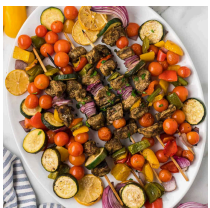




Week 64 Meal Plan

EATING on a DIME

Monday



Greek Chicken Kabobs

Tuesday



Mexican Shredded Chicken

Wednesday



Chick-fil-A Grilled Chicken Nuggets

Thursday



Roasted Red Pepper Chicken

Friday



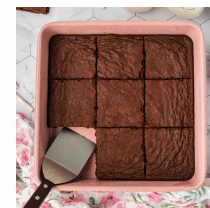
Western Burger

Breakfast



Oatmeal Applesauce Muffins

Dessert



Homemade Brownies

Shopping List

PROTEIN

- ☐ 2 large boneless, skinless chicken breasts
- ☐ 8 boneless, skinless chicken breasts
- ☐ 3 chicken breasts, filleted into 6 pcs.
- ☐ 1 1/2 lbs. ground beef
- ☐ 8 slices of bacon
- ☐ 3 eggs

DAIRY

- ☐ 5/6 cup milk
- ☐ 7/8 cup butter
- ☐ 1/2 cup heavy cream
- ☐ 1 cup grated Parmesan cheese
- ☐ 1 cup buttermilk
- ☐ 4 slices cheddar cheese

PRODUCE

- ☐ 2 tbsp. lemon juice
- ☐ 5 tsp. garlic
- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ 1 yellow bell pepper
- ☐ 1 large red onion
- ☐ 1 zucchini
- ☐ 10-12 cherry tomatoes
- ☐ 1 lime, juiced
- ☐ 1 large onion

CANNED GOODS

- ☐ 1 cup salsa
- ☐ 3/4 cup pickle juice
- ☐ 1 12-oz. jar roasted red peppers
- ☐ 1 cup applesauce

SEASONING

- ☐ 1 tbsp. dried oregano
- ☐ 1 tbsp. dried thyme
- ☐ 5 tsp. salt
- ☐ 3 1/4 tsp. black pepper
- ☐ 2 tbsp. taco seasoning
- ☐ 1 1/2 tsp. garlic powder
- ☐ 1 tbsp. dried basil
- ☐ 1/2 tsp. onion powder
- ☐ 1 tsp. paprika
- ☐ 1 1/2 tsp. cinnamon

BAKERY

- ☐ 4 hamburger buns

PANTRY STAPLES

- ☐ 1/4 cup & 4 tbsp. olive oil
- ☐ wooden or metal skewers
- ☐ 1 1/2 cups chicken broth
- ☐ 2 tsp. powdered sugar
- ☐ 2 3/4 cups all-purpose flour
- ☐ vegetable oil, for frying
- ☐ 1 cup BBQ sauce
- ☐ 2 cups oats
- ☐ 1/2 cup & 2 tbsp. brown sugar
- ☐ 1 1/4 tsp. baking powder
- ☐ 3/4 tsp. baking soda
- ☐ 3 tbsp. canola oil
- ☐ 1 1/2 tsp. vanilla extract
- ☐ 1 cup white sugar
- ☐ 1/3 cup unsweetened cocoa powder