



Week 102 Meal Plan

EATING on a DIME

Monday



Chicken Cutlets

Tuesday



Tuscan Chicken and Orzo Skillet

Wednesday



Chipped Beef

Thursday



Instant Pot Boneless Pork Chops

Friday



Baked Salmon

Breakfast



Breakfast Casserole with Bacon

Dessert



Cinnamon Roll Cake

Shopping List

PROTEIN

- 3 1/2 lbs. boneless, skinless chicken breasts
- 3 large eggs
- 6 boneless pork chops
- 1 lb. salmon
- 8 oz. bacon
- 14 eggs

DAIRY

- 1 cup finely grated parmesan cheese
- 1/2 cup heavy cream
- 1/2 cup grated parmesan cheese
- 1 1/3 cups butter
- 3 cups whole milk
- 2 1/2 cups & 3 tbsp. milk
- 1 cup shredded Colby Jack cheese

PRODUCE

- 1 onion
- 1 tbsp. & 2 tsp. minced garlic
- 3 cups fresh spinach
- 4 fresh springs of rosemary
- 2 lemons
- 1/2 green pepper
- 2 cups frozen shredded hash brown potatoes

CANNED GOODS

- 1/2 cup sun-dried tomatoes
- 4 2.5-oz. jars dried beef

SEASONING

- 1 1/2 tsp. garlic powder
- 3 1/2 tsp. black pepper
- 4 3/4 tsp. salt
- 1 tsp. Italian seasoning
- 1/2 tsp. red pepper flakes
- 1 1-oz. pkg. ranch seasoning mix
- 2 1/2 tsp. vanilla
- 1 tbsp. cinnamon

BAKERY

- toasted bread, for serving

PANTRY STAPLES

- 2 cups panko bread crumbs
- 1 cup & 2 tbsp. water
- 4 cups & 2 tbsp. all-purpose flour
- 4 tbsp. olive oil, and more for frying
- 1 1/2 cups orzo pasta
- 3 cups chicken broth
- 3/4 cup sugar
- 4 tsp. baking powder
- 1/2 cup brown sugar
- 1 cup powdered sugar