



# Week 55 Meal Plan

EATING on a DIME

## Monday



Baked Ziti  
with Chicken

## Tuesday



Taco Salad

## Wednesday



Grilled  
Buffalo Chicken

## Thursday



Ritz Cracker  
Chicken

## Friday



Butter Burgers

## Breakfast



Oatmeal  
Banana Bread

## Dessert



Blueberry  
Cobbler

## Shopping List

### PROTEIN

- 2 cups cooked chicken
- 2 lbs. lean ground beef
- 10 boneless, skinless chicken breasts
- 2 eggs
- 2 large eggs

### DAIRY

- 1 cup grated parmesan cheese
- 2 cups shredded mozzarella cheese
- 1 cup cup shredded cheddar cheese
- 1/2 cup sour cream
- 5/6 cup & 8 tbsp. butter
- 8 tbsp. salted butter
- 4 slices American cheese
- 1/4 cup milk
- 1 cup whole milk

### PRODUCE

- 2 tsp. minced garlic
- 1/3 cup fresh basil
- 6 cups chopped romaine lettuce
- 1 cup grape tomatoes
- 1 medium sweet onion
- 4 medium ripe bananas
- 4 cups fresh or frozen blueberries
- 1 tbsp. lemon juice
- 1 tsp. lemon zest

### BAKERY

- 4 hamburger buns

### SEASONING

- 2 tbsp. taco seasoning
- 1 dry packet ranch dressing
- 1/2 tsp. garlic salt
- 1 1/2 tsp. black pepper
- 1 3/4 tsp. salt
- 3/4 tsp. ground cinnamon
- 1/4 tsp. nutmeg

### CANNED GOODS

- 3/4 cup salsa
- 1 cup black beans

### PANTRY STAPLES

- 16 oz. ziti noodles
- 36 oz. pasta sauce
- 2 cups tortilla chips
- 2 cups buffalo sauce
- 2 sleeves Ritz Crackers
- 3/4 cup brown sugar
- 2 1/2 tsp. vanilla extract
- 2 1/2 cups all-purpose flour
- 1 1/2 cups & 1 tbsp. old-fashioned rolled oats
- 2 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1 1/2 cup granulated sugar