



Week 69 Meal Plan

EATING on a DIME

Monday



Poppyseed Chicken

Tuesday



Grilled Ribs

Wednesday



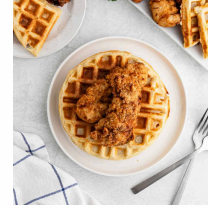
Chile Colorado

Thursday



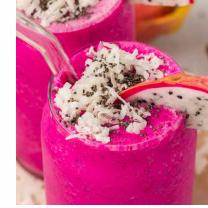
Crock Pot Mojo Chicken

Friday



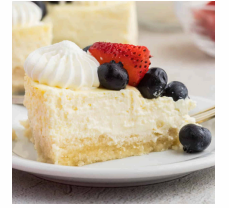
Chicken and Waffles

Breakfast



Dragon Fruit Smoothie

Dessert



Cottage Cheese Cheesecake

Shopping List

PROTEIN

- 4 cups chicken breasts
- 2 racks baby back ribs (4-5 lbs.)
- 2 lbs. stew meat
- 4 boneless chicken breasts
- 1 lb. chicken tenderloins (6-7 pcs.)
- 2 large eggs
- 2 eggs

DAIRY

- 1 1/4 cup sour cream
- 1/2 cup & 2 tbsp. butter
- 3 cups whole buttermilk
- 1/2 cup salted butter
- 1/2 cup plain Greek yogurt
- 1 cup cottage cheese
- 1/4 cup cream cheese

PRODUCE

- 1 yellow onion
- 2 tbsp. minced garlic
- 2 limes, juiced
- 1 cup cilantro
- 2 cups frozen dragon fruit
- 1 ripe banana
- 1 tbsp. fresh lime juice

CANNED GOODS

- 1 cup coconut milk

SEASONING

- 5 1/2 tsp. salt
- 1 tbsp. poppy seeds
- 1 tbsp. & 1 tsp. paprika
- 2 1/2 tsp. black pepper
- 3 tsp. garlic powder
- 2 tsp. onion powder
- 4 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- 6 Dried Guajillo Chiles
- 4 Dried Ancho Chiles
- 4 tsp. dried oregano
- 2 bay leaves
- 2 tsp. Kosher salt
- 1/4 tsp. ground cinnamon
- 2 1/2 tsp. vanilla extract

PANTRY STAPLES

- 1 10.75-oz. can cream of chicken soup
- 2 cups crushed Ritz Crackers
- 4 tbsp. olive oil
- 2 cups barbecue sauce
- 2 tbsp. brown sugar
- 4 cups beef broth
- 3 cups & 2 tbsp. all-purpose flour
- 3/4 cup orange juice
- 1 tbsp. hot sauce
- vegetable oil, for frying
- 2 tbsp. granulated sugar
- 2 tsp. baking powder
- 1 tbsp. honey
- 1 cup almond flour
- 6 tbsp. Monk Fruit Sweetener