



Week 68 Meal Plan

EATING on a DIME

Monday



Air Fryer Whole Chicken

Tuesday



Tuna Salad

Wednesday



Slow Cooker Salmon

Thursday



Slow Cooker Chicken and Vegetables

Friday



French Onion Beef & Noodles

Breakfast



Coffee Smoothie

Dessert



Lemon Lush Dessert

Shopping List

PROTEIN

- 1 whole chicken (3 1/2-4 lbs.)
- 2 lbs. salmon
- 2 lbs. boneless, skinless chicken breasts
- 1 lb. beef stew meat

DAIRY

- 1 cup & 4 tbsp. butter
- 1/2 cup sour cream
- 1/4 cup parmesan cheese
- 1/2 cup milk of choice
- 16 oz. cream cheese
- 2 cups milk
- 8 oz. whipped topping

PRODUCE

- 1 rib celery
- 1/4 cup red onion
- 1 tbsp. lemon juice
- 2 tsp. fresh dill
- 2 lemons
- 1 lb. whole carrots
- 1 lb. fresh green beans
- 1 1/2 lbs. red potatoes
- 1 tbsp. & 2 tsp. minced garlic
- 1 banana
- 1 lemon, juiced

CANNED GOODS

- 4 5-ounce cans tuna packed in water
- 2 tbsp. sweet pickle relish
- 10.5-oz. can French onion soup

SEASONING

- 2 tsp. kosher salt
- 1 1/2 tsp. paprika
- 1 1/2 tsp. garlic powder
- 2 3/4 tsp. black pepper
- 1 1/2 tsp. Italian seasoning
- 1 3/4 tsp. salt
- 1/2 tsp. sweet paprika
- 1/2 tsp. chili powder
- 1 tsp. dried rosemary leaves
- 2 tsp. onion powder

PANTRY STAPLES

- 4 tbsp. olive oil
- 2/3 cup mayonnaise
- 1 tsp. Dijon mustard
- 1/4 cup vegetable or chicken broth
- 3 cups beef broth
- 12 oz. egg noodles
- 1 cup French fried onions
- 1 cup brewed coffee
- 1 scoop vanilla/chocolate protein powder
- 2 cups all-purpose flour
- 1/2 cup pecans
- 1/4 cup granulated sugar
- 1 cup powdered sugar
- 1 3.4-oz. pkg. instant lemon pudding mix