryer Chicken Quesadilla

Friday



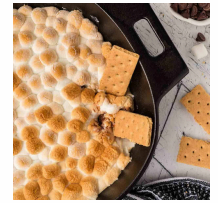
Crock Pot Ribs with Coke

Breakfast



Strawberry Pancakes

Dessert



S'mores Dip

Shopping List

PROTEIN

- 5 boneless skinless chicken breasts
- 1/2 lb. ham slices
- 1 lb. sirloin steak
- 2 cups Shredded Cooked Chicken
- 3 lbs. pork back ribs
- 1 large egg

PRODUCE

- 2 Roma tomatoes
- 1 tsp. garlic
- 1 cup fresh strawberries

BREAD/BAKERY

- 4 burrito-size flour tortillas
- 4 medium-size flour tortillas

CANNED GOODS

- 10.5 oz. cream of chicken soup
- 1/2 cup salsa

SEASONING

- 2 3/4 tsp. pepper
- 1/2 tsp. cumin
- 1/2 tsp. paprika
- 1/8 tsp. cayenne pepper
- 1/8 tsp. garlic powder
- 1 2/8 tsp. salt
- 2 tsp. Italian seasoning
- 2 tbsp. taco seasoning

DAIRY

- 1 1/4 cup milk
- 1 6-oz. pkg. sliced Swiss cheese
- 1 1/2 cup butter
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 2 slices American cheese
- 2 tbsp. grated Parmesan cheese
- 2 cups Mexican shredded cheese
- 2 tbsp. unsalted butter

PANTRY STAPLES

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> 1 6-oz. pkg. cornbread Stove-Top® stuffing | <input type="checkbox"/> 1 2/3 tbsp. granulated sugar | <input type="checkbox"/> 12 oz. can Coke | <input type="checkbox"/> maple syrup or honey |
| <input type="checkbox"/> 1/4 cup mayonnaise | <input type="checkbox"/> 1 tbsp. oil | <input type="checkbox"/> 1 1/4 cup all-purpose flour | <input type="checkbox"/> 1 cup chocolate chips |
| <input type="checkbox"/> 2 tsp. pickled jalapeños | <input type="checkbox"/> 1 cup breadcrumbs | <input type="checkbox"/> 2 tsp. baking powder | <input type="checkbox"/> 10 oz. mini marshmallows |
| <input type="checkbox"/> 1 8-oz. bottle barbecue sauce | <input type="checkbox"/> 1/2 tsp. vanilla extract | <input type="checkbox"/> 1/2 tsp. vanilla extract | <input type="checkbox"/> graham crackers |