



Week 84 Meal Plan

EATING on a DIME

Monday



BBQ Baked
Breaded Chicken

Tuesday



Mexican Rice
Casserole

Wednesday



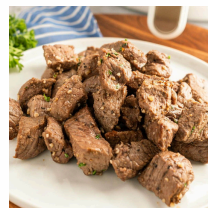
Crock Pot Creamy
Parmesan Chicken

Thursday



Fried Chicken
Breasts

Friday



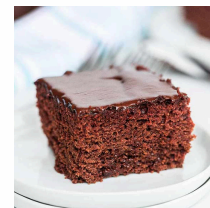
Air Fryer
Steak Bites

Breakfast



Chorizo
Breakfast Casserole

Dessert



Depression
Cake

Shopping List

PROTEIN

- ☐ 3 chicken breast fillets
- ☐ 1 lb. ground beef
- ☐ 12 boneless, skinless chicken breasts
- ☐ 2 lbs. lean steak
- ☐ 1 lb. chorizo
- ☐ 12 large eggs

CANNED GOODS

- ☐ 1 15-oz. can black beans
- ☐ 1 15-oz. can corn
- ☐ 1 10-oz. can diced tomatoes w/ green chilies
- ☐ 1 10-oz. can red enchilada sauce
- ☐ 1 cup salsa

PRODUCE

- ☐ 1 onion
- ☐ 2 tbsp. & 4 tsp. minced garlic
- ☐ 2 cups fresh spinach

DAIRY

- ☐ 4 cups shredded Mexican cheese blend
- ☐ 1/2 cup butter
- ☐ 2 cups heavy whipping cream
- ☐ 1 cup grated parmesan cheese
- ☐ 1 cup buttermilk
- ☐ 1/3 cup & 3 tbsp. milk
- ☐ 2 tbsp. unsalted butter

SEASONING

- ☐ 1 cup BBQ sauce
- ☐ 1 tbsp. chili powder
- ☐ 1 tsp. ground cumin
- ☐ 1 tsp. oregano
- ☐ 4 tsp. salt
- ☐ 1 1/2 tsp. black pepper
- ☐ 1/2 tsp. Italian seasoning
- ☐ 1 tbsp. hot sauce
- ☐ 1 tsp. paprika
- ☐ 1 tsp. garlic powder
- ☐ 1 1/4 tsp. onion powder
- ☐ 1 tsp. steak seasoning
- ☐ 2 tbsp. taco seasoning
- ☐ 1 1/4 tsp. vanilla extract
- ☐ 1 tsp. vinegar

PANTRY STAPLES

- ☐ 1 1/2 cup water
- ☐ 1 cup bread crumbs
- ☐ 1 cup Panko bread crumbs
- ☐ 2 cups long grain white rice
- ☐ 2 1/2 cups chicken broth
- ☐ 1 tbsp. cornstarch
- ☐ 2 1/2 cups all-purpose flour
- ☐ 1/3 cup vegetable oil, and more for frying
- ☐ 1 tbsp. olive oil
- ☐ 1 cup granulated sugar
- ☐ 1 cup unsweetened cocoa powder
- ☐ 1 tsp. baking soda
- ☐ 1 cup powdered sugar