



Week 75 Meal Plan

EATING on a DIME

Monday



Cracker Barrel
Chicken Tenders

Tuesday



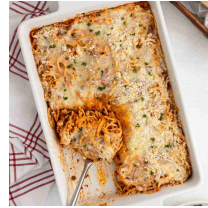
Chicken
Pesto Pasta

Wednesday



Mini Tacos

Thursday



Baked Spaghetti

Friday



Hot Honey
Chicken Sandwich

Breakfast



Blueberry Banana
Bread

Dessert



Slow Cooker
Apples

Shopping List

PROTEIN

- 2 lbs. chicken tenderloins
- 3 lb. boneless, skinless chicken breasts
- 1 lb. ground beef
- 1 lb. lean ground beef
- 2 large egg

DAIRY

- 1 cup heavy cream
- 3/4 cup grated parmesan cheese
- 1 cup shredded cheddar cheese
- 2 cups shredded mozzarella cheese
- 1 cup buttermilk
- 1/2 cup & 1 tbsp. butter
- 2 tbsp. unsalted butter

PRODUCE

- 1/2 lime, juiced
- 1/2 yellow onion
- 1 tbsp. minced garlic
- 1 cup coleslaw
- 3 ripe bananas
- 1 cup fresh blueberries
- 6 Granny Smith apples

CANNED GOODS

- 1/4 cup sun dried tomatoes
- 1/2 cup basil pesto
- 4 cups marinara sauce
- 8 pickle slices

BAKERY

- 24 4-inch street taco-sized corn tortillas
- 4 brioche buns

SEASONING

- 1 cup Italian dressing
- 2 tsp. Italian seasoning
- 2 3/4 tsp. salt
- 1 1/4 tsp. black pepper
- 1 1-oz. packet taco seasoning
- 1 tbsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/4 tsp. cayenne pepper
- 2 tsp. vanilla extract
- 1 tbsp. ground cinnamon
- 1/8 tsp. nutmeg

PANTRY STAPLES

- 1/2 cup & 3 tbsp. honey
- 1 tbsp. olive oil
- 8 oz. penne pasta
- 2 1/2 cups chicken broth
- 1/4 cup water
- 1 lb. spaghetti noodles
- 3 1/2 cups & 1 tbsp. all-purpose flour
- 2 tbsp. hot sauce
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 1/3 cup granulated sugar
- 1/3 cup brown sugar
- 2 tbsp. cornstarch