



Week 50 Meal Plan

EATING on a DIME

Monday



Air Fryer Shake and Bake Pork Chops

Tuesday



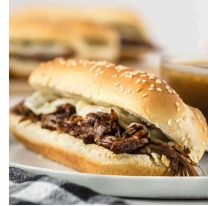
Tex-Mex Skillet Chicken

Wednesday



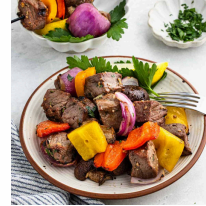
Crockpot Olive Garden Chicken Pasta

Thursday



Crockpot French Dip

Friday



Steak Kabobs

Breakfast



Taco Bell Breakfast Crunchwrap

Dessert



Carrot Cake Cupcakes

Shopping List

PROTEIN

- 4 boneless pork chops
- 7 boneless, skinless chicken breasts
- 3-4 lbs. beef roast
- 1 lb. beef sirloin
- 1 lb. beef sirloin
- 7 large eggs
- 4 slices bacon

PRODUCE

- 2 tbsp. & 2 tsp. garlic
- 1/2 onion
- 2 tbsp. fresh rosemary
- 1 8-oz. package mushrooms
- 1 package multi-colored peppers
- 1 large red onion
- 3 cups finely shredded carrots

SEASONING

- 1 packet Shake 'N Bake Original Pork
- 1 1/2 tsp. cumin
- 1 1/2 tsp. chili powder
- 1 3/4 tsp. salt
- 1 tsp. pepper
- 1/4 cup soy sauce
- 1/4 cup balsamic vinegar
- 3 tbsp. Worcestershire sauce
- 1 tsp. black pepper
- 3/4 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. paprika
- 2 1/2 tsp. cinnamon
- 2 tsp. vanilla extract

CANNED GOODS

- 1 can of diced tomatoes with green chilis

PANTRY STAPLES

- 6 tbsp. olive oil
- 1 1/2 cups of water
- 16 oz. Olive Garden Italian Dressing
- 16 oz. penne pasta
- 1 packaged onion soup mix
- 4 cups beef broth
- 2 tsp. Dijon mustard
- 2 hash brown patties
- 2 tbsp. jalapeño sauce
- 2 tsp. vegetable oil

DAIRY

- 1/2 cup shredded parmesan cheese
- 16 oz. cream cheese
- 12 slices provolone cheese
- 1/2 cup shredded cheddar cheese
- 2 tbsp. sour cream
- 1/2 cup buttermilk
- 4 tbsp. unsalted butter

- 2 tbsp. mayonnaise
- 1 tbsp. chopped pickled jalapeños
- 2 tsp. pickled jalapeño juice
- 2 1/4 cups all-purpose flour
- 2 cups granulated sugar
- 1 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1 cup canola oil
- 3/4 cup chopped walnuts or pecans
- 3/4 cup raisins
- 4 cups powdered sugar

BAKERY

- 6 hoagie rolls
- 2 burrito-size tortillas