



Week 90 Meal Plan

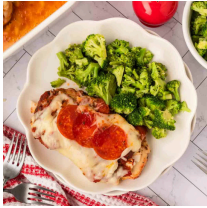
EATING on a DIME

Monday



Lipton Onion
Soup Meatloaf

Tuesday



Low-Carb
Pizza Chicken

Wednesday



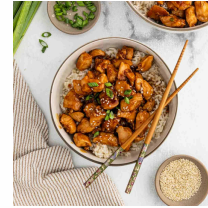
Sloppy Joe
Sliders

Thursday



Air Fryer Tilapia

Friday



Chicken Teriyaki

Breakfast



Air Fryer
Cinnamon Rolls

Dessert



Crock Pot Chocolate
Chip Cookie

Shopping List

PROTEIN

- 2 lbs. lean ground beef
- 4 eggs
- 8 boneless, skinless chicken breasts
- 1 oz. pepperonis, 12-14 slices
- 1 lb. ground beef
- 4 tilapia filets

DAIRY

- 2 cups mozzarella cheese
- 2 cups shredded cheddar cheese
- 1 cup & 2 tbsp. butter

BAKERY

- 12 Hawaiian rolls/slider rolls
- 1 tube cinnamon rolls, 8-count

PRODUCE

- 1/2 onion
- 1/2 small yellow onion
- 1/2 lemon
- 2 tsp. minced garlic

CANNED GOODS

- 1 8-oz. tomato sauce
- 1 15-oz. can diced tomatoes

SEASONING

- 3 tsp. salt
- 1 1/2 tsp. garlic salt
- 1 1/2 tsp. pepper
- 1 tbsp. & 1/2 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- 2 tsp. sesame seeds
- 1 tsp. paprika
- 1/2 cup low-sodium soy sauce
- 2 tbsp. rice vinegar
- 1/2 tsp. ground ginger
- 1 tsp. vanilla

PANTRY STAPLES

- 1 packet dry onion soup mix
- 1 1/12 cups ketchup
- 1 3/4 cup water
- 1 1/2 cups breadcrumbs
- 3/4 cup & 1 tbsp. brown sugar
- 1 tsp. yellow mustard
- 1 tbsp. Worcestershire sauce
- 2 tbsp. olive oil, more for spraying
- 1/4 tsp. sesame oil
- 1 tbsp. cornstarch
- 3/4 cup sugar
- 2 1/4 cups flour
- 1 tsp. baking soda
- 2 cups chocolate chips