



# Week 57 Meal Plan

EATING on a DIME

## Monday



Slow Cooker  
Chicken Parmesan

## Tuesday



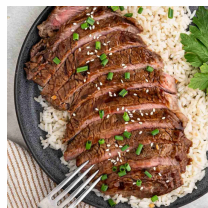
Chicken  
Enchilada Skillet

## Wednesday



Air Fryer  
Chicken Nuggets

## Thursday



Grilled  
Teriyaki Steak

## Friday



Chicken Enchilada  
Casserole

## Breakfast



Quiche Muffins

## Dessert



Blueberry Cobbler

## Shopping List

### PROTEIN

- ☐ 11 boneless, skinless chicken breasts
- ☐ 13 large eggs
- ☐ 4 sirloin steaks
- ☐ 1 cup cooked, diced ham

### DAIRY

- ☐ 1/3 cup & 2 tbsp. grated parmesan cheese
- ☐ 2 1/2 cups whole milk
- ☐ 2 cups shredded mozzarella cheese
- ☐ 1 1/2 cups shredded Mexican cheese blend
- ☐ 1 cup butter
- ☐ 1 cup shredded cheddar cheese
- ☐ 3 cups shredded Monterey Jack cheese
- ☐ 1/2 cup heavy cream

### PRODUCE

- ☐ 1 medium red onion
- ☐ 1 red bell pepper
- ☐ 6 tsp. minced garlic
- ☐ 2 cups shredded cooked chicken
- ☐ 1 small onion
- ☐ chopped fresh cilantro
- ☐ sliced green onions
- ☐ 1 10-ounce bag baby spinach
- ☐ 4 cups blueberries
- ☐ 1 tbsp. lemon juice
- ☐ 1 tsp. lemon zest

### BAKERY

- ☐ 18 corn tortillas
- ☐ 2 refrigerated pie crusts

### SEASONING

- ☐ 1 tsp. garlic powder
- ☐ 3 1/4 tsp. salt
- ☐ 3 1/2 tsp. black pepper
- ☐ 2 tsp. ground cumin
- ☐ 1 1/2 tsp. chili powder
- ☐ 2 tsp. Italian seasoning
- ☐ 1/2 cup low-sodium soy sauce
- ☐ 1/4 cup rice wine vinegar
- ☐ 1/2 tsp. ground ginger
- ☐ 1/4 tsp. ground cinnamon

### CANNED GOODS

- ☐ 1 25-oz. jar marinara sauce
- ☐ 2 15-oz. can black beans
- ☐ 1 14.5-oz. can diced tomatoes
- ☐ 1 10-oz. can red enchilada sauce
- ☐ 1 cup corn kernels
- ☐ 1 can diced green chilies
- ☐ 1 19-oz. can red enchilada sauce

### PANTRY STAPLES

- ☐ 1 cup Italian seasoned Panko bread crumbs
- ☐ 2 tbsp. olive oil
- ☐ 1 cup breadcrumbs
- ☐ 1/4 cup brown sugar
- ☐ 1/4 cup honey
- ☐ 1 1/2 cups granulated sugar
- ☐ 1 1/4 cups all-purpose flour
- ☐ 1 1/2 tsp. baking powder
- ☐ 1/2 tsp. vanilla extract