



Week 58 Meal Plan

EATING on a DIME

Monday



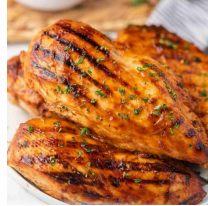
Skillet Bruschetta Chicken

Tuesday



Chicken Tostadas

Wednesday



BBQ Chicken Marinade

Thursday



Homemade Spaghetti Sauce

Friday



Bacon-Wrapped Hot Dogs

Breakfast



Starbucks Egg White Bites

Dessert



Cheesecake Stuffed Strawberries

Shopping List

PROTEIN

- 3 boneless, skinless chicken breasts
- 2 cups shredded cooked chicken
- 3 lbs. chicken breasts
- 1 lb. ground beef
- 1 lb. Italian ground sausage
- 6 hot dogs
- 6 bacon slices
- 12 egg whites (about 2 ½ cups)

DAIRY

- 1/2 cup fresh shredded parmesan cheese
- 1 cup shredded cheddar cheese
- 2 cups shredded Monterey Jack cheese
- 1 cup cottage cheese
- 8 oz. cream cheese

PRODUCE

- 1 tbsp. & 2 tsp. garlic
- 4 Roma tomatoes
- 3/4 red onion
- 4 tbsp. fresh basil
- 1 head romaine lettuce
- 1 tomato
- 1 avocado
- fresh cilantro
- 1/2 onion
- 1/2 cup roasted red peppers
- 1/2 cup spinach
- 2 tbsp. green onions
- 1 lb. large strawberries

BAKERY

- 8 tostada shells
- 6 hot dog buns

SEASONING

- 1 tbsp. & 2 tsp. Italian seasoning
- 1 3/4 tsp. salt
- 1/4 tsp. garlic powder
- 1/2 cup balsamic vinegar
- 2 tbsp. taco seasoning
- 2 bay leaves
- 1 tsp. pepper

CANNED GOODS

- 1 cup salsa
- 1 can refried pinto beans
- 4 15-oz. cans crushed tomatoes
- 2 15-oz. cans tomato sauce
- 1 6-oz. can tomato paste

PANTRY STAPLES

- 3 tbsp. olive oil
- 2 tbsp. brown sugar
- 1/2 cup A1 steak sauce
- 1/2 cup barbecue sauce
- 1 tbsp. sugar
- 1/2 cup beef broth
- 1/2 cup powdered sugar
- 1 tsp. vanilla extract
- 1/4 cup Graham Cracker crumbs