



Week 60 Meal Plan

EATING on a DIME

Monday



Air Fryer Chicken Parmesan

Tuesday



Air Fryer Salmon

Wednesday



Mongolian Beef and Noodles

Thursday



Chicken Risotto

Friday



Garlic Parmesan Chicken Wings

Breakfast



Egg Casserole with Cottage Cheese

Dessert



Funnel Cake

Shopping List

PROTEIN

- 5 chicken breasts
- 16 large eggs
- 6 salmon filets
- 1 pound ground beef
- 2 lbs. chicken wings

DAIRY

- 1 1/12 cups grated parmesan cheese
- 1 cup shredded mozzarella cheese
- 2 tbsp. unsalted butter
- 1/4 cup butter
- 16 oz. full fat cottage cheese
- 1 cup whole milk

PRODUCE

- 2 tbsp. fresh basil
- 2 fresh lemons
- 2 tbsp. & 2 tsp. garlic
- 4 green onions
- 1 small onion
- 3 tbsp. fresh parsley
- 1/2 onion
- 2 red bell peppers
- 2 cups fresh spinach

CANNED GOODS

- 3 cups marinara sauce

SEASONING

- 4 1/4 tsp. salt
- 4 1/4 tsp. black pepper
- 1 tsp. Italian seasoning
- 2 1/4 tsp. garlic powder
- 1/2 tsp. paprika
- 1 tsp. ground ginger
- 1/2 cup low-sodium soy sauce
- 1/4 cup Hoisin sauce
- 1/2 tsp. red pepper flakes
- 1 tbsp. sesame seeds
- 1 tsp. onion powder
- 1 tsp. smoked paprika

PANTRY STAPLES

- 1 cup panko breadcrumbs
- olive oil spray
- 4 tbsp. olive oil
- 1/4 cup brown sugar
- 1/4 cup beef broth
- 8 oz. wide rice noodles
- 2 tbsp. cornstarch
- 1 cup Arborio rice
- 4 1/2 cups chicken broth
- 1 tbsp. & 1 tsp. baking powder
- 2 cups all-purpose flour
- 2 tbsp. granulated sugar
- 1/2 tsp. vanilla extract
- vegetable oil, for frying
- 1 cup powdered sugar