



Week 72 Meal Plan

EATING on a DIME

Monday



Zucchini Lasagna

Tuesday



Crock Pot Turkey Bolognese

Wednesday



Creamy Lemon Garlic Chicken

Thursday



Manicotti

Friday



Ground Chicken Burgers

Breakfast



Chorizo Breakfast Burrito

Dessert



Lemon Meringue Pie

Shopping List

PROTEIN

- ☐ 1 lb. ground beef
- ☐ 11 large eggs
- ☐ 2 lbs. ground turkey
- ☐ 4 boneless, skinless chicken breasts
- ☐ 1 lb. ground chicken
- ☐ 8 oz. Mexican chorizo
- ☐ 5 large egg yolks
- ☐ 5 large egg whites

BAKERY

- ☐ 4 hamburger buns
- ☐ 4 large flour tortillas
- ☐ pre-made pie crust

PRODUCE

- ☐ 1 1/2 onion
- ☐ 1 tbsp. & 6 tsp. minced garlic
- ☐ 1 tbsp. fresh basil
- ☐ 4 medium zucchinis
- ☐ 2 carrots
- ☐ 3 large zucchinis
- ☐ 2 lemons
- ☐ 1 tbsp. fresh parsley
- ☐ 1 cup spinach
- ☐ 1/4 cup finely chopped onion
- ☐ 2 Russet potatoes
- ☐ 1/2 cup fresh lemon juice

SEASONING

- ☐ 7 1/8 tsp. salt
- ☐ 3 1/2 tsp. black pepper
- ☐ 1 tbsp. & 2 tsp. Italian seasoning
- ☐ 1 tsp. dried thyme
- ☐ 1/2 tsp. cream of tartar

DAIRY

- ☐ 2 15 oz. ricotta cheese
- ☐ 1/2 cup shredded Parmagiano Reggiano
- ☐ 5 cups shredded mozzarella cheese
- ☐ 6 tbsp. butter
- ☐ 1 cup parmesan cheese
- ☐ 1/2 cup heavy cream
- ☐ 1 cup grated parmesan cheese
- ☐ 1 cup shredded cheddar cheese
- ☐ 1 cup Monterey Jack cheese

PANTRY STAPLES

- ☐ 2 tbsp. & 1 tsp. olive oil
- ☐ 1 1/2 cup chicken broth
- ☐ 1/3 cup & 2 tbsp. cornstarch
- ☐ 8 oz. manicotti shells
- ☐ 1/2 cup panko breadcrumbs
- ☐ 1 tbsp. Worcestershire sauce
- ☐ 1 1/2 cup granulated sugar
- ☐ 1 1/4 cup water

CANNED GOODS

- ☐ 1 28-oz. can crushed tomatoes
- ☐ 2 15-oz. cans crushed tomatoes
- ☐ 1 15-oz. can tomato sauce
- ☐ 16 oz. marinara sauce
- ☐ 1 cup salsa