



Week 55 Meal Plan

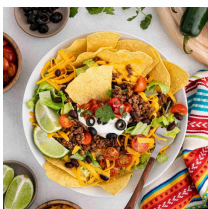
EATING on a DIME

Monday



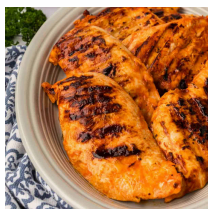
Baked Ziti
with Chicken

Tuesday



Taco Salad

Wednesday



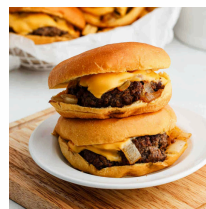
Grilled
Buffalo Chicken

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