



# Week 52 Meal Plan

EATING on a DIME

## Monday



Crockpot Salisbury Steak

## Tuesday



Taco Bell Mexican Pizza

## Wednesday



Crockpot Creamy Ranch Chicken

## Thursday



Air Fryer Chicken Tenders

## Friday



Indian Tacos

## Breakfast



Starbucks Cheese Danish

## Dessert



Air Fryer Brownies

## Shopping List

### PROTEIN

- 1 ½ lbs. lean ground beef
- 6 large eggs
- 1 lb. ground beef
- 4 boneless, skinless chicken breasts
- 1 lb. chicken tenders
- 1 lb. hamburger meat

### PRODUCE

- 1/2 onion
- 4 oz. mushrooms
- 1 tomato
- 2 green onions
- 4 Russet potatoes
- 2 cups baby carrots
- 1/2 head of lettuce
- 2 Roma tomatoes
- 1/2 red onion
- 1 bunch cilantro
- 1 tsp. lemon zest

### SEASONING

- 2 1/2 tsp. salt
- 1 tsp. pepper
- 3 tbsp. taco seasoning
- 1 packet dry ranch dressing mix
- 1/2 tsp. garlic powder
- 8 oz. taco sauce

### CANNED GOODS

- 1 15-oz. can refried beans
- 1 10-oz. can red enchilada sauce
- 1 cup black olives
- 1 10-oz. can cream of chicken soup
- 1 15-oz. can ranch style beans

### BAKERY

- 8 taco-size flour tortillas
- 1 sheet puff pastry

### PANTRY STAPLES

- 1/2 cup breadcrumbs
- 2 tbsp. Worcestershire sauce
- 1 packet brown gravy mix
- 2 cups beef broth
- 1 tsp. Dijon mustard
- 2 tbsp. cornstarch
- 2 tbsp. cold water
- 1/2 cup & 1tbsp. water
- 1 cup vegetable oil
- 2 1/2 cups flour
- 1 cup panko breadcrumbs

### DAIRY

- 2 cups shredded Mexican cheese
- 1 cup milk
- 1/2 cup sour cream
- 1 ½ cup shredded cheddar cheese
- 8 oz. cream cheese
- 1/4 cup salted butter

- cooking oil spray
- 1/2 tsp. baking powder
- 1 cup warm water
- oil, for frying
- 7/12 cup granulated sugar
- 1 1/2 tsp. vanilla extract
- 1/3 cup brown sugar
- 1/3 cup cocoa powder
- 1/3 cup all-purpose flour
- 1/2 cup chocolate chips