



Week 63 Meal Plan

EATING on a DIME

Monday



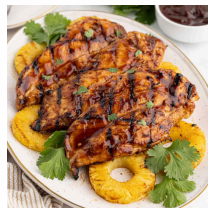
Slow Cooker
Chicken Jambalaya

Tuesday



Bean and Cheese
Enchiladas

Wednesday



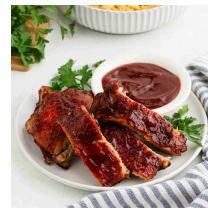
Grilled Hawaiian
BBQ Chicken

Thursday



Teriyaki Chicken
Stir Fry

Friday



Grilled Ribs

Breakfast



Greek Yogurt
Pancakes

Dessert



Wendy's Frosty

Shopping List

PROTEIN

- 1 1/2 lbs. chicken breast
- 1 lb. andouille sausage links
- 7 boneless, skinless chicken breasts
- 2 racks baby back ribs (4-5 lbs.)
- 2 large eggs

DAIRY

- 3 cups shredded Monterey Jack cheese
- 1/4 cup milk
- 1 5.3-oz. Greek yogurt
- 1 tbsp. butter
- 4 cups chocolate milk
- 3/4 cup sweetened condensed milk
- 4 oz. whipped topping (Cool Whip)

PRODUCE

- 1 1/2 onion
- 1 red bell pepper
- 1 green bell pepper
- 2 stalks celery
- 7 tsp. garlic
- 1/2 cup cilantro
- 8 green onions
- 20-oz. sliced pineapple rings
- 1 tsp. grated fresh ginger
- 1 1/2 tsp. minced ginger
- 2 bell peppers
- 2 carrots
- 1 medium zucchini
- 1 cup snap peas

SEASONING

- 1 tbsp. Cajun seasoning
- 2 tsp. dried oregano
- 1 cup soy sauce
- 2 1/4 tsp. salt
- 1 1/4 tsp. black pepper
- 1 tbsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. cumin
- 1/2 tsp. chili powder

CANNED GOODS

- 1 14.5-oz. can crushed tomatoes
- 1 15oz. can black beans
- 1 4-oz. can green chiles
- 2 cups red enchilada sauce

PANTRY STAPLES

- 1 cup chicken broth
- 3 cups cooked rice
- 3 cups BBQ sauce
- 3 1/2 tbsp. honey
- 1/3 cup water
- 6 tbsp. brown sugar
- 1 1/2 tbsp. cornstarch
- 3 tbsp. cold water
- 2 tbsp. vegetable oil
- 2 tbsp. olive oil
- 1 tsp. baking powder
- 1/4 cup all-purpose flour

BAKERY

- 8 6-inch corn tortillas